

GROW BOLD

LEARN, LAUGH AND LIVE

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C3A Magazine

Summer 2021

Message from the Chair

Things are improving at last! It's been a long haul, but, now that most of us have been vaccinated and restrictions have eased, we are able to meet up and go for a meal and do other things we've missed.

Some groups have also started meeting in person. The Friendship Group met for lunch at Curium on 20th May and the Breakfast Group met on 27th May at the Atlantica Miramare Hotel, where they had a buffet breakfast at a knock down price and also had a book exchange. The Family History Group has continued to meet regularly online using Zoom and the Music Appreciation and All About Books Groups had a joint meeting on Zoom in May to which all members were invited in the hope of attracting new members.

Our Open Meetings on Zoom have been successful and it is a pity that more members are not joining us. Since the last edition of Grow Bold we've had three very interesting talks, all illustrated, and the chance of discussion afterwards. Until large indoor gatherings are allowed once more, I strongly urge members to take advantage of these meetings.

On 1st April John Joynes of the Gardening Group told us about their trip to Jordan last year with the Mediterranean Gardening Society, which was unfortunately cut short because of the Covid restrictions. They combined botany with sightseeing and we enjoyed seeing all the places they visited as well as the flora, which included the black iris, the national flower of Jordan.

In May Nigel Howarth gave a talk on "The Silk Road – Travels in Uzbekistan," which covered a lot of ground and gave a good overview of the country. What I loved best were the photos of Islamic architecture with their rich patterns in brilliant colours. Uzbekistan is very modern in some respects and has a superfast railway, which contrasts with the traditional skills of carpet making and embroidery.

On 3rd June we were given a fascinating talk by Jan Colebrook on "Dido's House" in the first "city" called Catalhoyuk on the Konya Plain in Turkey. UNESCO have designated this as the most important site in the world for the time when Man was moving from a hunter-gatherer lifestyle to a more settled agricultural life. We saw their homes, their skeletal remains under those homes (as there were oval burial pits under the floors), the food they ate, the tools they used and much more.

Quite a lot has been going on behind the scenes, too. The Committee met in mid-April, on Zoom, and we are due to meet again mid-June in person. We have welcomed a new Treasurer, Sandra Wilkes, as Penny Douglas had to stand down due to ill health.

Message from the Chair

Paul Costerton has put in a lot of work setting up a new credit/debit card payment facility, which we thought would offer an alternative way of paying our subscriptions. He has sent out an explanatory notice to all members, which I hope you have seen.

Unlike last year, we have not arranged any outings or hotel stays for the summer. We desperately need someone to take on the role of Social Secretary to arrange such events. If anyone is interested, please get in touch with us. We will offer you as much support as we can.

In the meantime, there's a Catamaran trip on 10th June arranged by Barbara Baikie and I wish those going a happy outing. To the rest, have a good summer!

With best wishes,

Cleo Kyriakidou (Chair)

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.

Membership Fees can now be Paid by Card



Paying C3A membership and membership renewal fees has just got a whole lot easier: you can now pay them online via the C3A website by credit/debit card.

The new payment system is available **now** and should be used by the handful of members who have yet to renew their membership.

The new system, which uses Stripe to handle credit/debit card payments securely, has been developed over the past several weeks by our technical guru, Paul Costerton. Paul and Sandra Wilkes (our Treasurer) have just completed an exhaustive test of the new system and it will go live when this issue of Grow Bold is published.

Nigel Howarth has updated the C3A website to provide secure encrypted communication over the Internet and revised our [Privacy Policy](#) accordingly.

(To date 1.9+ million websites accept secure payments via Stripe, which was launched in 2011 and today has an 18.54% market share of the payment processing market. The company is currently valued at \$ 95 billion.)

Stripe became generally available in Cyprus in June 2020 as the COVID-19 crisis accelerated the shift from paper-based to online payments. This shift has been encouraged by the Cyprus banks as they've revised their charges for face-to-face transactions and processing cheques in efforts to reduce their costs.

Membership Fees can now be Paid by Card

How do I pay by card?

The screenshot shows a web form for online membership renewal. At the top, under 'Payment methods *', there are four radio button options: 'Credit/Debit Card' (selected), '**Bank transfer (over the counter or via the Internet)', 'I have posted a Cheque', and 'Cash paid 'over the counter' at a Hellenic Bank branch'. Below this is a light blue box for 'I wish to pay for : *' with two radio button options: '1 subscription' (selected) and '2 subscriptions'. Underneath, it states 'Your Credit/Debit card renewal cost will be €10.40 (€10 + €0.40c processing fee)' and instructs to 'Please enter the single subscription fee of €10.40 into the Card payment box below'. The 'Credit/Debit Card Payment *' section includes a dropdown menu set to 'EUR' and the text 'Cyprus 3rd Age (C3A) Association subscription'. The 'Credit Card Details' section contains input fields for 'First Name', 'Last Name', 'Credit Card Number' (with a masked number '**** * * * * *'), 'CVC' (Security Code), and 'Card Expiration' (MM / YY).

When you complete your [online membership renewal form](#)

you will be offered four payment methods as shown on the left.

If you select 'Credit/Debit Card' the screen will expand allowing you to pay one or two subscriptions.

*Please ensure you enter the payment as advised; **€10.40** (1 sub) or **€20.54** (2 subs).*

Complete your credit/debit card details on the form.

You may then preview your completed form and submit it for processing once you're satisfied that everything's correct using the buttons at the foot of the form.

You will receive an automatic email confirming your membership renewal and card payment.

Costs/benefits

Compared with the cost of paying by cheque, the additional €0.40/€0.54 processing fee is very reasonable.

A cheque will cost you €0.50 to €0.60 depending on your bank and the postage will cost €0.43 (priority A) or €0.36 (priority B). Plus the fee your bank will charge for processing your cheque. (Banks revised their charges earlier this year, making online payments more cost-effective than the alternatives.)

In addition to saving you money, *online payments are much more convenient.*

You can pay in the comfort of your home, avoiding the hassle of visiting the bank or trying to find a committee member to take your subscription/renewal payment.

The Perfect Pet for Older Adults in Cyprus



George

If you have an enclosed or secure garden, then a tortoise might be a perfect low maintenance pet.

We have had tortoises in Cyprus for over ten years. They live in our back garden and do their own thing. We currently have four adult females and a number of one- and two-year-old hatchling.

Tortoises are extremely good at hiding. We will normally see them in the morning or afternoon when they are out eating. The rest of the time they hide under such things as plant leaves. Thus, most mornings we rarely see all four of the adults.



They will eat a variety of plants around the garden but they are browsers and so usually just take a bite or two of a plant's leaves. They especially like lettuce and cucumber and this is what we put out for them each morning. Often,

they will be waiting at the same spot for their breakfast. Other plants they like in our garden are grape vine, petunia and strawberry leaves as well as a variety of flowers and weeds.



We do have a clay plant saucer for water but they rarely if ever use it. If we haven't seen one for a while, we will lift it up to see if it is light weight. If it is, it means it is probably dehydrated and so we dunk it in a saucer of water. It will normally stay there for a while and often have a drink at the same time.



