



CYPRUS

Spotlight

ON THE U3A IN CYPRUS

Issue number 9 – March 2008

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We welcome your views and news!

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The views of contributors are not necessarily the views of the editors or committee members. The editors reserve the right to modify contributions if considered necessary.

It's sometimes difficult to think of something appropriate to put on the front page of Spotlight, but on this occasion I think the following, received from Catherine Yates, says just what we're all about.

U3A and us

Rodney and I came to Cyprus last October, looking for respite from the weather in N.Ireland. We had a tenuous link with just one person in Cyprus but were determined to treat our time here, not as a long holiday, but as part of our everyday lives.

We had initially thought of doing voluntary work and expected to make friends through our Parish Community, but within a week we had discovered U3A advertised in the Tourist Office. I remembered a friend of mine in London expounding its wonders, so I did not hesitate to make contact. Within a few days we had all the information we required, with an impressive list of groups and activities which were available, and so we enrolled.

The whole concept appealed greatly to us and opened so many doors that it has proved to be a real life line

Our first experience was with the Senior Epicureans at a Lebanese Restaurant which we thoroughly enjoyed and found all our neighbours extremely friendly – although difficult to hear because of the music.

Music is a very important factor in our lives, so we joined 'About Music' with no hesitations. It has been a truly wonderful way to spend a Thursday morning and we are going to feel bereft on our return to Ireland.

Soon after we arrived I became involved with 'The Messiah' from scratch – or almost. We linked up with U3A from Paphos and Limassol and I looked forward so much to the practices when the organizers opened their homes to us all. It culminated in a most enjoyable performance and hopefully the promise of more to come.

The Sunset Ambles presented us with a great means of discovering areas which we would probably never have found by ourselves in such a short time. I'm only sorry I will miss so many further afield when the weather improves.

I know I am going to enjoy the Travel Group and benefit from the wealth of knowledge and experience which is brought to it. It is of course this willingness of individuals to share a lifetime of knowledge and experience which we have so appreciated in U3A and are immensely grateful for. We look forward to resuming all our activities when we return in September.

**Visit the U3A Cyprus website at :
www.u3acyprus.org**

A word from the Editor.....

Well, I can't complain that we haven't had much input from the branches this month. My thanks to all those who have sent in articles about the activities in their area, particularly Limassol, who provided quite a large chunk of the material in this issue. Keep it coming! Next issue, Spotlight on Larnaca.

At the meeting held earlier this month, it was decided that we will aim for three issues of Spotlight a year: one in March, one in June and a final one in December. Spacing them in this way will allow us to include reports from AGMs shortly after they take place.

Another thought was that it would be nice if we gave prominence to particular activities in each issue. This month we have articles about music and walking groups. For the next issue, could we have some articles from the Archaeology/Geology and Photography Groups? That's not a let-off for all the other activities – we still want to know what's going on, but we would like to have articles on the above groups from all three branches. The deadline will be June 15th, so there's plenty of time to put fingers to keyboards (and isn't that a sign of the times?!) All other items of general interest will be most welcome: recipes, funnies, reminiscences (see Bill Potter's contribution), Cyprus life and especially book reviews. I would like to include at least one book review in each issue so please, Book Clubs, send some in either to your local sub-editor or directly to me at carrie@spidernet.com.cy

Enjoy the advent of spring and early summer and send in those contributions to Spotlight.

Carole

Spotlight on Sunset Ambles

It all started as a trial run for me of a very nice two and a half hour's U3A ramble in Pervolia.

Half way through, the ramblers in front of me became smaller and smaller as my ramble turned into an unintentional amble, and soon after that - a complete standstill. Yes, I was rescued and joined the others at a tavern and, with a *heigh-ho!* a good time was had by all.

Needless to say such an experience sets a person wondering, so instead of giving up those good reads, joining a fitness club and running around the houses to make it with 'rambles', I turned to 'ambles' – settling for half the time, one letter less and the late afternoons when those that do, will have had their 40 winks.

Thus *The Sunset Amble* came into being. And who should be its leader? Any person with a sense of direction, knowing the local topography, in good physical shape and loving the outdoors need not apply. So, naturally, it would be me!

Starting from walks in my own 'backyard' in Oroklini valley and village we progressed to ambling along the beaches of Larnaka Bay, McKenzie and Pervolia, not forgetting the lovely walks along our Larnaka Salt Lake and Tekke, ending up in some local *tavernas* for a drink and some more chat.

We boldly climbed the 'lofty heights' of the Pyla, Aradippou and Oroklini hills, enjoying breathtaking views of the surrounding countryside – providing plenty of opportunities for those with a photographer's eye and, in the summer, we took up some wine and read poetry by moonshine and candle light.

