



CYPRUS

Spotlight

ON THE U3A IN CYPRUS

Issue number 10- June 2008

IN THIS ISSUE:

Paphos AGM.....	2
Photo Competition.....	2
Larnaca AGM	3
Limassol AGM.....	4
U3A Singers.....	4
Travel (1).....	5
Reminiscences.....	6
Ascot, Nicosia.....	7
Travel (2).....	9
Classic Films.....	10
U3A UK.....	11
Geology Field Trip	12
Paphos Quilters	13
A trip to Asproya	14
Recipes.....	15
G&S proforma.....	16

Editorial details:

We welcome your views and news!

Contact:

Fran Bremner (Larnaca)
Chris Curson (Limassol)
Olwyn Oliver (Paphos)

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.

ANOTHER YEAR, ANOTHER AGM (or three).....

It's hard to believe that another year has flown by and here we are again at the start of summer, with local AGMs having taken place, new committee members installed and fond farewells and thanks said to those not standing for re-election.

Membership of U3A Cyprus has continued to increase and now stands at 580, an increase of 90 since the beginning of September last year, with the largest number of new members joining in the Paphos district.

A number of new groups have started up in all branches and our thanks go to all those volunteers who give up so much of their time to run them for the benefit of the rest of us! More group organisers are always needed, so if you have an interest you would like to share with your fellow members, do get in touch with your local Course Co-ordinator who will, undoubtedly, welcome you with open arms.

ON-LINE COURSES

If there isn't a course locally covering a subject you are particularly interested in, don't forget that there are on-line courses available to members at very modest cost. Details can be found on the U3A website at: www.u3a.org.uk, along with lots of other interesting items. And for those going back to UK for the summer months, you can always find a local U3A and go along as a guest. Just contact the local organisers.

Visit the U3A Cyprus website at :

www.u3acyprus.org

Report of the U3A Paphos District AGM

The Fourth Paphos District U3A Annual General Meeting was held on June 5th at the Coral Star Restaurant, Coral Bay. Seventy four members and three visitors were in attendance. The Chairman, David Brown, reported that membership had risen from around 230 this time last year to the present 302 members.

Early in 2008 the District donated CYP 238 (406.64 euros), raised from raffles held at social events, which was shared equally between The Friends of Paphos Hospice and The Cancer Patients and Friends Support Group.

The Chairman thanked Sandra Walder-Payne for her work over the preceding two years in her secretarial role following her resignation last July. Iris England was thanked for her duties as Social Secretary for the past three years as she was not seeking re-election to the Committee. Thanks also to Olwyn Oliver who, though remaining as sub-editor for Paphos, did not stand for re-election to the Committee.

Congratulations and thanks were extended to all Group Leaders for their continued efforts and enthusiasm.

One nomination for the post of Social Secretary had been received before the deadline and Chrissie Eldridge was duly elected. The remaining committee members were confirmed in their respective offices with co-opted member David Whaley, Secretary, being elected to full committee membership.

With regard to social events, such as coffee mornings and lunches, a request was made for evening events to be considered. Chrissie Eldridge, newly elected Social Secretary, responded by asking members for their ideas so that an appropriate diary of events could be circulated for members' consideration and participation.

The Chairman closed the meeting by thanking all those present for their attendance.



U3A PHOTOGRAPHIC COMPETITION

This competition is open to all U3A members. There are 5 categories and 3 levels. Entry fee is €3 per photograph which should be A4 and not mounted. Closing date is 31st Oct 2008 so you have plenty of time to start clicking!

For more detailed information please contact Danne on 99907004 or David on 26936041.
Entry form at the end of this Spotlight edition

Children!

An exasperated mother, whose son was always getting into mischief, finally asked him 'How do you expect to get into Heaven?'

The boy thought it over and said, 'Well, I'll run in and out and in and out and keep slamming the door until St. Peter says, 'For Heaven's sake, Dylan, come in or stay out!''

Thanks to Marjorie Dobson for this little gem

Report of the U3A Larnaca Branch AGM

The 2008 Annual General Meeting of the U3A Larnaca Branch was held at the Henipa Hotel on May 28th. The meeting was attended by 41 members (including 3 who joined on the day) and 9 guests. We were honoured to have also with us the Island Chair, Dorothy Hulley and the Island President, Janet Bureau and we thank them for their valuable support.

After welcoming those present the Chairman reported that the first year of the Branch had been very successful with more than a 2-fold increase in membership, plus a good variety of courses and activities available. Thanks both to those offering courses as well as those taking them.

Among the highlights during the year were: a talk by the Head of the English School, a stand at the 'Living in Cyprus' exhibition, an evening at the *Ku De Ta Restaurant*, the Island AGM in Larnaca, as well as a travel group outing to Droushia Heights. As this had meant a great deal of work for a dedicated committee and it was felt that the work should be distributed more fairly, a change to the constitution was proposed. The Secretary had prepared a document outlining a new committee composition where all full posts were allocated specific duties. This was designed to spread the work load of the committee in an equitable manner. There was a lively discussion with a further proposal to include up to 2 co-opted posts to the committee. The proposal was carried unanimously.

Viv Merryweather, the Membership Secretary, had been acting as Course Coordinator for most of the past year. In her report she said that membership peaked at 112 members but is now down to 105, due to natural wastage. Over the year some 25 groups have been offered, one or two have been dropped due to lack of interest but most have proved successful, with varying numbers taking part. Ballroom dancing is a very successful 'enabled' group that uses a local studio and teacher, so popular that there are now 2 parallel groups! The Epicureans have topped 50 for some events – so we must be doing something right. We have had visits to the Orchids in the North and the Moufflons in the West and we look forward to many more exciting events

Financially, the Treasurer reported that the branch was in good health and copies of the audited accounts were available for those who wanted to review them in detail.