After having young ones for eight years, our one adult male tortoise, George, began to mate with them and this started our current glut of hatchlings. To reduce this, we moved George into what I thought was a secure front garden. However, George thought otherwise and after being fed for ten years, did a runner.

So far, we have found new homes for ten hatchlings but are looking for more. They are free to good homes.

Charles Sale

Graveside Service in Nova Scotia



Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery in the Nova Scotia back country.

As I was not familiar with the backwoods, I got lost and, being a typical man, I didn't stop for directions. I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt bad and apologized to the men for being late.

I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play. The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends.

I played like I've never played before for this homeless man. And as I played "Amazing Grace", the workers began to weep. They wept, I wept, we all wept together.

When I finished, I packed up my bagpipes and started for my car. Though my head was hung low, my heart was full. As I opened the door to my car, I heard one of the workers say, *"I have never seen anything like that before, and I've been putting in septic tanks for twenty years."*

Apparently, I'm still lost ... it's a man thing.

Breakfast Group - Lilian Hayall



We were 27 people taking breakfast at 9am on 27 May!

We were nicely spaced on tables for 2 or 4 friends, inside or outside the restaurant, some of us on the terrace of the Atlantica Miramare Beach Hotel. Looking good!

Beautiful sunny morning, and all you could eat, discounted for €8/person. Amazing! No change there from last year February, the last time we met.

Easy parking today and not too much traffic on the way friends told me.



(Not promised for the future!)

Coffee, tea, eggs sunny side up, and all accompaniments. Delicious!

The sea was bright and pools inviting. The Hotel was fresh and lovely.

Tourists were few and we felt welcomed

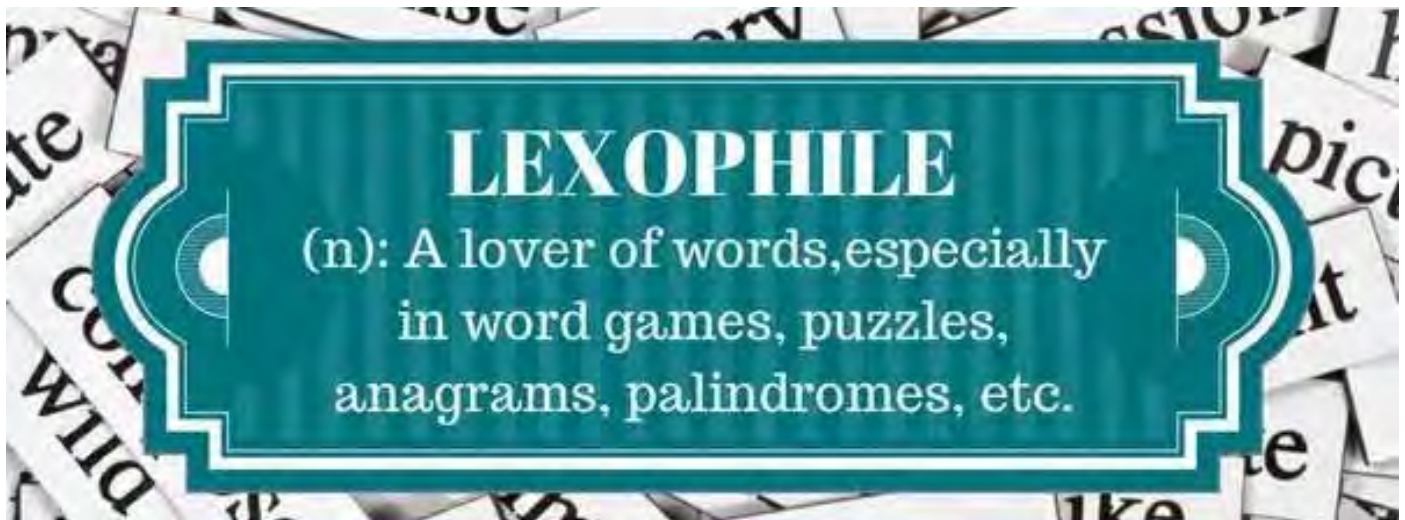
and feted.

So out of the woodwork we can come...how nice it was to see everyone and catch up a little.



I hope to see you all in the future: messages will go out to remind you.

Lexophiles - Nigel Howarth



A competition to see who can come up with the best lexophiles is held every year. This year's winning submission is posted at the very end.

- A backward poet writes inverse.
- A bicycle can't stand alone; it's just two tired.
- A boiled egg is hard to beat.
- A thief who stole a calendar got twelve months.
- A will is a dead giveaway.
- Acupuncture is a jab well done. That's the point of it.
- Did you hear about the chap whose entire left side was cut off? He's all right now.
- He had a photographic memory, which was never developed.
- I wondered why the cricket ball was getting bigger. Then it hit me.
- If you take a laptop computer for a run you could jog your memory.
- Police were called to a day care centre where a three-year-old was resisting a rest.
- The chap who fell onto an upholstery machine is now fully recovered.
- When a clock is hungry it goes back four seconds.
- When fish are in schools, they sometimes take debate.
- When she saw her first signs of grey hair she thought she'd dye.
- When she got married, she got a new name and a dress.
- Those who get too big for their pants will be totally exposed in the end.

Medieval Limassol - Pat Howarth



There are very few remnants of medieval buildings in Limassol. One such is the church now called “The Church of Panagia Karmiotissa” just a stone’s throw further north from the Limassol General Hospital.

It was part of a monastery built by the Latin order of Carmelites in the 13th Century. The church and the ruins of the monastery buildings have been restored by the Antiquities Department. The church is now famous for its icon of the Virgin and child but what of its history.

The Carmelites, as their name suggests, trace their history back to Mount Carmel in the Haifa district of present day Israel. A community of hermits is recorded in 1209 living near the fountain of Elijah dedicated themselves to an ascetic life and following the teachings of the prophet. After conversion to Christianity their numbers grew with the addition of Crusaders and other pilgrims and they built a church dedicated to the Virgin but also continued to follow the principals of Elijah.

Like other Latin orders they took refuge in Cyprus and other European countries following the Mamluk victories in 1238. Their first establishments here were hermitages but after reform of the order they established as friars embracing new roles in the community.

Medieval Limassol - Pat Howarth



The simple barrel vaulted building bears no Gothic architecture and was probably built by rural masons. There are few windows and there seems to have been a wooden porch attached to the southern wall giving access to the doorway. To the north of the building lie the remnants of the monastery buildings and there appears to be a sealed doorway on the north wall which may have given access from the cloister into the choir.



The choice of this site for the monastery may be connected to the spring which is venerated close to the monument. In a deep cave the spring is believed to heal wounds and skin diseases. Outside is a gorse bush which survived a very bad fire in the area which damaged the church and local vegetation. The miracle of its survival is commemorated by ex-votos offerings hung on it by pilgrims.

If you visit see if you can find the single rosette decoration on the outside which was popular in the period.

Legal and Not Tied Down - Barbara Baikie

It was a long time before this square peg found the right square hole.

When I was at school, I wanted to be a vet. Teachers said it would be impossible as farmers would not let a woman treat the large animals! This was back in the dark ages of 1954 when children were still not given to querying adults. Certainly I wasn't.