Of course the one constant factor of our ambles is the sunset, varying in its beauty according to weather and location. Our short walks take us from a sundrenched *apojevma** to a spectacular sunset; from twilight to complete darkness checked by a waning, waxing or full moon.

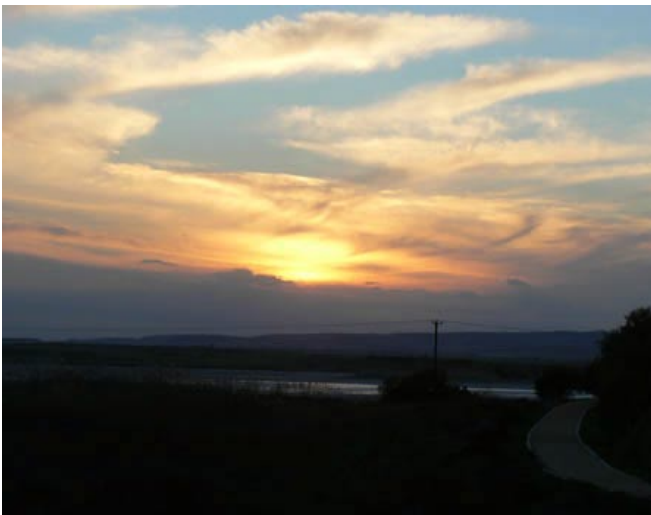
Plans are in the pipeline to venture a little further afield to the areas around Larnaka, the district around Pyrga and the coastal terrain towards Zygi, within half an hour's drive from Larnaka – as well as our favourite local ambles - and see what develops from there.

Finally, I want to acknowledge Beryl Townley as the creator of our **Sunset Ambles** title with the nice semantic touch from *rambles* to *ambles*.

May I add – with a little poetic license – if my rambles about our ambles kindled your interest – why not join us here in Larnaka - or start your own U3A Sunset Ambles in Cyprus?

Erica Bourne

**Apojevma* =late afternoon



Sunset on Larnaka Salt Lake

About Music in Larnaca

I launched this series about a year ago, when U3A-Larnaca had just started, with the intention of sharing my enjoyment of music, which is predominantly what is called “classical”.

From preliminary talks, it was obvious the inactivity of just sitting in a room listening to recordings could actually be quite boring (for example, what do you gaze at?) So the concept came along that we should actively explore pieces of music, which is much more fun, and take a look at some detail of composers’ lives plus events which shaped history, even if only their personal history. This concept has run like a backbone through the three series.

In the first series, following well received suggestions, we also embarked on the “History of Music” which on reflection was a big subject to get into eight one-hour sessions, even if you **can** go with ease from Neanderthal man up to Guido Monaco (990-1033AD) in just 60 minutes. The squeeze came in the Baroque period and a real squeeze comes after Beethoven.

We have also looked at (listened to) “The Orchestra” and the instruments it comprises, and had live sessions with a (real) trombone and a (real) violin, experts on hand showing off their instruments’ paces.

There have also been the fun sessions: chasing the most popular tune after “Happy Birthday”; a ‘Trial by Jury’ of plagiarists (not G&S); and the results of composers going off on holiday.

But throughout there has always been the attention to “live” concerts with an analytical preview of the works (well, some of them) which we can hear ‘in the flesh’ at theatres in Larnaca, Limassol or Strovolos. Quite conveniently, concerts at Larnaca are frequently on Thursday evenings, so we can gather round after performances and agree that we have witnessed something that recordings can’t offer. I find preparation of such to be the biggest challenge as one can only start compiling notes once the concerts are advertised. In this category one should include the performance of operas, in which we are so fortunate. Some knowledge of the background of the work and the intricacies of its plot, can heighten the pleasure of these evenings.

So there we are, clustered in the Upper Room at Saint Helena’s each Thursday morning from 11:00 to somewhere between 13:00 and 13:30.

The present membership lists a total of 23 of us, and that’s without counting Bach, Beethoven, Brahms, Bruckner, Borodin, Berlioz or Britten, just to name some of the “Bs”.

Tony Denne



Some happy concert-goers from the Larnaca Music Group

Weather and Climate Change

A 5 session course on Weather and Climate change was run on Monday evenings through last November and early December by David Brown, Chairman of Paphos District. The introductory topics ranged from General Global circulation, origin of high and low pressure and the Earth's atmosphere. Subsequent sessions dealt with Clouds, Thunderstorms and specifically Eastern Mediterranean Weather. The last two evenings covered evidence for Climate Change and a viewing of Al Gore's DVD 'An Inconvenient Truth'. Over 25 members stayed the course. Below are some of the photographs used to illustrate the course.



Close up of the beautiful breaking wave formations of a Kelvin-Helmholtz wave cloud, seen along the eastern side of the Rocky Mountains. over the town of Monument. Colorado



The US Space Shuttle struck by lightning.