The Secretary read out the Nominations received for the new committee. The existing committee members were all standing for re-election with the exception of Viv Merryweather as Course coordinator and Margaret Moore as a member. Nominations for the committee had been received from Peter and Joan Harrop – and after further discussion it was clarified that these were for the posts of Course Coordinator and Publicity/Information. All those standing were duly elected and the meeting then closed, there being no further business.

Calling all ex service personnel

I would like to pass on a little bit of information I received recently. The Ministry of Defence has issued a lapel badge known as HM Armed Forces Veteran's Badge. Any one who has served in the military can apply. The badge is designed to be worn with civilian clothes on suitable occasions. Details of how to apply can found on the veterans website www.veterans-uk.info. All the information you need is your NI number and your service number (and we all remember that don't we). I think you can apply online, although I downloaded the form and sent it snail mail and got a response fairly quickly.

Thanks to Gordon Oliver

REPORT OF THE U3A LIMASSOL BRANCH AGM

The 2008 AGM was held at the Pefkos Hotel, Limassol.

The Chairman, Chris Curson, opened the meeting and welcomed all those attending. After the reading and acceptance of the minutes of the previous meeting, Chris gave thanks to Valerie Ionides and Pat Ramsay for the organisation of the AGM. There was a general discussion during which Jean Butcher brought up some valuable points that she felt could improve things next year. Round the table observations concluded that this AGM was the best yet: the venue, organisation and lunch were excellent and attendance was over 100 members.

The Chairman, in his report, noted that the Branch has grown during the year and at the moment membership stands at around 175, an increase of around 25 on last year. The number of groups is at present 22, some more active than others but all of them happy to welcome more members. The list of group activities is distributed to members on a regular basis and these have included lectures, practical sessions – for example computing and photography - play and poetry readings, discussions, field trips and so on. Out of all this perhaps the outstanding achievement was a performance of most of Handel's Messiah by the Music Group in January. He also highlighted the fact that changes have been made to improve communication with members and reminded them of the website where branch information can also be found.

Suggestions were made for possible new groups e.g. Bird Watching and thanks were given to all those who are already running the many and varied groups. Anyone prepared to start up a new group was urged to contact Pat, the Course Co-ordinator, or any committee member. The need for a speaker for the open meeting in October was mentioned and various people were suggested, including John Munroe, a journalist and professor of Middle East Studies. All possibilities are to be explored.

Branch social activities have proved popular and have included a day at the races, a walking tour round Nicosia, musical evenings, and most recently a highly successful five day trip to Syria. Hopefully support for these events will continue.

The Treasurer's report was presented and showed a healthy balance therefore subscription levels are to be maintained at the current level for the forthcoming year.

The Social Secretary discussed the recent Syria trip and possible future plans, including a Day at the Races planned for September.

There being no further business, the meeting was then closed.

The Cyprus U3A Singers

Following the success of our scratch performance of Handel's Messiah
our next venture will be
a concert performance of a programme chosen from the works of

Gilbert and Sullivan

When? January 2009. **Rehearsals** will commence in September

At this stage we invite you to let us know if you are interested taking part, even if you are not a U3A member at present.
See downloadable form on p16.



Interested? Then contact **Janet Bureau:**
tel: 25 934506 or levanter@cytanet.com.cy

A TASTE OF BUDAPEST

The U3A Travel Group (Paphos) are organising a trip to Budapest departing late evening on Tues 25th November 2008 and returning early in the morning of 2nd December 2008. We will be flying from Larnaca Airport with MALEV AIRLINES, departing 26th Nov at 0410 hrs, arriving at Budapest 0610 hrs. 20 seats have been booked at a fixed cost of €386 per person including all taxes. My friendly Travel Agent will try to find us more seats if we need them. The only 'extra' may be a fuel surcharge imposed by the airline.

There are two hotels to choose from – one on the Buda side of the city (which is a World Heritage Site), and the other is a boat moored on the Pest side of the Danube. Both are 3*. At the Burg a single room is €53 and a double €64 per night; at the Fortuna Boathotel a single is €49 and a double €55 per night including breakfast and all taxes. There may be some discount on these prices once I know how big our group is going to be. Information and pictures of both hotels can be seen at www.budapesthotels.com/hotels/threestars.asp.

I am hoping to be able to arrange the following programme. All excursions are optional and will be subject to availability at the time of booking. Since we are travelling as a group, we hope that like-minded people will join together to share their experiences of the trip. Since it has been tailor made (in other words, it isn't a package tour) I cannot give an inclusive price, however if you decide to book all of the excursions, the total cost will be approximately €150, and a guideline price for a 3-course meal in Budapest is between €10 and €30 (depending on where you choose to eat).

Wed 26th Arrive Budapest and transfer to Hotel by Airport Shuttle.

Deposit luggage at Hotel and travel by metro or tram to the West End Shopping Centre where there are over 400 shops and many restaurants and cafes. There is also a Tourist Information Office there for those who want to find details of current musical programmes, walking tours, etc. etc. The main point of going shopping immediately we arrive is because some members of the group (including myself) may need to buy suitable clothing, e.g. waterproof fur lined boots, warm gloves and hats – or even just want look round the shops! (Most of the hotels seem to have check-in times of 1500-1600 hrs, so this expedition could usefully fill this time.)