I never even thought to challenge how many large animals I was likely to find in the middle of Manchester!! I did well at the Grammar school and with good GCE results was accepted at teacher training college. In the sixth form the school adopted the Ockenden Venture as the school charity. I persuaded the headmistress to allow me to run a tuck shop during break times.



The school was in the middle of Manchester and, for security, girls were not allowed to leave the premises once classes started unless for a valid reason, like a dentist's appointment. So anyone who forgot her lunch had nothing and there were 1,000 girls in my captive audience.

The kind ladies in the school kitchen let me use the serving hatch as a counter. I started with crisps and mini packets of biscuits and added other things later; pens, pencils, notebooks etc.

In the spring I persuaded a supplier to let me have sample Easter eggs from which I took orders. Needless to say that when filling the orders, I sold the samples! The shop did so well that the head allocated me a classroom as a stock room. It did not dawn on me or anyone else that here was my career. Selling was not considered a profession. Girls who failed went to work in shops. So I went to college and trained to be a teacher.

My fiancé was in the Royal Navy and was posted to Singapore. We got married on a Friday and were back at our posts on Sunday evening. He on his submarine and me in the girls dorm! I shall skip over the time in Singapore except to say that I returned to the UK with a 2-year-old baby boy.

We had saved up while in Singapore, as well as getting things towards setting up a home when we got back to the UK. We were lucky to be able to put down a deposit on a new 3 bedroomed, semi-detached house. With my husband away at sea and only a son to care for, I found myself with time to spare.

Legal and Not Tied Down - Barbara Baikie

I became an Avon lady. Ideal situation.

Get to know my new neighbours, earn a bit and I could take David with me. Avon ran incentive schemes for their ladies, and there were prizes to be won. When I joined, one scheme was almost finished, but there was time to have a try to win one of the raffle tickets. I did manage to win one and the Area Manager thought I had done well!! All the Avon ladies were invited to a large hotel in Manchester for the prize giving. My one ticket won First Prize!! A silver tea set. Beginner's luck? Read on!

The teapot had a hole in it! I carefully packed it up and sent it to Avon with a letter to say how thrilled I had been to win it, but how disappointed to find it faulty. I got no response. My Area Manager got no response.

At that time, a national newspaper had a feature where people who had trouble like that could write in and maybe get help. So I wrote.

No word from Avon but a replacement tea set arrived!!! Which I promptly took in to a Manchester Jeweller and sold!! And I never sold another item for Avon. I believe that my win was fixed.

Great publicity, new girl with one ticket wins prize?? And once they had the publicity, they did not care.

Some time later, John was at home on leave and reading the Manchester Evening News, checking the 'Sits Vac' columns with a view to when he left the Navy.

"Look," he said. "There is a job here that would suit you" Area Manager with a company rival to Avon.

Good job I like a challenge. They specified 30 years old with selling experience. I was 24 and had been an Avon rep. For 6 weeks!! John encouraged me to go for it so I did.



Legal and Not Tied Down - Barbara Baikie

I think Jewish people call it 'Chutzpah' One afternoon a telegram arrived asking me to be in Liverpool next morning.

Thank God for my Aunty Margot who took David for the day and British rail, who despite a strike, had a train running from Manchester to Liverpool.

A charming man and a very elegant lady interviewed me. I did not think I had a snowflake in Hell's chance so was not nervous. In fact, I got cheeky.

At the end of the interview when he thanked me for coming, I said "You know that my husband is in the Navy and I have a young child. To send me a telegram, yesterday, to be here this morning, was not very considerate." He smiled and said "Don't worry, the next interview will be in Manchester."

Then I got nervous!! When I got back home and collected David, I asked Aunty Margot if she would be willing to look after him if I got the job. She was delighted.

So I needed a P45 as I had not worked since going to Singapore. I know there were other things to arrange but I cannot remember what they were!!

The second interview arrived and the first question they asked was, "Well, you have had time to think, do you think you can do the job?"

"I'm sorry" I said. "I have not had time to think. I have been too busy getting organised ready to start" I got the job!! It was a great job and I loved doing it until the company was taken over by an American conglomerate and for me it all went pear-shaped.



Next was a spell as a consultant for Charles of the Ritz, another cosmetic company. This time in Kendal Milne, the House of Fraser store in Manchester. I had gone in reply to an ad. for Estee Lauder but the person in London made my skin creep, so I went back to the buyer in Kendals and said "Sorry, I couldn't work for that guy!!" She felt the same and passed me on to the MD of Charles of the Ritz who also needed a new consultant as they were in danger of losing their place in store.

They were being overwhelmed by Estee Lauder and "Youth Dew" As I have already said I love a challenge; and it was. I racked up the largest individual sale in the departments history and then

Legal and Not Tied Down - Barbara Baikie

developed an allergy to the perfume laden atmosphere. They thought I was having a heart attack.

Of course I had to resign, but left the account healthy!! A change of direction was called for and I went freelance.

There are agencies who employ temporary staff for a variety of jobs and I was lucky to register with three of the best who employ sales staff. One of the agencies just happened to be run by the man who had been my boss at my first job as an area manager! Between them, the three agencies kept me fully employed.

Sometimes I was offered two jobs at the same time. Whichever job came first, that was the one I did. I knew that some girls would cry off the first job if the second was better. I never did, so got a reputation for reliability.

If a job was offered which I did not fancy, or if David was off school, I would say "Sorry, I'm already booked". Thus getting known to be in demand, not for being picky!!

The only time I took two bookings for the same week was for calling on newsagents and for calling on pubs. I started at 7:30 with the newsagents until 11am when they went to put their feet up after the early start. By now the pubs were open and I worked until they closed at 3pm. Back to the newsagents until 7, then pubs until 10.

Careful route planning helped as I had most of my calls near each other. By Friday I was shattered but it paid the bills.

My tax return showed both jobs, so I showed 10 days' work in one week!! Without a Tardis! Careful planning also meant that I could often fit 5 days calls in 4 days. The target was 20 calls per day.

My "Strike rate" was usually 90% so the agencies were happy. So much so that they would sometimes send a client's representative out with me. These were usually pen-pushers who had dreamed up the campaign and wanted to see it in action.

The two I remember best were the charming Swedish gentleman who came to find out how I was selling so much Stimorol chewing gum. I collected stock from a cash and carry and sold it from my car. If the client bought two flavours he got the third free and a display stand.



Legal and Not Tied Down - Barbara Baikie

I had been allocated the salubrious areas of Birmingham known as Handsworth and Lozells and Sparkbrook. Almost every shop was Asian owned and the Asians know a good deal.

I parked the car in front of a row of shops and called in every shop in the row who could sell chewing gum. Then moved the car to the next row.

The Swedish gentleman bought me lunch and then suggested that as I had done so well in the morning, I could take the rest of the day off!! I thanked him and declined. I was on a roll. I emptied 2 cash and carries and then had to stop because there was no more to sell. I had been given a float of 400 pounds to buy the initial stock, and at the end I had 400 pounds but had not been paid.

The boss was notorious as a bad payer so the day after the campaign finished, when I was asked to return my float, I declined. "Please send me my pay slips for what you owe me and my cheque for the balance will be sent by return of post." Within 2 days I had my pay slips for over £300, and sent the balance by return.

I met other girls who had done the same job and had not been paid 3 months later. Most agencies were very good and paid promptly.