Lightning strikes the Eiffel Tower in 1902



An example of a Lenticular Cloud

Gordon's tale of Green Monday

Where has the first part of the year gone? I expect you are all saying the same thing now that Karnival Week has come and gone. Karnival Week is always a favourite time for me. It starts with Tsiknopempti when King Karnival enters the town and everywhere the tantalising smells of 'stinky' meat cooked over charcoal. It means Spring is about to spring into life and the days are getting longer. The best part of Karnival week undoubtedly is Green (Clean) Monday. All the Dads (and Grandads) can enter their second childhood, at least for a day.

Bright and early a huge number of Cypriot families converge on the Faros municipal beach to indulge in a day long competition of kite flying. Everyone from the oldest to the youngest in the family takes part.

Our party arrived slightly later than planned but we were able to find a decent spot to settle. The day was bright, warm(ish) and breezy so we immediately set about assembling our kites to try and make an impression on the judges. Quite what they look for and even who they are we don't know, but we gave it our best shot.

After about half an hour we had had enough kite flying for the time being so we set about the serious business of the day – The Picnic. The BBQ was stoked up and loaded with parcels of fish and halloumi cheese (not cooked together) but we snuck in a few portions of Sheftalia for the carnivores. While that was cooking we snacked on cheesy fillos, tsadziki and other tasty morsels washed down with sparkling wine and KEO. The main course, the highlight of which was my corned beef and potato pie, was presented as elegantly as possible under the circumstances and was enjoyed by all! We finished off with lemon drizzle cake (makes your mouth water just to say the name). It was gorgeous.

Whilst we were enjoying all of that, other families had come, eaten and gone. We did have a last flutter with our kites as there was now a bit more space and a bit more sky to operate in and less chance of hitting anyone in a crash landing.

Without wishing my life away I am looking forward to next year's Green Monday. However there are lots of other local events to enjoy, the next one being the Tulip Festival which takes place in the village of Polemi. If you haven't yet been then make the effort. This year it will be the second weekend in April.

Thank you, Gordon, for the above article. Cyprus is rich in traditions so if anyone would like to contribute an item about a traditional local event in 'their' village, please send it in to your Branch's sub-editor or directly to the editor. CM



Papercraft and Card-making group (Paphos)

The group continues to meet on Monday afternoons between 2 and 4 at the Latin Parish Hall on the Tombs of the Kings Road. Since Christmas we have watched demonstrations and tried our hands at various types of inserts, folding basic cards in different ways, using a computer based programme for card making, and two types of "pop up" cards, one called a spring up card and the other a star book as it forms the shape of a five pointed star. We have also revisited making waterfall and iris cards as well as using various types of apertures.

The group continues to be very popular and we have 24 members enrolled. Unfortunately the number of tables in the hall restricts our numbers, so at present we are operating a waiting list.

If you would like to be put on the list please contact either -

Wynn Walton 26817300 (e-mail janjo82@hotmail.com)
or Terri Curtis 26622899 (e-mail terriade@cytanet.com.cy)

*A few of the lovely cards created
by members of the Group*



Euro Carnival

Thanks to Brian Crawford and David Shirwill, both members of U3A's Camera Group, who took these super pictures which give a real feel for the Carnival.



Friday Walking Group – Paphos

The Paphos U3A Walking Group meets every Friday and walks 7 or 8 miles. On Feb 8th the route took us via Xeros Potamos valley and Ayias Marina to Sindi Monastery. There were 23 walkers on the day and it was mostly easy track walking with one steep section. It was wonderful to see the Monastery as we reached the top of our steep climb then made our descent to have a look around. We were surrounded by the beautiful wild poppies, and anemones in wonderful colours ranging from pale lavender to violet and purple-blue. As we left the Monastery we followed the river bed which we had to cross at one point. Luckily it was not too deep, though quite fast flowing. Those of us with boots made it across by stepping on stones as we went but others (who shall be nameless!!) hitched a lift across with a passing Cypriot in his truck (as seen in the photo). From there we walked back to our cars and made the short drive to *Periklis Village Tavern* in Nata, where we had lunch and a very well earned beer.

Thanks to June Mirrington for this evocative piece.



There's more than one way to cross a river, as these photographs from Paphos Friday Walking Group show.

A LITTLE OF THIS & A LITTLE OF THAT

A Little Wisdom: "Sweet is a grief well ended." -- Aeschylus (525-456 BC), Ancient Greek soldier, playwright.

A Little Advice: "Never undertake anything for which you wouldn't have the courage to ask the blessing of Heaven." -- G. C. Lichtenberg (1742-1799) German physicist, writer.

A Little Quip: "I won't insult your intelligence by suggesting that you really believe what you just said." -- William Buckley, Jr., conservative American author, editor, and TV personality.

A Little Put-Down: "His mother should have thrown him away and kept the stork." -- Mae West (1892-1980), American vaudeville artist, dramatist, and film actress.