----- **Free Evening** -----

Thurs 27th A ride on the hop-on hop-off bus service in the morning (details of the timetable can be found at www.budapesthotels.com)

There is a very good early evening cultural programme at the Museum of Fine Arts that could be combined with this. These programmes vary greatly from jazz to choral music or string quartets and are extremely popular. Details are not yet on-line, but I will keep checking to see what's happening on this particular night (www.szepmuveszeti.hu.)

Fri 28th Szentendre coach excursion 9.30 – 2.30. Pictures and details can be seen at www.budapestsite.com/budapest-sightseeing-tours/szentendre-city-tour.

----- **Free afternoon/evening** -----

Sat 29th **Free day**

Evening : Rajko Folk Ensemble Show at the theatre, and escorted travel to a boat where we will enjoy a Buffet Dinner and Danube Cruise. This is a great opportunity to see the city illuminated at night.

Sun 30th (Late morning) The group will visit the Christmas Market in Vorosmarty Square). This apparently rates amongst the top ten in Europe. Goods for sale include high quality folk handicrafts, traditional food and mulled wine. There is also a stage where puppet theatres, folk musicians and dancers perform. Very enjoyable!

The Hungarian State Opera House is not far away from here, and there is a tour of the building (in English) at 1600 hours. This tour is highly recommended since the Opera House is famous both for its beautiful architecture and interiors. Access is from the right hand entrance at Hajos ut. The cost of the

tour is €8 or *FREE* with a Budapest Card. Read all about the Budapest Card at www.budapest-tourist-guide.com/budapest-card.html. It's well worthwhile considering purchasing one of these at the airport on arrival.

Mon 1st A Cookery Course at The Great Market Hall, 9.30 am - 2.4pm. Here we shop for ingredients and prepare and cook our lunch under the guidance of a Hungarian chef. "A short trip in the Hungarian Culinary World", which we all then eat and enjoy!

Return to Hotel to collect luggage.

Departure from Hotel at approx 8 p.m.

Flight departs Budapest at 2320 hrs, arriving Larnaca at 0310.

For further information regarding booking and payment, please email angela.cooper@cytanet.com.cy or Telephone 26 951371

The closing date for bookings is 15th July, 2008.



Bill Potter continues his (grumpy old man) Reminiscences.

Another of my dad's cars that I recall was his Ford Anglia 100E. Much more modern than the old V8 Pilot, but still black. When we had that car the family had a series of holidays in Wales. One lasting memory is of my dad coaxing the 100E up and around 'The Horse Shoe Pass' with a sheer drop to one side and my mum to the other pouring out a cup of coffee from her thermos flask and asking my dad if he wanted a cup there and then. The 100E only had 3 forward gears and a prayer to motivate it forward and long hills took their toll out of the forward motion, so you really needed to be in the right gear, however my mum seemed to think that if she leaned forward, gripping the dash board it would help!

My own first car was a Morris Oxford. It was handed down to me from my dad via one of my older brothers, who misused it for about a year. (He managed to drive it all the way from York to Essex with the choke full out.) I can't remember how old it was by the time I got it, but it was past its prime; mind you, a car was past its prime when it had done more than about 60,000 miles then. I still get ribbed from my family that I turned the 'Oxford' into a 'Rover'. When I got it, it had a bit of rust on it, as was normal back then, so I decided to 'tart it up' a bit. One bit of rust was on the front wing, just ahead of the door. There was a lot of rust there, in fact more rust than metal, so it was necessary to cut the rust out and replace it with something more solid. I decided to do a good job and so I cut out the rust and 'pop riveted' a piece of metal on. The piece of metal that I chose was the lid from a biscuit tin, and the name of the biscuits was 'Rover', so for a short while I was driving around in a Morris Oxford with the logo 'Rover' emblazoned on it's side. The Oxford was a good 'courting car'. The front seat was a bench type seat which went full across the car, making courting considerably more comfortable.

So, do I miss those wonderful old cars? After much reflection, no. Give me my air conditioned, cushioned environment where things respond the instant you press a button or pedal, where windows glide open at a touch and music plays from a CD player.

So, what's the difference between now and then? Well I suppose it is the skills that we necessarily had to learn in order to drive.

The cars we drove didn't have power steering or servo assisted braking, or anti-locking brakes. Cars didn't have powerful, high compression engines where you could just put your foot down and go, or gears that were forgiving (or full synchromesh). So we had to drive in a way that would avoid problems. We would have to think ahead and plan our manoeuvres, make sure we were in the right gear before attempting a hill or be at the right speed to negotiate a bend in the road. We automatically gave way to a car going up a hill because we knew that to stop it would give that driver problems, and we allowed drivers to merge from a side road into flowing traffic. Being a driver of `older` cars, there was also a required knowledge of useful tips. One car I owned occasionally decided that it didn't want to bother the windscreen wipers when it rained. The way around this `occasional` problem was to have a potato in the car, and when required, slice it in half and smear it over the windscreen. This stopped the rain from sticking to the screen and made it possible to drive home. For those who remember those times when the engine would start to overheat, the trick was to open all the windows and put the heating up to full blast, this helped cool the water in the cooling system, and thereby the engine.

So I think that, driving when I first took to the roads required more thought and forethought. It probably required more patience (something, I'm told, I could do with going on a refresher course for), a certain amount of physical strength and the ability to persuade the car to keep going. We also needed to understand (to some degree) skills such as `double de-clutching` because with no synchromesh on first (and often second) gears, we couldn't change down into them without it.

My conclusion:

It would probably do a lot of good if all drivers had to drive those old cars for a year or so in order that they learn skills that should improve the general driving standard. (But then I am a grumpy old man, so I would say that, wouldn't I!)?

