



# Spotlight

Issue No. 14 - June 2009

*on Cyprus Third Age*

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## MEMO

Spotlight can only continue as long as people are sending in contributions. Please ensure that items for inclusion in the next issue are sent in by November 15th.



**Share your news and views!**

### Contact:

Beryl Townley (Larnaca)  
Dinos Sourmelis (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.

## So, what's new?

Well, quite a lot as it happens. Since the last issue of Spotlight in March we have finally seen the U3A (NOT an acceptable title in Cyprus) transformed into C3A—Cyprus Third Age. It has taken a long time and a great deal of wading through bureaucracy, to say nothing of the mountains of paperwork, but patience and hard work have finally paid off and we can now publicise our organisation as much as we like. Hopefully this will result in more new members, some of whom will undoubtedly bring new interests and skills, enriching our third age still further.

There is, of course, more to being officially registered as an association than merely being allowed to publicise ourselves and further details of the changes this brings about are contained inside this issue. Whilst these may not seem to affect individual members too greatly, they are important and I hope everyone will read them.

Whilst all these changes were being thrashed out between lawyers and committee and eventually approved by the Cyprus authorities, it was 'business as usual' for the rest of the organisation and I am happy to say that the multitude of groups continue to thrive and the membership is now just over 600. Hopefully this will continue to increase. Sadly the new Famagusta branch was unable to get off the ground for the present but Larnaca, Limassol and Paphos remain as active as ever—though the arrival of summer will see a slowing down, as usual.

To those going to cooler climes, bon voyage. Those of us sticking it out in the heat will be here, slightly wilted perhaps, when you return to whatever groups you belong to in September.

Whatever you're doing, have a great summer.

Carole Manuel  
Editor

**Visit the C3A Cyprus website at :**

**[www.C3Acyprus.org](http://www.C3Acyprus.org)**

The following article is taken from the excellent PowerPoint presentation by Brian Ray at the Paphos AGM.