The other person I remember was from a cigarette company and the deal to the shopkeeper was: if he bought 400 cigarettes, he got an extra packet free (worth at that time about £5.)

Our first call was to a shopkeeper who was living from day to day and I knew before I opened the door that there was no way he could buy 400 cigarettes I told him the offer and sympathised with him.

He said he would buy 200 from me but could do no more. The "rep" then said "Give him the free packet anyway" So I did. I was so angry that I lost the plot.

When we got back in the car I told him that in future he was to keep quiet as he had just undermined my credibility with that customer. I call on the same people for different clients and they trust me which is why I do so well.

He said that he just wanted me to get a sale at my first call, whereupon I informed him that I did not need it and proceeded to make sales in the remaining 19 calls! I worked on many products over the years.

Some instore when I stood in the aisle and chatted to people, others I sold to the retailers.

Some when the product was new, others when it needed a boost, others where

Legal and Not Tied Down - Barbara Baikie

there was going to be TV advertising and the client wanted the product on as many shelves as possible, others like Nurofen which became available for non-pharmacies to sell.

I started to decline cigarette campaigns when some manufacturers were going to pop concerts and giving away free cigarettes to young people.

Another product which with hindsight I am not proud of my success with is disposable nappies!



I was one of the first to introduce wine in boxes. In of all places, the Co-op in Ashton under Lyne. "Wine comes in bottles, not boxes" Samples were given, the benefits of the airtight bag and unbreakable package were explained and the result is history.

The store manager was so pleased that when I finished, he gave me a box for myself! Through one of the agencies, I became the first woman to work as a Heinz sales rep.

It was a good job but high pressure which I had to give up when my husband died. I think if I hadn't, I would have had a nervous breakdown. The agency was marvellous and kept giving me short term projects.

I love selling things and since coming to Cyprus have sold raffle tickets and advertising space for the UKCA magazine. The magazine editor gave up as he was not getting copy from the members and it became a thankless job.

C3A members, take note!! When people ask me what I did for a job I would say was in selling which resulted in "What did you sell?" Answer "Anything legal, not tied down!"

Barbara Baikie

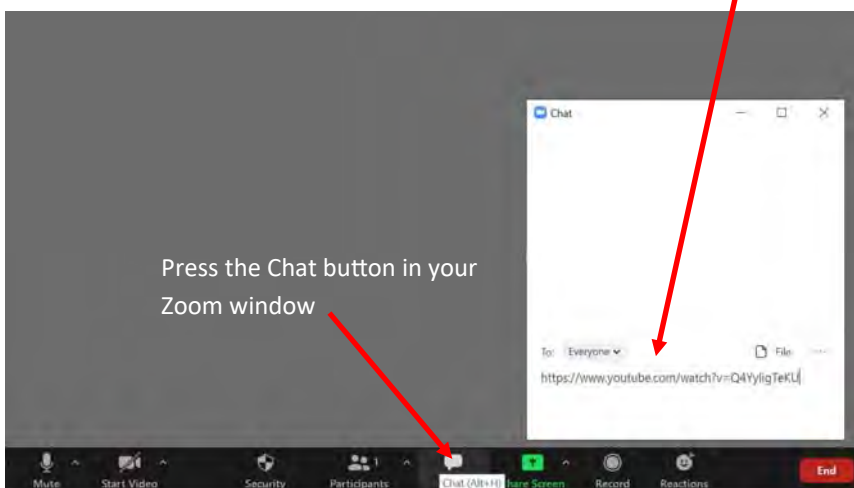
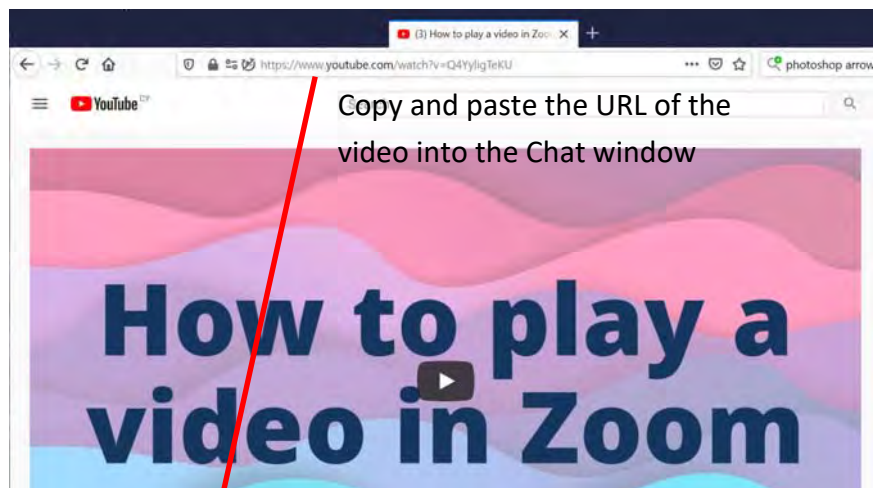
Playing Videos during Zoom Meetings

Members hosting Zoom meetings find that when they try to play videos, the sound stutters and the video freezes.

When playing videos in this way, the host's computer is trying to serve the video to all the participants. This is not possible due to the relatively slow speed of the network that connects the host's computer to the Internet and the volume of information needed to stream the video.

The simplest way to avoid this problem is for the host to use the **'Chat'** facility in Zoom to send a link to the video (YouTube, Vimeo, etc.) to the meeting attendees.

Simply click on the **Chat icon** in your Zoom screen and copy and **paste the URL of the video into the Chat window** and send it to the attendees.



Those attending the meeting can then click on the link in their Chat window to watch the video.

When the video has finished the meeting's host can resume the meeting.

Zoom video tutorial

There's an excellent video tutorial on YouTube 'How to play a video in Zoom'. It includes an alternative way to play YouTube/Vimeo and videos stored on your computer that will help to reduce the stuttering and freezing members have been experiencing.

To watch the video [Click Here](#).

Photographic Group - Claudine Snell



Chris's Blue Beach bar- Curium

It is such a long time since members of our group have sat and had a coffee together. We all had so much to catch up on, especially welcoming Ben and Jan back. Although, sadly, not for good as they are now, happily, living in Dubai.



We would have been more but sadly, some were unable to attend due to illness or previous appointments. All being well I look forward to all of us meeting again in two weeks time.

Claudine

Memories of The Battle of Britain - John Palmer

I was born in October 1934 in a remote hillside bungalow on my grandfather's farm at Elham, a small village between Canterbury and Folkestone in Kent. I started school in January 1940 at Mrs. Hubble's little school at Westbank. This was a private house with a cellar which served as a shelter during air-raids. Old Mrs Hubble taught seven of us in lower class and her married daughter Winifred Port taught the eight girls in the upper class.

One of my many cousins, Michael Leech, had joined the Royal Air Force and become an aircraft fitter in 1940 and was stationed at RAF Biggin Hill. Another cousin, Don Terry, joined the RAF in 1941 and was later posted to Bletchley Park. My cousin, Grace File, joined the WAAF and became a Fighter Plotter at RAF Middle Wallop in late 1940 and my mother's brother-in-law, Joseph Leech, had flown with the Royal Flying Corps in 1917/18 in France. Thus, the family had a wide association with the Royal Air Force.