Bill Potter

ASCOT – CYPRUS STYLE

Our group of twenty went to Ascot, Nic.! The ladies wore the biggest hats they could find with as much decoration on as possible, to complement their best outfits, and went to the Nicosia Races, Ascot style. We decorated the Race Course in a way that it had never been decorated before. I was given to understand that the race course at Nicosia was not a particularly exciting venue so we decided to wear the hats to create the 'Wow Factor'. As a reward for our efforts we were captured on TV for at least ten seconds!!!

We joined the coach in Central Paphos at 11.45am prompt. We arrived at the Race Course about two o'clock to be guided into a delightfully arranged marquee. We sat in eights around circular tables nicely laid with white table clothes, glasses and cutlery. There was a large TV screen, a private tote and private bar offering drinks at reasonable prices. Outside there was a private stand for marquee guests. We were provided with the race meeting programme and all but a few started to weigh up the form of the horses before placing their bets. At €2 as a minimum bet per race, and only ten races for the day, it was not going to be an excessively expensive outing! After much humming and hawing over the form we went outside to the paddock to view the horses and jockeys. The horses were incredibly elegant; Arabian horses in the main, I understand. After checking the jockeys' colours we placed our bets and dashed to the public stand. It overlooks the finishing post and is in shade. There was quite a palaver at the starting post.

The jockeys weren't having much co-operation from the horses circling round and round rather than being cajoled into the starting boxes. Eventually we heard the starting gun and they were off. There was much excitement and cheering from the locals. The ladies with hats were typically reserved until the winners were coming around the bend into the finishing straight, then typically forgot the hat formality and jumped up and down shouting and cheering with best of the rest, as is proper on such occasions. Did anyone win from our group?? Not from those at the finishing post. We all went back to the marquee and found various expressions of happiness and woe, some avidly still weighing up the form, calculators out and serious expressions - never having placed a bet! Soon we were enjoying the buffet and a cooling drink, trying to find out the best way to place a bet. So the afternoon went on. Good fun, good company and (oops! nearly forgot) in very pretty floral and green surroundings with a beautiful backdrop of the Northern Mountains.

The winner of the day was a lady who took enough in winnings to pay for her bets and walk away with a profit. "What was your strategy?" I asked. "Oh! I just like the number four, so in each race I picked number four horse to win." "Humph! So much for weighing up the form," thought I.

p.s. I found out recently that the elderly lady who advised the racecourse was not a particularly exciting venue, had never been herself and was working on information gleaned twenty years ago!!

Jennifer Barras jenandbill@cytanet.com.cy

B&Q JOB APPLICATION

This is an actual job application that a 75-year-old pensioner submitted to B&Q in Tunbridge Wells. They hired him because he was so funny.

NAME: Kenneth Way (Grumpy B*****d)

SEX: Not lately, but I am looking for the right woman (or at least one who will cooperate)

DESIRED POSITION: Company Chief Executive or Managing Director. But seriously, whatever's available. If I was in a position to be picky, I wouldn't be applying in the first place - would I?

DESIRED SALARY: £150,000 a year plus share options and a Tony Blair style redundancy package. If that's not possible, make an offer and we can haggle.

EDUCATION: Yes.

LAST POSITION HELD: Target for middle management hostility.

PREVIOUS SALARY: A lot less than I'm worth.

MOST NOTABLE ACHIEVEMENT: My incredible collection of stolen pens and post-it notes.

REASON FOR LEAVING: It was a crap job.

HOURS AVAILABLE TO WORK: Any.

PREFERRED HOURS: 1:30-3:30 p.m. Monday, Tuesday, and Thursday.

DO YOU HAVE ANY SPECIAL SKILLS? Yes, but they're better suited to a more intimate environment.

MAY WE CONTACT YOUR CURRENT EMPLOYER? If I had one, would I be here?

DO YOU HAVE ANY PHYSICAL CONDITIONS THAT WOULD PROHIBIT YOU FROM LIFTING UP TO 50 lbs.?
Of what?

DO YOU HAVE A CAR? I think the more appropriate question here would be 'Do you have a car that runs?'

HAVE YOU RECEIVED ANY SPECIAL AWARDS OR RECOGNITION? I may already be a winner of the Reader's Digest Timeshare Free Holiday Offer, so they tell me.

DO YOU SMOKE? On the job - no! On my breaks - yes!

WHAT WOULD YOU LIKE TO BE DOING IN FIVE YEARS? Living in the Bahamas with a fabulously wealthy Swedish supermodel with big tits and who thinks I'm the greatest thing since sliced bread. Actually, I'd like to be doing that now

NEAREST RELATIVE? 7 miles

DO YOU CERTIFY THAT THE ABOVE IS TRUE AND COMPLETE TO THE BEST OF YOUR KNOWLEDGE?
Oh yes, absolutely.



U3A Paphos Travel Group - Trip to Syria May 5-10, 2008

This trip to Syria was organised by Dino of the Limassol U3A Social group, but was opened to all the Cyprus branches and included a coach from Limassol for the midnight flight to Damascus.

Despite the very late night, we were off at 9.30 next morning for a tour of Damascus town, the highlight being the Ommyyad Mosque with its tomb of John the Baptist. In the afternoon our guide took us to the souk, with its carpets, curtains, jewellery and patinas. Skilful bargaining could reduce the price to half that initially suggested, though even that was less than at home. In the early evening we were taken to the top of the mountain overlooking Damascus to see the stupendous view over the city, before going to a restaurant for dinner at 10 p.m. with music and belly dancing at 11.45 and WE had not had time for the traditional siesta.