A Little Proverb: "Avoid popularity if you would have peace." -- Abraham Lincoln (1809-1865), 16th president of the United States.

A Little Reflection: "It gives me great pleasure indeed to see the stubbornness of an incorrigible nonconformist warmly acclaimed." -- Albert Einstein (1879-1955), mathematician, scientist, and winner of the Nobel prize.

A Little Admission: "I have never killed a man, but I have read many obituaries with great pleasure." -- Clarence Darrow (1857-1938), American attorney whose most famous case was the Scopes trial in Tennessee.

A Little Quote: "Life is a wonderful thing to talk about, or to read about in history books - but it is terrible when one has to live it." -- Jean Anouilh (1910-1987), French playwright.

A Little Observation: "I've had a perfectly wonderful evening. But this wasn't it." -- Groucho Marx (1895-1977), American comedy star and television host.

Bill Potter does some Reminiscing

I was going to write to 'Spotlight' suggesting that they start a 'Grumpy Old Man' column because that's what I'm good at, and my chosen subject was going to be 'Modern Motorists', but as I thought about it my mind started wandering. I was thinking about the difference between me (the good driver) and them (the bad drivers) and one of my thoughts was about our relative skill levels. I'm not saying that I would like to take the modern test or start learning now, but I pondered that I and my contemporaries had to master a whole lot of other skills which are no longer relevant, but do, I feel, give us a different perspective on driving. We had to know how to 'double de-clutch', whereas I don't expect any one from younger generations to know what I'm talking about. Anyway, all of that thinking got me reminiscing, so I changed my tack and allowed my mind to wander back to those 'Halcyon days' of driving.

I should say that I was a bit on the poor side, financially speaking, so that should inform you that cost played its part in my early years of driving. Before I got a car of my own I used to borrow my mum's car. She had a succession of Morris Minors, all were old and all needed working on. My mum having old Morris Minors was a good idea as she was prone to bump into things on a fairly regular basis, and the MM was an easy car to repair. The wings (which took the brunt of my mum's collisions) could be replaced by simply unbolting them (plus breaking a couple of spot welds) and bolting on a new one (from the breaker's yard). The radiator was the second most often abused part of my mum's car and we became quite adept at changing them too. The third most frequently broken part was the semaphore signals (right hand side). In later models they had self cancelling signals that easily dropped back into their slot, but the early ones didn't; they had a knob on the dash board which you turned and were then supposed to turn back. Unfortunately, all too often I would forget to cancel the signal after turning right into our road, stop the car and get out and back into the still proud signal which had failed to return to its resting place!

One of my favourite MMs was an old split windscreen one which (when we got it) had an old 850cc engine in it. Me and my dad changed that for an (again from the breaker's yard) 1100cc engine and gear box. I remember my dad having to cut away some of the floor of the car to get the gear box in (bet you couldn't do that today?). So now we had this very old looking MM with split windscreen and semaphore signals but with an engine that (for its day) was souped up. It was always good fun at traffic lights leaving other cars in dust and astonishment as I pulled away at speed - not that I would condone youngsters of today doing that (grumpy old man mode). The old MMs were practically unbreakable. One occasion that comes to mind was when my younger brother asked me (as he often did) to drive him for a spot of all night fishing off the beach at Clacton. I didn't care much for fishing but it was always good fun to go driving and to stay out all night, so as was usual, I agreed (mum just accepted the situation and the loss of her car, as only mums can). We headed off towards the coast, a journey of about 60 miles. After we had gone about two thirds of the way the radiator sprung a bit of a leak and we had to stop to let the engine cool down a bit. Back then there was nothing open in the evening, so we found some water and decided to soldier on as it was nearer than going back. We got to a beach just south of Clacton and set ourselves up for the night and left the car problems to be sorted out the next morning (Sunday). After a good nights fishing we chucked everything in the back of the MM, filled the radiator and set off. We managed on average to drive about 10 miles before having to stop and fill up the radiator. This being a Sunday morning there was nothing open, so each stop had to be taken as opportunity presented. Sometimes it was a stream and on a couple of occasions it was a matter of knocking on someone's door to ask for water. We actually did get home with no real harm done to the good old MM. Those Morris Minors were virtually indestructible, not elegant or swish, but near on indestructible. On a downhill section with a following wind I could get it past 55 mph, which in itself was no mean feat, but could also be frightening. This was in the days before wheel balancing, and when I got the car up to the 55 mph mark, the whole thing would shake violently and I would have to hold on to the steering wheel for dear life.