I followed the family tradition when in 1953 I joined the Royal Air Force as a National Serviceman and served my time as a Fighter Plotter at HQ, Met. Sector in 11 Group. We were billeted at RAF North Weald, a famous Battle of Britain airfield. I now live in Cyprus and until Sept 2020 played bass trombone in the RAF Akrotiri Voluntary Band. I am a member of the local branch of RAFA and also a member of The Friends of The Few charity where I have been privileged to meet over the years a number of Battle of Britain pilots at the annual memorial service. This is held at the Trust's museum in Capel between Dover and Folkestone.

Having lived in Hell Fire corner in 1940, I have many memories of the Battle of Britain and witnessed many dogfights and raids during that summer. Some particularly stand out in my memory due to the unusual or frightening circumstances, which upon reflection, must have been very much more worrying to my parents than to me, a naïve 5-year-old. Many are recorded in Denis Knight's 'Harvest of Messerschmitts' (in which I happen to get a brief mention.)

I recall the dogfight when Sgt Bill Green was shot down over Elham and bailed out at 15,000 feet. His Hurricane came down on neighbouring Mill Hill Farm. He narrowly escaped death when his parachute did not deploy properly and he fell to within 200 feet of the ground before he was able to



Sgt. Bill Green went into battle as the most inexperienced pilot in Fighter Command - and survived when his Hurricane was blasted out of the sky over Elham

Memories of The Battle of Britain - John Palmer

unravel it which saved his life. He revisited Elham in 1989 to see again the spot where he landed in a cow-pat on the Goldup's farm and meet again the family who rescued him.

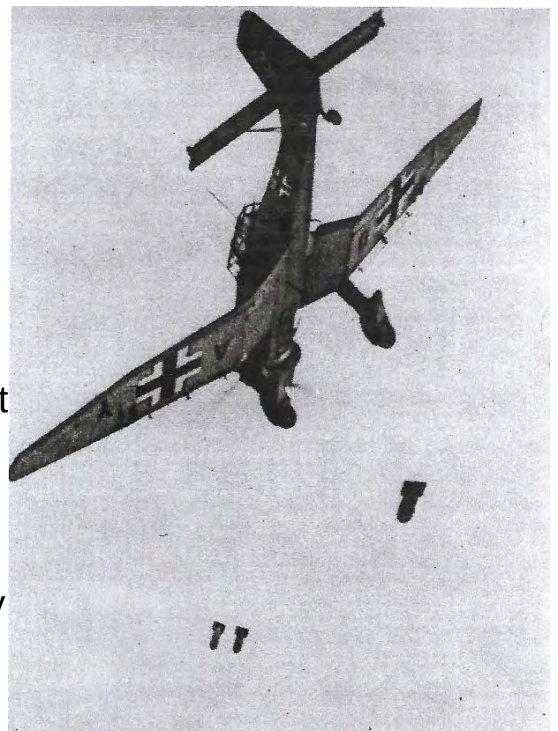


The wreckage of Ludwig Lenz' Messerschmitt

On another occasion I was standing in North Elham Lane early one morning waiting for my father who was checking that an old lady living by herself was alright, when suddenly from the east and flying very low and very fast appeared a Messerschmitt Bf 109 hotly pursued by one of our fighters trying to shoot it down. Suddenly, right above my

head there was an enormous explosion when the Messerschmitt which had been carrying a bomb, blew up. Pieces of aircraft fell all around: the engine came down on the village cricket ground and the remnants of the fuselage fluttered to earth about 400 yards from where I was standing. My father reappeared in a state of extreme alarm and rushed to the wreckage but, refused to take me with him. Although I was cross at the time, it was a wise decision because the young pilot, Oberstleutnant Ludwig Lenz was still alive in the wreckage of the fuselage. He died very shortly afterwards but my father was filled with sadness at this tragic loss of a young life because underneath his tattered flying suit the pilot was wearing tennis gear and tennis shoes. He was obviously hoping to return to his base for a game of tennis!

Again, early one morning in August, 3 Messerschmitts Bf 109's appeared flying very low from the east, and shot up a prominent house on the outskirts of the village for no apparent reason at the time. Only later did we learn that the Prime Minister, Winston Churchill, had stayed at a nearby house, Parkgate, in Elham, a few days previously on one of his many visits to East Kent. The mystery was, who had informed the Luftwaffe of his presence? The wisdom of the oft' quoted homily 'careless talk costs lives' suddenly struck home!



Junkers 87 Stuka dive bomber

Memories of The Battle of Britain - John Palmer



Pilots of 32 squadron relaxing between sorties at RAF Hawkinge, Aug. 1940.

Flt Lt Peter Brothers, 2nd R, (later Air Commodore Peter Brothers) opened the new Churchill Primary School in 2004, sited on the old airfield.

RAF Hawkinge was only 5 miles away from my home and was bombed on a number of occasions. The early raids were carried out by the dreaded Junkers 87 Stuka dive bombers. These were frightening because of the sirens attached to their undercarriages which screamed as they dived towards their target: an instance of psychological warfare.

John 'Cocky' Dundas was shot down over Elham and although he parachuted safely to earth, he was slightly injured. His Spitfire crashed about ½ mile from our house and caught fire. I can remember the crackling noise of the burning Spitfire.

Dundas himself was picked up by the local squire who took him back to his pad and plied him with whiskey until the rescue team arrived to take him off to hospital.

My final poignant memory is of watching a dogfight one afternoon from our garden when a Luftwaffe fighter was shot down overhead and disintegrated as it fell to earth. The engine buried itself deep into the chalk in one of our fields and the pilot, Oberstleutnant Bubenhofer parachuted into a local public house garden in Rhodes Minnis. The victorious fighter pilot circled low over Pierceley: he was so low in fact, that we waved to him and he waved back to us. A moment never to be forgotten.

These are just a few of my recollections of that crucial episode in our island history. I did not realise it at the time, of course, but I now consider it a privilege to have witnessed and subsequently to have met some of those brave men who daily risked their lives for us and lived to tell the tale.

To me those evocative words of Winston Churchill 'Never in the field of human conflict has so much been owed by so many to so few' can ever be emulated.

Muḥammad ibn Mūsā al-Khwārizmī - Nigel Howarth



Throughout the Middle Ages, the Islamic Empire expanded to become one of the largest empires in the history of the world. It controlled the Middle East, northern Africa, the Iberian Peninsula (Spain), and parts of Asia into India.

Between 813 and 388 the Caliph, Al-Ma'mūn, sent emissaries to the farthest reaches of the empire to scour libraries of the world for scientific and philosophical manuscripts. These were translated into Arabic and Islamic scholars and scientists merged and further developed the knowledge they accumulated.

One such scholar was a mathematician from Khiva, which Pat and I visited during our stay in Uzbekistan. His name - Muḥammad ibn Mūsā al-Khwārizmī. So what you may ask.

All becomes clear when you realise that al-Khwārizmī's Latinised name is Algorithmi hence algorithm. As well as introducing the decimal point system, he developed "algebra". Algebra was a revolutionary move away from the Greek concept of mathematics, which was essentially geometry. It gave mathematics a whole new development path so much broader in concept to that which had existed before, and provided a vehicle for the future development of the subject.