There was an even earlier start the next day, complete with luggage loaded onto the coach. We visited two churches in the morning - Ayia Thekla and Panayia of Sevtayia. After lunch we went onto the great 11C Crusader Castle of Crac des Chevaliers, named after its builders, the Knights of St. John. This was a fantastic place, described by T E Lawrence as 'perhaps the best preserved and most wholly admirable castle in the world'. We then drove for two hours over the desert to Palmyra, where we stayed for just one night. Those of us who were not too tired went for dinner to a nearby restaurant for a wonderful Syrian meal, after which we were conducted to a Bedouin tent for tea and traditional Bedouin dancing by about six men in their 'nightshirts' dancing to two musicians. It was a very memorable evening and another late night.

On Thursday we toured the archaeological site of Palmyra, the oasis forming a natural centre for camel caravans crossing the desert. We saw some ancient tombs of about 2000 BC as well as acres of Roman buildings. Queen Zenobia built this breath-taking and beautiful city during her ill-fated attempt to take over the Eastern part of the Roman Empire. Afterwards we went to the Citadel overlooking Palmyra, which afforded some wonderful views.

Friday was our last day and some took the optional visit to the ancient Roman town of Bosra, with its spectacular amphitheatre. Others collected goods ordered on Tuesday and some explored Damascus on their own. It was good to have a day to do our own thing, although since it was Friday, the Muslim holy day, many shops were closed.

We had to leave the hotel at 2.30 a.m. to catch our flight home, which meant some serious dozing to the airport and on the plane.

This was an experience to remember and I look forward to the next one.

Barbara Reid

Classic Films

The idea came to me whilst I was pottering around in a second hand DVD/CD shop last year. I've always liked films, particularly older films where actors had to act and stories had to hang together with the sure touch of a good director plus all the other experts that make a classic film. We started the U3A group in Autumn 2007, showing one film a week and soon we were turning members away as interest grew. I decided that due to copyright problems, we could only legally show films at home.

So far some 22 films have been shown and range in age from 1930 (*All Quiet on the Western Front*) to 1970's (*One Flew Over the Cuckoo's Nest*). Most of us have seen some of them before but we were of a different age then; revisiting these old movies is not only nostalgic but now we are a little more discerning and tend to look for signs of what makes it a classic. Is it acting, screenplay, lighting, script, photography or just good directing? Perhaps it is the amalgam of all these areas of expertise.

My views on modern films are clouded by the overwhelming demand for action to satisfy the needs of younger audiences, so many films are produced with this target audience in mind. Since the demise of the movie moguls of yesteryear (Jack Warner, Louis Mayer, Sam Goldwyn et alia) who were not just businessmen but movie makers, the accountants have taken over and it is now a question of 'bums on seats'.



Despite the lack of technology in old films (poor sound, scratchy images, the use of only one or two cameras in a scene) and the old 4:3 format which doesn't fit our modern widescreen TV sets, the recent digitising of films has considerably improved the quality for home viewing. Black and white pictures can say a lot more than a splashy technicolour image. My particular favourite is the "film noir" detective thriller where the story does not detail everything that is going on. Usually it's in the twist at the end!

Our choices are limited to American or British produced films, mainly for language purposes, but also because this represents the cinema of our childhood and youth, from the Saturday morning cinema to the more sophisticated back row with a boy or girl friend. (I chose the word 'sophisticated' with care!) We show films that have made a mark, though not necessarily by the number of Oscars awarded, and we use a number of reference sources to direct us to a film that will entertain our audience. Finding the film at a good price is part of the fun, it beats supermarket shopping any day!

John Rathband

The Salary Theorem - The Universal Truth

Salary Theorem states that "Engineers, Doctors and Scientists can never earn as much as Executives and Sales people."

This theorem can be supported by a mathematical equation based on the following two postulates:

1. Knowledge is Power.
2. Time is Money.

As every physicist knows: $\text{Power} = \text{Work} / \text{Time}$

Since $\text{Knowledge} = \text{Power}$, and $\text{Time} = \text{Money}$,

then $\text{Knowledge} = \text{Work} / \text{Money}$

Solving for Money, we get: $\text{Money} = \text{Work} / \text{knowledge}$.

Thus, as Knowledge approaches zero, Money approaches infinity, regardless of the amount of Work done!

Conclusion: ***the less you know, the more you earn.***

David Brown

Snippets from the U3A News

Annual conference to focus on diversity

Keynote speaker at this year's national U3A conference will be Peter Kingston, further education editor of the Guardian, who writes about the decline of the evening class for this issue of U3A News.

The theme of the conference, which will be in Swansea from 7 to 9 September, is 'The complete university – a celebration of diversity.'

Discussion groups on the Sunday will address issues of diversity in the U3A, and the AGM will be on the Monday morning

A programme of entertainments, starting the night before the conference, Saturday 6 September, includes Swansea U3A's singing for pleasure group, Pembrokeshire U3A's jazz band, a Stephane Grapelli tribute band, and Swansea U3A's version of Dylan Thomas's Under Milk Wood.

In addition to Peter Kingston, the conference will hear from Swansea University vice chancellor Professor Richard Davies, and Professor Danny Saunders of Glamorgan University's Centre for Lifelong Learning.

How much does it cost? Full details are available on the U3A website www.u3a.org.uk. All U3A members are eligible to attend.

Queen honours a U3A

As this issue of U3A News went to press, we heard that the prestigious Queen's Award for Voluntary and Community Service (announced in the Queen's Birthday Honours List) has been granted to Aughton and Ormskirk U3A.