I remember my dad's first car. It was a Ford V8 Pilot, one of those big stern sit-up type cars with a deep shining black finish. It had a running board, big head lamps and the spare wheel was attached to the outside of the luggage compartment (boot) and was covered with a white metal ring, giving the impression of a target. The bumpers were made of some really heavy-duty steel, chrome finished, if you used them as bumpers the recipient would know about it. I remember it had a roller blind in the rear window that was operated by the driver (my dad) via a cord which ran from the back of the car to the driver's position, where it could be pulled to close off the rear window. It also (apparently) had a built in jack to each wheel,

although I don't think they were ever used. Calculating petrol usage was more gallons to miles than miles to the gallon. We finally parted company with it after the first gear disintegrated one day when we were out for a drive. I don't think my dad was too perturbed as he drove it home using the remaining gears (he had driven trucks in the war (WWII) and his mates always said that his truck was always held together with string and good fortune), but my mum worried and helped it home with about a thousand prayers to the great mechanic god in the skies. Someone bought it from us to use for stock car racing and said it would do really well, and I can well believe it would have.

To be continued.



Tai Chi - Paphos

Wednesday afternoon and there we were, 18 of us standing around looking a bit unsure of what to expect. This was the first 'taster' session of the Tai Chi class run by Mei and Jun.

Tai Chi is the most famous of the Chinese Martial Arts, consisting of fluid, gentle, graceful circular movements, relaxed and slow in tempo. Breathing is deepened and slowed aiding visual and mental concentration, relaxing the body to allow the life force (or 'Qi' as its known in Chinese) to flow unimpeded throughout the body. These techniques help to integrate mind and body and allow the achievement of total harmony of the inner and outer self.

Mei welcomed each one of us, took our details then began by giving us a brief history of the form of Tai Chi she would be teaching us, which is known as *Simplified Yang Style 24 Forms* (or *Beijing Form*) while Jun showed us the moves, which are indeed very graceful.

Then it was up to us! Slowly, with direction from Mei we followed the first movement as demonstrated by Jun, who kept an eye on us and corrected posture and hand movements.

There were a few wobbles and a groan or two as a result of extending stiff muscles but everyone seemed to enjoy this first session and promised to return next week. I certainly will.

There are to be two classes, both held in Dasoudi Park opposite Carrefour, on Wednesdays at 2p.m. and Thursdays at 10a.m. If you are interested please contact Mei on meinalan@cytanet.com.cy or 99923310.

Olwyn Oliver

WATER POEM

Of all the elements the sage should take water as his preceptor.

Water is yielding but all conquering.

Water extinguishes fire, or finding itself likely to be defeated, escapes as steam and re-forms.

Water washes away soft earth or when confronted by rocks seeks a way round.

Water corrodes iron till it crumbles to dust.

It saturates the atmosphere so that wind dies.

Water gives way to obstacles with deceptive humility for no power can prevent it following its destined course to the sea.

Water conquers by yielding; it never attacks, and always wins the last battle.

The sage who makes himself as water is distinguished for his humility; he embraces passivity; acts from non-action and conquers the world

Anonymous

Thanks to Mei (from the Tai Chi class) for passing on this lovely poem

U3A LARNACA BOOK GROUP

"No! I Don't Want to Join a Book Club" by Virginia Ironside...say what? This woman doesn't know what she's missing!!

As an avid reader I welcomed the opportunity to join the U3A Larnaca Book Group when it was formed last year. We meet on the 1st Friday of every month at the Flamingo Hotel in Larnaca.

Over the last 10 months we have read a variety of both fiction and non-fiction books and our sole male participant, who declared, "I'm not coming if you're going to be reading Catherine Cookson", is still with us! Our book 'for the month' is chosen by consensus from suggestions put forth by the members. We choose our books 2 months in advance to facilitate us being able to purchase them.

We have a set of guideline questions to keep in mind as we read the books. These give a starting-off point for each of us to give our individual assessments of the book, which then leads to further in-depth discussions between us all. These discussions are always lively and can often provide us with a better, or even completely new, understanding of something in the story viewed from someone else's perception. We then rate the book, which is always interesting and sometimes surprising.

Another strong suggestion is to "read" and "finish" the chosen book. This has proven, on more than one occasion, to have been a good suggestion as some of us have said, "I couldn't get into it for the first fifty odd pages but then I couldn't put it down!" To my mind, even if you hated the book, that is part of the enjoyment of meaningful discussions and one good reason to be part of the group.

There are a number of benefits derived from belonging to such a group:

- **Reading a book you may never have heard of or thought to pick up**
- **Discovering new authors**
- **Developing an interest in a subject that you may not have even thought about before being introduced to it in a book choice**
- **A sharing of ideas and knowledge**
- **We now lend books to each other thus expanding our reading scope**
- **The new and interesting people we meet**

As for Ms. Ironside's book, to date we have not read it but I think I might pick it up anyway as it states it's a "Diary of a Sixtieth Year" and I want to see if there is anything I might have missed out on doing that year!