Al-Khwārizmī's is responsible for those ghastly things like quadratic equations, trigonometry, and sine and cosine tables that we had to learn in school.

Al-Khwārizmī also developed the sine quadrant, but that's another story.

Family History Group - Pat Boden



Have you ever wondered who your ancestors were and what they did? Will you have a blaggard or someone famous in your tree?

Do you want to research your family but have no idea how to start, or did you start and hit a brick wall?

Genealogy is a popular hobby and worldwide there are billions of records online for the family historian to access. Every month there are more of these helpful records downloaded and in early 2022 the 1921 census for England and Wales will be released on Find My Past. DNA has also become more affordable to help find living relatives as well as dead ancestors.

Some research can be done on free sites; this is useful for those starting out as they'll find out if they enjoy the researching.

Come and join us at the Family History Group to see what we do and what help we can give.

All through the restrictions the Family History Group has been able to meet (and still meeting) online via ZOOM. We hope to be meeting up for a coffee and chat about our ancestors soon.

Find us on the [C3A site](#) and send me a message, I'm Pat Boden, the leader of the group.

A Taste of Freedom – John Joynes

Restrictions eased, permission to leave home slips no longer needed, so on Saturday 22 May we decided to take a drive. No particular destination in mind we headed up the highway in the direction of Nicosia.

As the exit road for Mosfiloti approached, we thought haven't been to that area for a long time, let's go see what has changed over the years. Then the name Lympia began to feature on the road signs. Lympia, derived from its original name of Olympia, perhaps a little pretentious of its occupants in ancient times, but who's to say.

Until around 450 years ago in the area between Mosfiloti and Lympia there was a church dedicated to Agia Marina, and alongside it there was a shepherds' settlement. In 1570 a detachment of the Ottoman army arrived on the scene. They were equipped with cannons and anxious to try them out for the first time. They bombarded the church and the settlement, destroying them. The survivors retreated to Lympia. The day that the Church of Agia Marina was demolished by cannon fire was a Tuesday, and ever since that, the area has been known locally as Kakotriti (Bad Tuesday).

However, to us this was good Saturday so we proceeded on into the village of modern day Lympia. Here we found something completely opposite to the hatred associated with Bad Tuesday, the Stairs of Love.

These are a set of concrete steps that have been painted in very bright, very garish colours. They don't really lead anywhere, just up to a high point with a view over the surrounding area.

A building adjacent to the steps has been covered in phrases of love in a variety of languages. I have



to admit that the one to the left of the hearts and crosses game does highlight the danger of attempting to write a message in one language using the alphabetic characters of a different language.

It's all in the pronunciation.

A Taste of Freedom – John Joynes



As we took a stroll through the village we stumbled upon the sight of a house with the most amazing collection of cactus and succulents imaginable.

Gardeners being gardeners it was impossible to pass by without at least attempting to make contact with the owners.

As is so often the case these were extremely friendly and not only allowed us to take photos but insisted on giving us a guided tour. Their plants were primarily all in pots, along the boundary walls around the property, alongside the walls of the house, the rooftop patio was full of them. The owner wasn't sure just how many pots he had but estimated in the region of 1,200. The photos show a mere fraction of them.



In keeping with the usual hospitality displayed by genuine gardeners we were sent on our way with a bag of cuttings and small plants that he insisted we take.

The taste of freedom? We stopped off at our favourite fish restaurant in Zygi for lunch on the way home. Our first meal in one of these types of establishment for over a year.

John Joynes

This and That - Lilian Hayball

I am writing this on the Saturday afternoon of the May 2021 Lockdown, here in Cyprus, a year and almost two months since 16 March 2020, when the airborne Covid virus persuaded our government to close their doors and virtually imprison us in our homes.

Since that time, C3A groups have been prevented from meeting, except for the occasional tremulous or black-sheep leader who has bravely gathered some of us together. Rules demanded that we be masked and spaced, if we were to avoid the punishing penalty of paying 300 euros to a Policeman who stopped us. Numbers gathered together were limited, sometimes completely. I hope to resume Breakfasts when the Miramare opens again, and look forward to more group meetings out and about.

Here, behind locked doors in my flat, I have enjoyed music all over again. The phone, the Internet with YouTube and Zoom has helped fill my wakening hours. New and old films have been revisited. BBC series, and TED talks are offered to me on my email, as if Big Brother knows what I am looking for. The adverts flicker by, unattended.

My sewing machines become less tense, or more tense depending on the fabric I'm using. New curtains adorn my sliding glass windows. My sofas are just the right length for lying out on, listening to audiobooks. My tables fill with memorabilia including that left to me by my mother. I riffle through and sort these chronologically, filling the side settle with boxes and reporting Uganda Rugby photos and Team lists to old East African friends, scattered worldwide, to their delight. Some of this stuff will be scanned into the computer, or photographed for posterity. Some will go to my family, some to auction, some to charity, sometime.

Reminded by it all, my scribble on calendars and in diaries, on travel tickets and photos, on scraps of paper dating back decades, I am trying to assemble chapters for a book I might call 'My Life in Boxes'. There is a book in everyone, so they say. I have just left it a bit late to write coherently, since my memory is quite holey now.

Days of sunshine and showers are replaced by increasing heat and humidity. Wind, dust-storms and rain have kept my cushions in, but now they are out, fading on the veranda furniture in the brilliant UV light. Visitors are few, fearful of passing on or catching the virus, but tea and coffee are dispensed with pleasure, and a wary eye is kept on the clock, so as not to stay beyond that 'reasonable time'.

What next? What new versions of War and Peace? The future comes with overtones of Brave New World or 1984.

Survived the Last Lockdown - Sue Tsirikos

Well I seem to have managed to survive the last Lockdown, actually it could not have happened at a better time for me.

On the 1st November (2020) I had a bad fall in garden, actually getting out of the swimming pool and I cut my leg quite badly. All I really remember is seeing the skin on my lower leg in ribbons and blood going into the pool, not a pretty sight! Anyway Dan called the ambulance as I was feeling quite bad. Outcome was I spent the next 6 months starting 3 times a week, and finishing one a week, going to the hospital to have it cleaned and bandaged up. I am now ok apart from one small bit that is taking its time to heal. (At least it happened as I was just going to shut down the pool for the winter).



So with that going on and my poor Dan having treatment for Cancer of his vocal cords it has not been a good time for us recently. Pleased to say we have both recovered and we are enjoying this early summer.

For members of my Environment Group- I am sorry this has been a bad year for us, we could not meet at the Environment Centre. We did manage to have one meeting at the Marmenos Picnic site, which was lovely, discussing the state of the Ladies Mile Beach and the encroachment into the wetlands for making new car parks etc. look out for further information soon.

Finally the worst thing that could happen – my hard drive collapsed completely!! Nothing, zilch, could be retrieved from it, so I have lost all my e-mail addresses which is somewhat of a major nightmare. I have my Group's addresses which I can just add manually but all my other C3A e-mail addresses I have lost, so if you are reading this please do send me your address so that I can add it again, - thanks.