The award was initiated to celebrate the Queen's Golden Jubilee in 2002. It is granted to a few organisations each year to recognise outstanding voluntary activities by groups in the community.

Besides its local appeal, Aughton and Ormskirk U3A has won national acclaim for its publications and international recognition for its collaboration with Unesco in the UN Decade of Educational for Sustainable Development.

Welding for women meets medieval martial arts

Adult Learners Week – the annual event celebrating the return of adults to learning, organised by the adult learners' organisation NIACE – this year included events such as medieval martial arts at Kenilworth Castle and 'Welding for women'.

And this year saw the inaugural Dance Off 2008 with over 100 events across the country. The dances ranged from ballroom, salsa, belly dance, Jewish wedding dance, American smooth style waltz to Latin cha cha, Argentine tango, rumba, samba and Kathak.

The week also included the now traditional Silver Surfers Day.

This year's award winners included:

- a woman who has gone from GCSE maths to a first-class honours degree in only six years – and has now started a PhD
- a former school cleaner who is now a school-teacher
- a 95-year-old man who's learning how to use computers
- a beauty therapist who's changed careers and is now a car mechanic.

PAPHOS GEOLOGY GROUP KYRENIA FIELD TRIP

The Paphos U3A Geology Group recently organised a field trip to the Kyrenia area to study the many and varied formations found there. We began above Bellapais where we observed an inconsistency in the general strata of this area with metamorphic quartzites, olivine basalt and pillow lava. The Kyrenia strata being more in line with the Troodos area, the range consists mainly of dolomitic limestone and recrystallised limestone. Returning on the track back towards Bellapais the group stopped at point 5 on the map to view an intriguing Calcite intrusion into the general dolomitic limestone. This foliated form of calcite was probably caused by water flow through faults in the limestone.

The day finished with tea at Bellapais Abbey and an evening in Kyrenia.

On day 2, after a briefing by Alan Wagstaffe, we set off for the first of the day's objectives at Klepini. Just northwest of the village itself, we viewed a small cliff of the trapeza formation (see photo 1). This shows whitish stratified chalky gravel and grey marl on the top with a band of red and black mottled marl between this and the lower basal calcarenite, which yielded one of the few fossils found on this trip (photo 2). This rock also had the remains of seaweed stems.



Geology Group Photo 1



Geology Group Photo 2

The group then proceeded to a viewpoint on the edge of a cliff where a new housing complex was being built and from where we could view an extensive cliff formation of the Trapeza Formation which rests unconformably on the Kythrea Formation. It was noted that there were three or four distinct horizontal bands of paleosoil in the cliff face. Moving on to the southern edge of Klepini Village we viewed the Klepini Formation with the Karka Surface beyond.

After lunch at a taverna adjacent to Pentadactylos we proceeded to a location northeast of Phyleri Spring to see the Lacustrine Deposits. The various layers of chalk, limestone, lignitic clay, marl and shales, 11 in total, were difficult to see in their entirety at this spot, due to slipping of the hill. In the future alternative sites need to be located. The day also provided views of Hilarion Marble. Fractures in this marble are filled with fine-grained limestone which is reported to be fossiliferous but none were found on this visit. Our last visit of the day was to a point where we could view the Lapatza Formation of thinly bedded, cream-coloured slightly porous hard chalks, grey marls and chalky limestones, and marl with thin beds of stratified chalk. The slightly porous hard chalks were amazingly light in weight.

The group returned to the hotel and to a meal at Bellapais.

Day 3 was equally varied and included a stop to view a large cave system in the southern base of the Kyrenia Range en route to view the hillside at the base of the range which showed an extensive exposure of the Dhikomo Formation of thinly bedded play, white, slightly limonitic macaceous marble interstratified with phyllites. We went on to several other areas where we were able to see exposure of the basal calcarenite of the Kythrea Formation and also an area of dark bluish-grey stratified marble. As a separate point of interest, a bore-hole was being sunk at this location for water. Over the preceding five weeks, since our recent visit, this hole had only progressed a further 50m, an indication of the hardness of the strata.

We then travelled to Panayia Absinthouissa Church for a picnic lunch. From here we had a view of the Panayia amphitheatre and the massive to thickly bedded dolomitic limestones which vary in colour from dark to light grey. The rocks are either very fine-grained or coarsely crystalline, often thoroughly brecciated, in places being crushed almost beyond recognition to the aspect of a coarse sandstone. In places where the rock has escaped the tremendous dynamic stresses to which it has been subjected it appears as a very fine-grained, porcellaneous type which has the aspect of a lithographic limestone. Thin sections made from this show it contains small ostracoda.

This completed the geology field visit and the remaining time in the afternoon involved a climb up to Buffavento Castle to appreciate the very vertical nature of the Kyrenia Range and the dolomitic limestone. It also gave a good view of the central plain between the Troodos Range and the Kyrenia Range.

The trip finished with a celebration dinner at the hotel, and the group broke up and went their own ways after breakfast the following morning.

Paphos Quilting Group

The Quilting group currently has twelve members and we meet on the 1st and 3rd Wednesday mornings of each month. This year has been a very interesting time. We have been looking back at some basic techniques, either to learn them or to refresh our memories and adapt to new designs and variations.

Most of our interest has been in the making of a particular design quilt that Diane showed us back in January. Her quilt was beautiful and the design captured the imagination of us all. Since then, one by one we have been making these 'turning Twenty' quilts. Not 21st birthday presents but the use of twenty different pieces of material cut in a special proportion and turned round in different degrees!