Book Group Paphos

The book group has vacancies. We meet in each other's houses on the last Monday of the month at 2.30pm to discuss books chosen by the group. If anyone is interested please contact Cathy on 26 621 130.

Ever wondered why.....

Why do we press harder on a remote control when we know the batteries are getting weak?

Why do banks charge a fee on "insufficient funds" when they know there is not enough?

Why doesn't glue stick to the bottle?

Why do they use sterilized needles for death by lethal injection?

Bridge in Paphos

We now have thirteen graduates from the Rathband Bridge Academy and I am planning to resume the U3A Bridge sessions on Monday mornings at the Latin Parish Hall, starting on 7th April.

The aim is to provide the opportunity to play Chicago Bridge in a friendly and relaxed atmosphere, with time for constructive discussion of hands, and without the more pressurised atmosphere sometimes found in clubs.

We would also welcome any other U3A members who are Bridge players and would like to join in, particularly if they can give help and encouragement to the newer players.

If you are interested, perhaps you could email me so that I have some idea of numbers.

Peter Purnell
Purnell47@hotmail.com

Read any good books lately?

Most U3A members seem to be fairly avid readers, so the answer to the above frequently posed question is usually a 'yes'. It seems a good idea therefore, to ask members to submit reviews of books they have enjoyed so that other readers can perhaps try authors or genres other than their regular favourites. Book Group members to the fore, please!

To start the ball rolling, I am delighted to offer my own review of a book which I am certain hardly anyone has yet read. CM

SMOKE WITHOUT FIRE

by **Mark Charlton-Kings**

The author, who is a member of Paphos U3A, has produced a first novel of remarkable scope and complexity. Beginning in what was then Rhodesia, it takes the reader on a fast-paced journey through the lives, loves and trials of a group of very believable characters, always holding the attention with clever twists and turns. This is, however, more than a thriller, although it certainly provides all the ingredients necessary to succeed in that genre; it is also a love story with tensions, passions and surprises aplenty.

The locations, which take us from Africa to Europe, America and back to Africa, are extremely well drawn, betraying the author's abiding love for the Dark Continent and his familiarity with both that and the other settings. His journalistic roots are evident in his descriptions, which are vivid and authentic, and the storylines are interwoven with considerable skill to reach a most satisfying dénouement.

Although coincidence plays some part in drawing all together, it never stretches the bounds of credibility and the development of the main plot, concerning serial murders in Bristol and ending with a riveting trial, kept me turning the pages. I have to confess that I had an inkling of 'whodunnit' but there were enough red herrings to keep me not quite certain until the end.

The final chapters and the Epilogue neatly tidy up the remaining details and take the story further very satisfactorily, and a considerable bonus is the Addendum, which provides factual information on many of the events and people in the book.

Altogether a cracking good read which should appeal to a broad audience of both men and women.

The book will be published in early April and I am sure the author will be happy to provide further information. He can be contacted on 26 621682.

**U3A
BUFFET LUNCH
AT
PAPHOS GARDENS
HOTEL
KATO PAPHOS
ON
FRIDAY 11TH APRIL
12.30 FOR 1 PM
PRICE 11 EUROS**

Please contact Iris on
26621594 or 97644890

e-mail : irisen@cytanet.com.cy

Names by the 7th April please

A Friend

A true friend is like a good bra:
Hard to find,
Lifts you up, gives you support
And is always close to your heart.

Thanks to Tara

A computer joke!

(with apologies to all blondes - Ed.)

A blonde goes into a computer shop looking for curtains for her PC.
The assistant says, "You don't need curtains for a computer!"
Blonde says, "Hellooooo! I've got windows!"

Thanks to Stella Newton

A U3A Paphos Travel Group has been formed with about 28 interested persons so far. We have held one meeting to get together to discuss our ideas on how the group should proceed. Initially, as the Group is in its infancy, it was decided to select a few destinations, short haul, in view of distance, expense and time, and the following were selected as worthy of further information: Italy, Syria, Budapest, Morocco, Oman & Muscat. Those members who proposed these countries were asked to research travel possibilities and times of year, e.g. Italy would encompass Tuscany and possibly Rome; Budapest could be combined with a musical cultural programme in the winter months when the music is at its best. In the meantime, news reached us of a trip to Syria being organised with U3A Limassol, and 4 of Pafos' members will sign up for this. We are seeking cooperation with U3A Limassol in order to combine interested persons to make up sufficient numbers to form a group, and destinations.

U3A Paphos group will meet on a regular basis, so that decisions can be taken and forward planning can be made.

Contact the coordinator, Sue de Groot, supint@cytanet.com.cy, for more information.

Larnaca Travel group

We had our first meeting in February and watched 'Cruising Contrasts'. This compared an Indian Ocean Islands cruise on Royal Star with 200 passengers, with a re-positioning cruise from Japan to Alaska with 3,000 passengers on Sapphire Princess. It illustrated well the fact that cruising is the way to see many places which one would otherwise never visit e.g. Dutch Harbour and Mesali.