Hope everyone is ok, make sure to have your vaccinations, stay safe and enjoy life
Sue Tsirikos

A Never Ending Bucket List - Pamela Calver



I am an avid traveller. There is no country or destination that I would not travel to if the country allowed visitors.

Top of my bucket list is a journey that has sat there for many years due to cost or circumstances. I am about to change the situation. In 2022 I will undertake this journey after careful planning.

Now adays it is not unheard of that tourists have made this trip whether through agents or not it can easily be done.

As usual I wish to make my own arrangements as this is part of the whole experience planning the details and learning about customs and the do's and dont's of the country.

I will take the Trans-Siberian Railway but leave it to join the Trans-Mongolian Railway to Ulaanbatar, Mongolia and travel for a week in this country.

It is a land and culture that has always fascinated me since I read the history of the Khan Empire.

My research has begun. I note to have 3 possible routes to take:

1. Trans- Siberian- Moscow to Vladivostok
2. Trans-Mongolian- Moscow/Beijing via Ulaanbatar
3. Trans- Manchurian- Siberia/ Manchuria/Beijing

A Never Ending Bucket List - Pamela Calver

It is my intention to combine 1/2 and plan the stop-over's along the way. This is necessary due to ticket availability. These trains are also working trains bringing people across the country. They are not luxury tourist's trains.

It is wise to select the appropriate cabin/compartment. And they come in 3 classes.

- 1st class are private with their own shower but cost more.
- 2nd class contain 4 bunks/beds. It is recommended to take the top bunk. It is possible to book the whole compartment.
- 3rd class is a common compartment and considered the safest but the noisiest and can get smelly [apparently] Again take the top bunk.

There is a list of advice given to read carefully

1. It is essential to carry a full first aid kit. Doctors are only available at the stops.
2. Bring your own toilet paper.
3. Need a chain/rope of metal to keep luggage safe.
4. If I miss the train [only 15/20 mins stop] I have to pay for a taxi to race to the next stop where I can get on board again.
5. In Mongolia there are presently no ATM machines.
6. You can be asked how much money you carry. It is necessary to tell the truth because if you get caught lying you can be fined or asked to leave the train. Bribery is also possible.
7. Avoid dealers that travel on the train.
8. Also watch your drinks as they can be spiked.

After reading this I thought why do I so want to do this.? The answer is simple for me I like the unusual and unexpected on my travels. Even though my research is thorough!

It will take months to complete the planning of this trip but my female travel companion and I share the task. We compromise sometimes ,disagree beforehand but always find our way around our "big" trips.

If you know anyone who has done this journey kindly let me know. The more information, guidance and stories the better.

Watch this space.

How Can I Make My Retirement Savings Last?

You have saved for your retirement throughout the years and you wonder will your pensions and savings last.

After decades of saving, it's time to start spending once you enter retirement. But how much can you safely withdraw each year without needing to worry about running out of money? The answer is critical, as retirement can last 25 years or more these days, so you need a strategy that's built for the long haul.

A sustainable withdrawal rate

For a high degree of confidence that you can cover a consistent amount of expenses in retirement (i.e., it should work 90% of the time), aim to withdraw no more than 4% to 5% of your savings in the first year of retirement, and then adjust the amount every year for inflation.

Of course, your situation could be different. For example, you might want to withdraw more in the early years of retirement when you plan to travel extensively, and less in the later years. But this 4%-to-5% rule of thumb offers a handy guideline for planning.

A look back at history

Of course, your actual sustainable withdrawal rate will vary based on many things, including some you can't control—like how long you live, inflation, and the long-term risk and return of the markets—and others over which you may have some control—like your retirement age and the investments you choose.

History suggests that the prevailing market environment at the time of your retirement may be particularly important, as a weak market early in retirement can significantly diminish your nest egg, especially if you don't dial down your withdrawals with the declining markets. On the other hand, a strong stock market early in retirement can put the wind at your back—financially speaking—for decades.

Take your timeline into account

One of the biggest factors that affects how much you can withdraw is how many years of retirement you plan to fund from your retirement savings. Say you plan on a retirement of 30 years, you invest in a balanced portfolio, and want a high level of confidence that you won't run out of money. Research shows that a 4.5% withdrawal rate would have been sustainable 90% of the time (see graph below).

But if you work longer—say you expect to retire at age 70—or if you have health issues that compromise your life expectancy, you may want to plan on a shorter

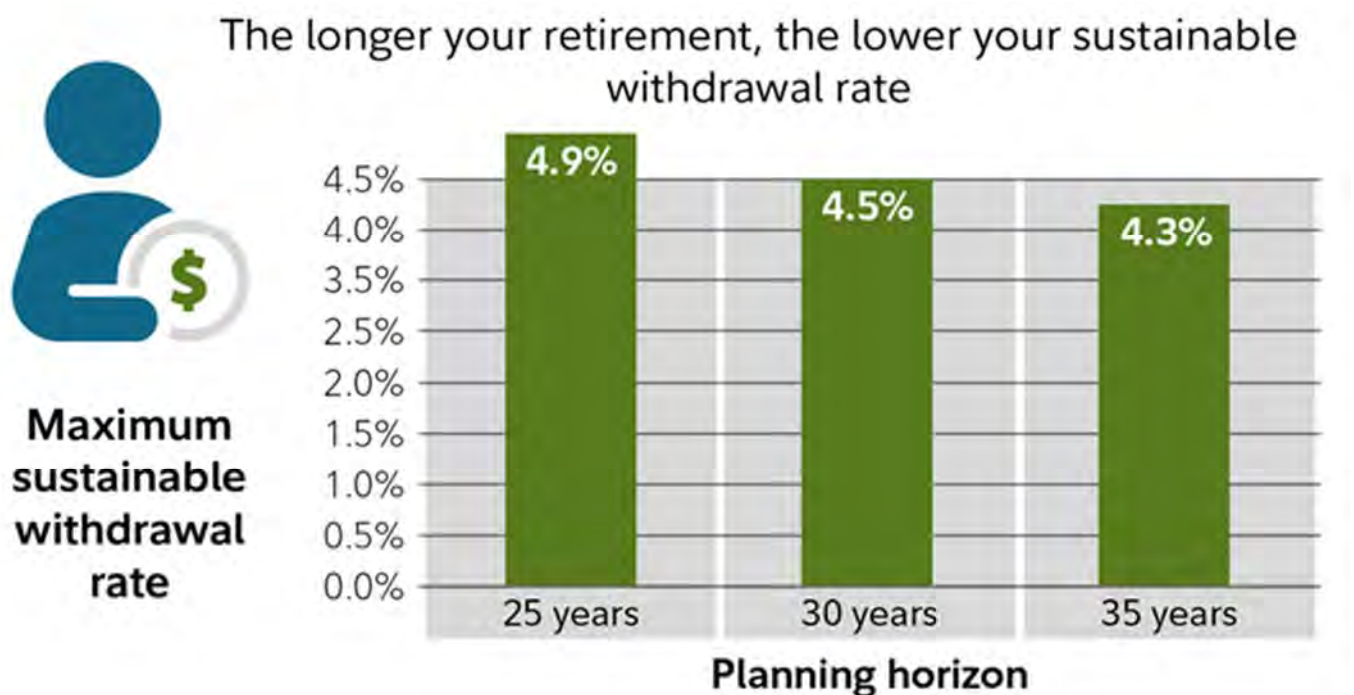
How Can I Make My Retirement Savings Last?

retirement period—say, 25 years. The historical analysis shows that, over a 25-year retirement period, a 4.9% withdrawal rate has worked 90% of the time.