By June we had half a dozen quilts made from the basic design but in the characteristics of each maker. The colours were all different, the sizes were different - one member always makes hers small and dainty, another large and bold - and we had discovered a variety of ways of edging and finishing. It has been a lovely exercise in variety and adaptation, everything that you want from a group of 'quilting bees'.



We are happy to welcome new members and will be restarting the group on the 17th September after the summer break.

Jill Dare

The picture shows some of the quilters working on a 'Turning Twenty' quilt.

A Trip to Asproya

It was Cypriot Easter weekend when Bill and I drove the winding way through hilly terrain to Asproya. We had been invited to spend time with our young Cypriot friends, Eleanor and Pambos, at their weekend home, an ancient stone built cottage high in the mountains. The yellow KEO bus shelter served as our landmark to turn left after driving through Polemi and Kanaviou. We found ourselves on a pretty country road edged with brilliant flowers. We had climbed past the reservoir and its fabulous views of fir-clad hills and verdant vales and here the land was greener and the air seemed even fresher than that of our home stretch on the coastal plain. Eleanor and Pambos waved happily as we approached and greeted us with hugs and kisses and much welcoming in the Greek language. Family members, old and young, were hailed. Shouts of acknowledgement were returned from nearby cottages and all came to join in the welcome. The pork (home reared and killed) was being slotted onto skewers by Pambos, whose job it was to organise the preparation and cooking of the meat. He swung a shovel into the embers of a wood fire on the ground and then transferred them gently to the grate of the barbecue. The slow roast had started. With a glass of cool fresh water and the smell of lunch in preparation, we accepted a tour of their beautiful country cottage. It had been the home of Pambos' grandfather. He had been the village priest. His dark blue priest's hat is still displayed with reverence, in the niche opposite the entrance door. The fire breast is adorned with family memorabilia. An ancient wooden rack is filled with plates awaiting the next serving. The plank alongside, with its circular scoops hewn out of dark wood, creates a mystery. Woven straw bread coolers hang from above. The ceiling beams support canes, laid neatly like rows of soldiers side by side, bound with hand made twine to create an attractive traditional ceiling cover. The wooden kitchen furniture houses all mod cons. A wooden table and six chairs make a reluctant concession to recent times and the bathroom surely bemoans its modernity. The bed throws are hand woven by Pambos' mother. A double bedroom to the left and a twin bedroom to the right complete the tour of a typical Cypriot country home. With the smell of the roasting meat reminding us of our feast yet to be savoured, we view the shaded forecourt. There are pots of geraniums, neat garden walls, olive trees and palms. The terrace - freshly swilled- hosts a picnic table and benches, a sofa and various chairs, which all beckon relaxation under the pergola. The stone built walls of the cottage are hung with various wicker baskets. Now fresh cool water, home grown tomatoes, home made bread and cheese, home picked olives, free range eggs, home reared chicken and pork with green salad are spread across the table. Lemons, oranges, yoghurt and nuts all complement the feast. There is tea made of lemon juice and fresh honey from the hives; there is wine from the family vineyard and wild artichokes from the surrounding countryside. All give themselves up for our delight. The local shop sells little, if anything at all, to this family. "If you like this place, then take our key. If your friends want to come, it is no problem". We do like this place and I asked if we were to bring our own bed linen and towels and could pay the young couple £10 CY per person per night for the pleasure of staying in their country home on a self-catering basis, then we would be happy to come. A deal was struck!! Walks around this lovely area through forest trails, green vineyards and along the reservoir banks await our further exploration.

USA members who may find the idea of a few days in a traditional Cypriot country cottage set in splendid countryside appealing may contact me.

Jennifer Barras. jenandbill@cytanet.com.cy

A husband and wife went in for counselling after 15 years of marriage.

When asked what the problem was, the wife went into a passionate, painful tirade listing every problem they had ever had in the 15 years they had been married.

She went on and on and on: neglect, lack of intimacy, emptiness, loneliness, feeling unloved and unlovable, an entire laundry list of unmet needs she had endured over the course of their marriage.

Finally, after allowing this to go on for a sufficient length of time, the therapist got up, walked around the desk and, after asking the wife to stand, embraced and kissed her passionately.

The woman shut up and quietly sat down as though in a daze. The therapist turned to the husband and said, "This is what your wife needs at least three times a week. Can you do this?"

The husband thought for a moment and replied, "Well, I can drop her off here on Mondays and Wednesdays, but on Fridays, I go fishing."

RECIPE CORNER

COURGETTE CAKE

275g caster sugar
225ml sunflower oil
275g grated courgette
3 eggs
275g SR flour
pinch salt
1tsp cinnamon
175g sultanas

Grate the courgettes and allow to drain. Mix sugar, eggs and oil until thick. Stir in courgette and sultanas. Sieve and fold in flour, cinnamon and salt.

Bake in an oiled tin at Reg 4/180°C/350°F until firm to touch. Check after 45-50 mins. And adjust time as necessary.

Now this sounds a good way of getting your greens! Thanks to Emma Small for this unusual recipe

BARBEQUE SAUCE

1 onion peeled and sliced
1 green pepper sliced
25g butter
4tbsp tomato sauce
1tbsp Worcestershire sauce
2tbsp vinegar
1tsp mustard
50g soft brown sugar

Melt butter and fry onion and pepper until soft. Add everything else and cook for 5 minutes.



*This goes well with most BBQ'd meat
Thanks to Edna Thornton*

DATE AND WALNUT LOAF- NO FAT

170g dates chopped
70g walnuts chopped
100g soft brown sugar
230g self raising flour
1 large egg
9 fl oz boiling water
1 level tsp bicarb

Grease a 2lb loaf tin or use a Lakeland liner.