Discussion followed on the directions we hope to take with this group. Certainly travel within Cyprus, and particularly in Northern Cyprus, as many here did not know the island pre '74. We intend to seek companies which design trips of interest to nearby countries. Local Travel Agents offer only limited special interest holidays. We hope to 'buy into' packages which include English guides, but arrange travel from Cyprus ourselves. Each month we shall hope to see and hear about trips made by our members, and of travel planned for the near future.

On a recent visit to UK we were invited to attend a meeting of the Bury St. Edmund's U3A Travel Group, attended by 50 or so. A group of them will be visiting Northern Cyprus in the Spring. We were popular guests – able to answer various questions they had, mainly regarding weather, distances, suitable clothing etc. We look forward to meeting them in Kyrenia next month.



Beautiful places – and not all so far away.

Well – we did it!

After months of practices in each others houses, hundreds of e-mails, “an emotional roller coaster of frustration and sheer joy,” the fledgling ‘U3A Choral Society’ performed Handel’s *Messiah* on 26th January.

On the occasion of the first performance of *Messiah* in Dublin in 1741, the organisers were concerned that there would not be enough room for all those who wished to attend, so the gentlemen were asked not to wear swords – and the ladies were requested to remove the hoops from their crinolines.

When *Messiah* was performed in Cyprus earlier this year, there were no such concerns. It was not intended that the event should have an audience but that it should be held purely for the enjoyment of the performers – singers who just loved to sing.

The idea started to take shape when Cyprus U3A president, Janet Bureau, and husband Peter first became involved with U3A’s Limassol Music Appreciation Group last April. Peter remembered taking part in a performance of *Messiah* at the Albert Hall in London, when choirs from all over the UK came together for the event. An enthusiastic singer, it had been an enjoyable and uplifting experience for him. “Why don’t we see whether we can do the same thing here,” said Janet.

The first step was to find the singers. Fliers were sent to attract singers who hadn’t sung for years, singers who were currently singing in various choirs or groups, singers who had never done this sort of thing before – all were encouraged to ‘have a go’.

The response was encouraging enough for the next step, which was to locate ‘sectionals’ – CD’s with all the separate parts which performers could learn at home. Through the Internet, a company in Australia called ‘Note Perfect’ was located and the shipment of the required material to Cyprus arranged. Then followed an intensive CD burning (copying) programme, each performer requiring three CD’s in order to become note perfect.

One memorable rehearsal was under the direction of an Australian visitor, Peter Kneeshaw, principal organist At St. Mary’s Cathedral, Sydney (see photo).



Members from all parts of the island joined together in celebration of the 25th anniversary of the founding of the Third Age Trust, and singers from a wide range of experience and ability who had been encouraged to take part enjoyed themselves to the extent of wanting to make it an annual event, perhaps in a different direction. Gilbert and Sullivan have been mentioned!

Others have suggested singing *Messiah* again at different times, perhaps for Easter, and in churches in other parts of the island.

Those who generously shared the solos with each other were June Evans, Tom Groves, Stephen and Doris Willis, Chris Falla, Jean Butcher and Carol Heads.

The choral director on the day was Jon Kille, Head of Cyprus Schools Music Service, Service Children’s Education. Lilian Carberry skilfully provided the ‘orchestral accompaniment’ on keyboard.

.....”it was a magical day for us all although I had sung parts of it before, long ago, it was the fact that we are now so much older, but could still do it!”

.....”I’d not sung *Messiah*, or anything else for that matter, for sixty years...nor do I read music any more than knowing what goes up and what goes down. But I was given every encouragement by everybody to take part and enjoy myself – which I did”

.....just some of the views expressed by those who were there on the day. The Cyprus U3A Singers are launched!

Mary Skinner, Cyprus U3A Limassol District



More on Messiah – a personal view from a participant

On January 26th we at last all came together for a performance of Handel's *Messiah*. This is probably the most well known, loved and frequently sung choral work in existence. Although it was supposed to be unrehearsed, in fact several small groups had met together to familiarise themselves with the notes, as there were those taking part for whom this was a totally new experience. There was a buzz of excitement as we met and the less confident singers tried to place themselves by a more experienced person. Aply conducted by John Kille, the morning rehearsal went well. Several people had volunteered to sing some of the solo items which were also rehearsed with the competent accompaniment of Lilian Carberry.

After a light lunch, (no one can sing on a too full stomach!) the real performance began. By now the diverse group of singers had become a choir. The 'Alleluia Chorus' rang out in glee and a triumphant 'Amen' completed the occasion. It was wonderful happening for all of us and may be the start of something more.