On the other hand, if you are retiring at age 60 or have a family history of longevity, you may want to plan for a 35-year retirement. In that case, 4.3% was the most you could withdraw for a plan that worked in 90% of the historical periods. These may sound like small differences, but they could equate to thousands of dollars in annual retirement income.

The good news is that even with the market's historical ups and downs, these withdrawal amounts worked most of the time—assuming that investors stuck to this balanced investment plan. The takeaway from this analysis is that the longer your retirement lasts, the lower the sustainable withdrawal rate.

The good news is that even with the market's historical ups and downs, these withdrawal amounts worked most of the time—assuming that investors stuck to this balanced investment plan. The takeaway from this analysis is that the longer your retirement lasts, the lower the sustainable withdrawal rate.



* Information provided by Fidelity

How you invest can be important too

The mix of investments you choose is another key to how much you can withdraw without running out of money. Portfolios with more stocks have historically provided more growth over the long term—but have also experienced bigger price swings.

How Can I Make My Retirement Savings Last?

Another important factor in determining the right asset mix for you: the degree of confidence you need that your money will last your lifetime.

Bottom line

For many people, planning for withdrawals in retirement can be challenging. And no wonder, given the range of uncertainties, from how long you will live, to market performance, inflation, taxes, and more. This rule of thumb provides a starting point, but every individual needs to consider these uncertainties, and their personal situation, when evaluating how much they can sustainably spend in retirement.

Tips:

Estimate how long you think you will live based on your health and family history. You may want to be conservative, since many people underestimate their lifespan.

Evaluate how much investment risk you can live with.

Choose an appropriate mix of investments.

Make sure your money is likely to last, by choosing a withdrawal rate you believe has a good chance of success.

Speak to a qualified financial advisor, who will give you the investment advice you need to make those decisions.

Gillian Richards (Semi Retired) PFS Dip CII

Wealth Manager, Chase Buchanan +357 99944982

Fashion Project - Sula Gibson

With a background in Fashion Design and the influence of growing up in a family of fashion experts, I thought it would be a good idea to use this experience to redo my wardrobe, which has over time become rather neglected..

My mother and aunts were all in the fashion industry in London, who all made beautiful clothes for the discerning ladies of fashion including Princess Alexandra back in the 1970's and the aristocracy, I was totally spoiled with beautiful clothes in my twenties and thirties. All of that now is but a distant memory ooooh how times have changed!

During the lockdown period, I am sure most of us ladies were using the time to look through our wardrobes and in the process, find a few items that may have been bought but never worn – looked great on the hanger but absolutely awful when tried on at home!

The good thing that came out of all the clearing out was talking to my friend Catherine about it, (who is very experienced in setting up and managing new businesses). We spent a whole afternoon in animated discussion of how we were going to transform our existing clothes. It was great fun and very productive...

Catherine, (for those of you who know her), has a great eye for what suits her and others and she always looks very feminine and professional. Her wardrobe was now about to undergo a complete makeover by revamping some of her existing dresses and creating newer versions of others.

From that afternoon, a new business was born, and we are now happy to announce that we are launching a much needed service to women of all ages who may need our help in changing and re-addressing the concept of how they dress and look.

As most of us have experienced, going shopping in Cyprus for good quality classic dresses or outfits, is a real nightmare, unless of course you are willing to spend in the hundreds and who has the time or energy? It is very hard to find a shop that has a selection of dresses to keep us cool in the summer months, warmish in the autumn and winter, easy to wear and able to transform the day dress into a 'going out to dinner dress' with a nice necklace and/or a pair of earrings. The trick is to have the RIGHT type of dress for our height, colouring and shape, (complimenting our good bits and hiding the rest!).

For now, we are accepting clients for private consultations *By Appointment Only* at a fee of €15 for those of you who need some guidance in transforming some of your existing clothes.

For more information contact Sula Gibson on 96 665404

Stay safe and well and look forward to meeting you.

Three Unique Theme Museums to Visit

Fairy Tale Museum [Nicosia]



The museum magical libraries and galleries where stories and legends and myths from all over the world. Interactive exhibits, works of art, fairy tale objects and heroes' costumes assume supernatural qualities and transport you to a world of possibilities.

Το Μουσείο Το Πλουμιστό Ψωμί [Limassol]



Here you gain valuable knowledge on Cyprus bread making and breads and how they were used in culture and history. There is a fabulous display of these breads. There is a practical workshop to make your own breads. Children and adults are welcome.

But you must book in advance.

Medieval Museum [Limassol]



Knights; armour; swords; spears; weapons; jewellery; coins; clothing; metal utensils will all manage to take you back in centuries, in times of princes and princesses and knights.

It is housed in the historic castle of Limassol.

Recipes

Vanilla slices

Vanilla Slice is a very popular three layered puff pastry that actually originated in France. This popular dessert is also known as mille-feuille, custard slice, cream slice, and Napoleon.

Ingredients

2 sheets puff pastry – or roll prepared pastry to 1/8th of an inch in thickness.

1 cup caster sugar

1 cup cornflour

½ cup custard powder

1 litre milk

60 gram butter

2 egg-yolks

2 teaspoon vanilla extract



Method

Preheat oven to 200 - 220°C.

Lightly grease and line a 20 x 30cm slice pan with baking paper.

Place pastry sheets on oven trays and bake for 10-12 minutes, until golden.

Gently flatten pastry with hand.

Trim pastry to cover base of prepared pan.

In a jug, combine sugar, cornflour and custard powder.

Add a little of the milk to form a smooth paste.

Place paste in a large pan with remaining milk and stir until smooth.

Add butter and bring to the boil.

Reduce heat and simmer, stirring, for 5 minutes or until the mixture is thick and smooth.

Remove from heat.

Add egg-yolks and vanilla and pour over prepared pastry sheet.

Top with remaining trimmed pastry sheet.

Chill for 1 hour.

Claudine Snell

Recipes

My Cheese Cake (This is my favourite recipe)

Ingredients

The Crust

1pkt Arrowroot biscuits

113 grams butter

The Filling

1 packet of lemon jelly.

$\frac{3}{4}$ cup boiling water – no more

1 desert spoon of grated lemon rind

$\frac{1}{4}$ dessertspoon lemon juice

A tin of ideal milk - cooled in the fridge

2 teaspoons of vanilla extract

1 packet of Philadelphia cheese
– at room temperature

1 cup of caster sugar



Method

The Crust

Combine biscuits (crumbed) and melted butter.

Press into bottom and sides of a 22/23cm tin, preferably a spring form tin.

Bake in a moderate oven for 10 minutes or until nicely browned.

Cool.

The Filling

Dissolve the jelly in boiling water, add the lemon juice and rind.

Cool slightly.

Beat the mixture until thick.

Beat the cheese until smooth.

Blend in sugar, vanilla and milk.

Fold in the warm jelly.

Pour the mixture into the prepared crust.

Chill for several hours or overnight.

Claudine Snell

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