Chop the dates and put in a bowl. Sprinkle with the bicarb and pour over the boiling water. Leave to cool.

Chop the walnuts. Beat the egg into the sugar, add the walnuts, flour, cooled dates and mix well.

Place in a heated medium oven, Reg 4/180°C/350°F, for about one hour. You can test with a skewer which should come out clean unless you pierce a piece of date!

Beryl says, "I buy blocks of dates when I can and broken walnuts will do. I usually cook two side by side. The top may become a little 'brown'. Serve sliced with butter or eat sliced as it is".

This recipe was given to Beryl Appleton by her Mother-in-law after a holiday in New Zealand in 1955. Beryl says it's easy, it keeps well in a poly bag and will freeze.

Gilbert and Sullivan concert participants information sheet

It will be of great help if you would please complete this, deleting where appropriate:

Name :

Address:

Phone/s:

Email address:

Cyprus U3A District: [Larnaca](#) / [Limassol](#) / [Paphos](#) **Membership No:**

Singing experience:

[Have sung 'G and S'](#) before / [other choral work](#)/ [can read music](#)/absolute beginner

Voice: [Soprano](#) [Alto](#) [Tenor](#) [Bass](#) [Not sure these days!](#)

Would consider a solo part? [Yes/ No, not at any price !](#)

Accompanist? [For rehearsals?](#) [For the performance?](#)

Comments/questions

Thank you very much.

Please return to Janet Bureau - levanter@cytanet.com.cy

Telephone 25 934506 28 Ayias Paraskevis Street, 4620 Episkopi, Limassol

Introducing Paphos U3A Branch Social Secretary

Just a few words, to introduce myself, Chrissy Eldridge, as your new Social Secretary. I am 52 years old, single, live in Peyia, have been out here for 20 months and am very much enjoying the island's easy going lifestyle, good climate, and fun friendship of like minded people who enjoy sensibly priced food and drink, with plenty of interesting walks, social meets etc.

I am looking at organising about 4 or 5 social outings from October onwards for 12 months, ie autumn, winter, spring and pre summer, open to all U3A members and their husbands, wives, partners; hopefully with a "different " slant, ie trip to Nicosia races, coach outing to a historical area perhaps, guest speaker, ten pin bowling, wine tasting tour even!! So please look out for the circular in September giving details and try to support as and when you can - I will endeavour to give you plenty of notice because I know a lot of you are very busy and also travel off the island a lot. I am in UK for August and first half of September.

Please let me know if you have enjoyed a particular outing or visit somewhere in the past as it's always good to hear feedback, positive and negative, which could help me plan ahead. Thank you in advance. Have a happy summer.

Chrissy Eldridge

Answer me this.....

1. If you take an Oriental person and spin him around several times, does he become disoriented?
2. If people from Poland are called Poles, why aren't people from Holland called Holes?
3. Do infants enjoy infancy as much as adults enjoy adultery?
4. If a pig loses its voice, is it disgruntled?
5. If love is blind, why is lingerie so popular?
6. Why is the man who invests all your money called a broker?
7. Why is a person who plays the piano called a pianist but a person who drives a racing car not called a racist?
8. Why are a wise man and a wise guy opposites?
9. Why do overlook and oversee mean opposite things?
10. If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?

And a few words from the Editor

My thanks to all those who contributed to this issue of Spotlight. Some items have had to be fairly heavily edited due to space constrictions but I think I have managed to fit in most things, including a few trivia to provide a bit of light entertainment. I had hoped to have a book review as a regular feature but none were forthcoming this time. Perhaps we could focus on Book Groups and Discussion/Philosophy groups for the next issue, due out in December. A reminder will be sent out to all Branches early in November. Please do continue to send in any items of interest. What doesn't get used immediately is filed away for future issues so don't feel your contributions are being ignored! Have a great summer, wherever you choose to spend it, and I leave the following as the last word. (Many of you will have received it as an email, I'm sure, but it certainly sums up a lot of my own feelings.)

Ed.

One woman's view of growing old

Old Age, I decided, is a gift.

I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometime despair over my body: the wrinkles, the baggy eyes, and the sagging butt. And often I am taken aback by that old person that lives in my mirror (who looks like my mother!), but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend.

I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avant garde on my patio. I am entitled to a treat, to be messy, to be extravagant.

I have seen too many dear friends leave this world too soon, before they understood the great freedom that comes with aging.

Whose business is it if I choose to read or play on the computer until 4 AM and sleep until noon?

I will dance with myself to those wonderful tunes of the 60&70's, and if, at the same time, I wish to weep over a lost love - I will.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And I eventually remember the important things.

Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile, and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning grey, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it)!



U3A

PHOTOGRAPHIC COMPETITION

ENTRY FORM

NAME

ADDRESS

Telephone/Mobile.....

E-MAIL

CATEGORIES

1. ANIMAL PORTRAIT
2. PORTRAIT Children /Adult
3. CYPRUS views
4. ABSTRACT patterns/textures etc.
5. MONOCROME (any subject)

LEVELS

1. BEGINNERS
2. INTERMEDIATE
3. EXPERT (to include previous winners)

Entry fee € 3.00 per photograph (Open to all Cyprus U3A members)

(photographs should be A4 size not mounted)

Amount enclosed

Cheques made payable to U3A CYPRUS PAPHOS

Please put your name and contact address on the back of the photographs

Send them to D A Johnston
c/o D Brown
Casa Del Draco
No 8, 1st Octovriou
Mesa Chorio

Closing Date 31st October 2008

Further information can be obtained from:
Danne Johnston 99907004 or David Brown 26936041