Doris Willis (Alto)

Digital Photography

Our Digital Photography group in Larnaca started with a 'short' course of six sessions covering the basics of using the camera, composition and digital processing. When the initial course finished there was a general agreement to continue and to look at more advanced techniques and generally exchange hints and tips.

As in many Photo groups there is a great interest in Photoshop software – and by good fortune we have one of our group who is proficient in this and who has offered to run a short course solely on this software.

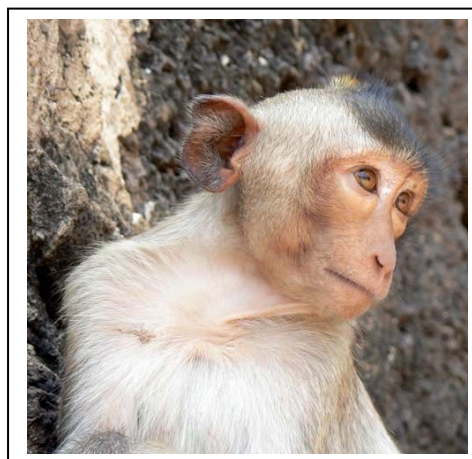
We now plan to run another basic course as there seems to be a demand, so from a humble beginning, this year we will have 3 courses – Basic, Intermediate and Photoshop!

Some of the groups work was displayed at the 'Living in Cyprus' exhibition last year and this year we had a display at our very successful recruitment and retention meeting.

In the future we hope to arrange some photo outings where the group can vie with each other to get the most exciting or unusual shots!

Mike Townley, Larnaca District

Photos by the author



*Whooo's
keeping an
eye on
whooo?*



Singing Group

Paphos U3A are hoping to form a singing group. We have a professional pianist and the intention is to sing four part traditional Scottish, English, Welsh and Irish songs, rounds and the occasional solo, with an instrumental thrown in for good luck.

If you are interested please respond to Jennifer, and indicate which days/times are not workable for you. There will be a charge of €2 to cover tea and sheet music.

Jennifer Barras:
jenandbill@cytanet.com.cy

More things to wonder about.....

Why doesn't Tarzan have a beard?

Why does Superman stop bullets with his chest, but ducks when you throw a revolver at him?

Why do Kamikaze pilots wear helmets?

Whose idea was it to put an "S" in the word "lisp"?

If people evolved from apes, why are there still apes?

Why is it that no matter what color bubble bath you use the bubbles are always white?

Is there ever a day that mattresses are **not** on sale?

Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?

Why do people keep running over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give the vacuum one more chance?

ALL BRAN FRUIT LOAF

I have been making this for years; it's good for you because it has no eggs or fat and it's full of All Bran. Try it spread lightly with butter. *Olwyn Oliver*

50g All Bran

150g Sugar

150g Mixed dry fruit - cherries, peel, sultanas, currents

Whatever this is particularly good made with tropical mix

50g Nuts chopped (optional)

1/2pt Milk

175g SR Flour

Put all bran into bowl with sugar and fruit cover with milk stir and leave for at least 1 hour (longer is better).

Add flour mix well pour into well-greased 1lb tin.

Put in oven 350 and bake for 1 and half hours

Freezes well - keeps well if wrapped in greaseproof and stored in an airtight container.

EXHIBITION NEWS

LIGHT WATER

To be opened by Mr Photos Socratous, Managing Director of CyDive

On Friday 4th April at 7.30 p.m.

KYKLOS GALLERY

6 Minoos Street, Kato Pafos

Tel: 26 936 681

When artist Keith Walker was loaned an underwater camera it provided him with his long-desired means to capture the play of sunlight through the seawater onto the body as source material for a series of paintings. **Light Water** is an exhibition of the work made by the four artists that were involved in the project from the outset – Keith, Mary-Lynne Stadler, Raymond Wilson and Elizabeth Walker. An original set of photographs taken in the Akamas in late 2007 was the point of inspiration for each artist. Each enthused by separate aspects of those images, the artists have gone on to develop their own unique interpretations. The result is a stunningly exciting visual display that beautifully illustrates the individuality of the artist's creative process.

The Exhibition will run from 5th April – 18th April

Gallery Opening Hours are 10.00 am – 1.00 pm & 4.00 pm – 7.00 pm

Closed Saturday afternoon and Sunday

To end with a smile, how close to reality do some of the following sound?

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%. The elderly gentleman went back in a month to the doctor and the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

The gentleman replied, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've already changed my Will three times!"

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great. I would recommend it very highly."

The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know..."

The one that's red and has thorns."

"Do you mean a rose?"

"Yes, that's the one," replied the man. He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"

Three old guys are out walking.

First one says, "Windy, isn't it?"

Second one says, "No, it's Thursday!"

Third one says, "So am I. Let's go get a beer."

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later, the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'"

The doctor said, "I didn't say that. I said, 'You've got a heart murmur; be careful.'"