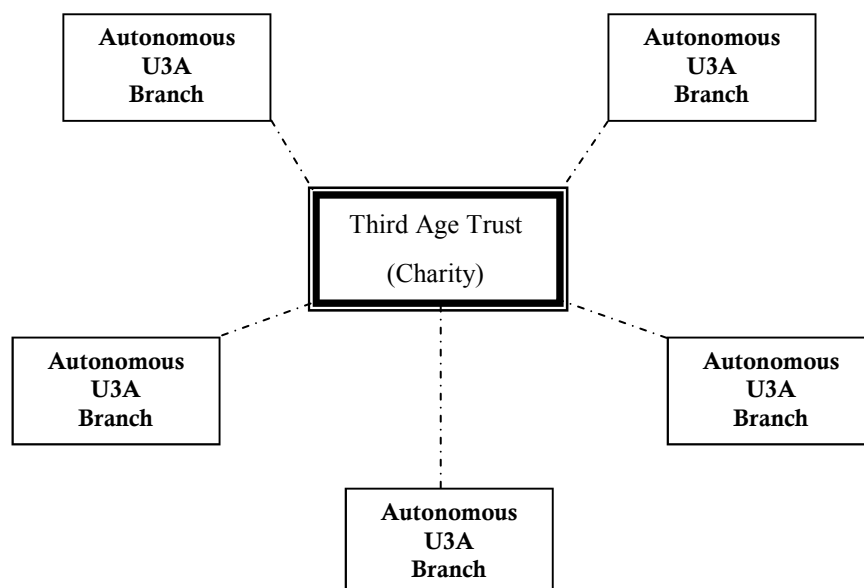
## C3A Cyprus Structure

### After Registration 2009

#### The background

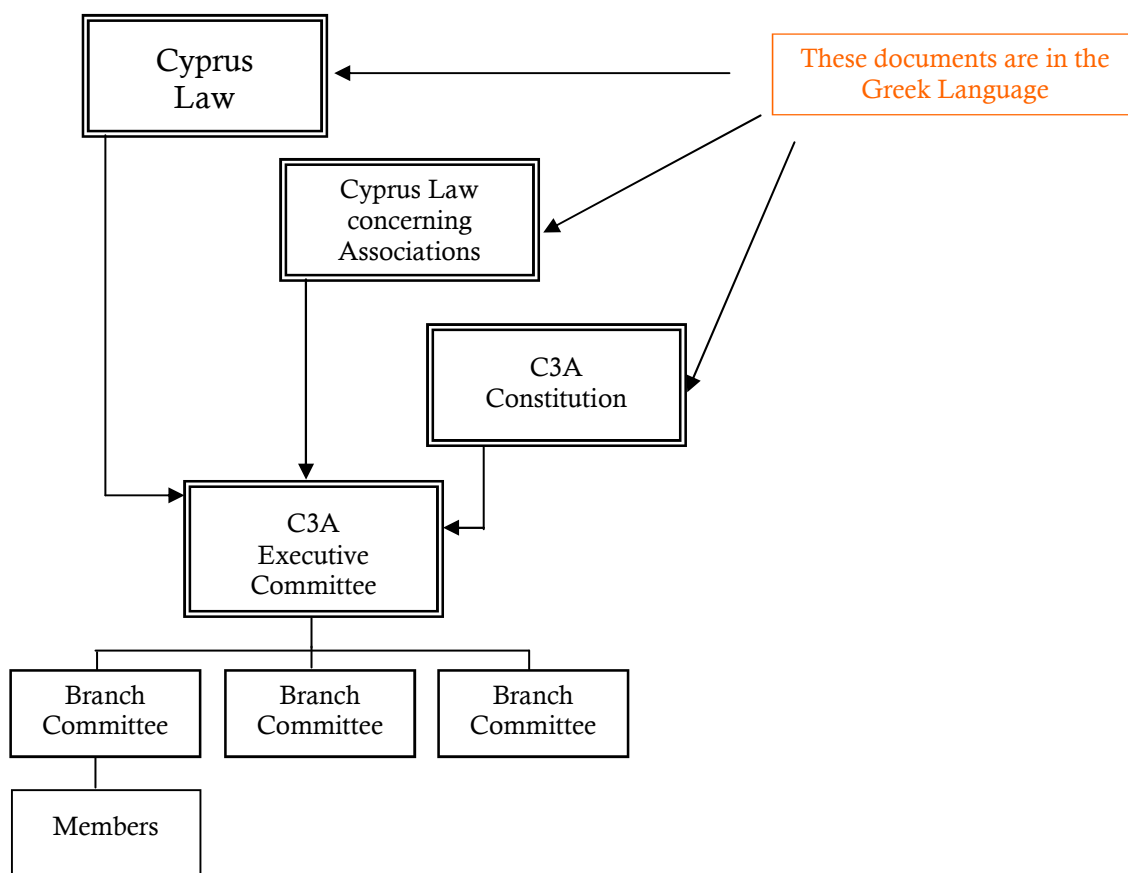
- “U3A Cyprus” was started by a few enthusiastic individuals in 2003/4
- Initial work was based on the UK format
- Limassol Branch was formed
- Part of the member’s subscriptions were used to help start other branches
- Paphos and then Larnaca branches were founded
- Cyprus requires “associations” to be formally registered
- Application to register “U3A” was initiated
- This was rejected as the name was said to imply a “University” connection
- A new application for “C3A” was submitted .
- After four more years and much work by our lawyers, “C3A” was accepted and a constitution which met the Cyprus requirements, approved in April 2009.

#### UK model



**This model was NOT acceptable for registration in Cyprus**

## The Cyprus Model



- 
- The Chairman (or President – in Greek this is the same word) of the C3A Executive is responsible in law.
  - The activities of the Branches do not explicitly appear in our constitution. However, we may “*support local groups and their committees*”
  - By implication, autonomy of the Branches can only be within a framework set by the Executive as, after all, it is responsible in law for their actions!

## Implications of our Constitution

- Whilst the Executive will continue to encourage branches to seek members, collect subscriptions and use much of this money to support local activities, there are reporting requirements, especially concerning funds and assets, which must be met. This will allow the Executive to comply with Cyprus auditing requirements for the whole of the C3A.
- Should a branch close or cease activities then their funds and assets belong to the C3A as a whole as this is the only legal entity.
- Funds held centrally “belong” to the membership as much as those held locally.

- All members have an opportunity to submit motions, vote and choose their Executive Committee at the AGM (at present held each November).
- All Branch Committees have at least one representative on the Executive. This is the fastest route to flag up problems as any representative can email the whole Committee within hours.

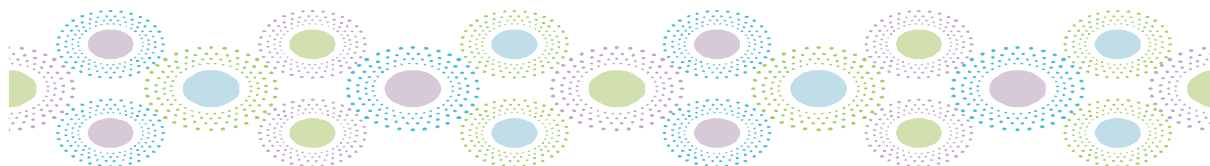
## Move to C3A

- At the AGM of November 15<sup>th</sup> 2007 a motion was proposed that “When the Cyprus Third Age is registered with the Cypriot Authorities, all property, monies and details of committees and members will be transferred to that organisation” The motion was carried and the Committee empowered to do this immediately, to avoid having to call an extraordinary General Meeting.
- The C3A will now function, as has the U3A, without interruption.
- The C3A will continue to follow the U3A principles, aims and objectives.

## Work in Progress

- There are still a number of aspects of our working procedures yet to be decided after liaison with Branches (and members).
- These include:
  - Local Bank Accounts and consequences of our registration and new number.
  - Working procedures for Branch Committees.
  - Probably many more.

Please be patient. We are working with a common interest. We do not want any disruption of courses or activities. If you have any questions about our change from U3A to C3A, please contact your Branch Chairman who will (hopefully) be able to answer them after contacting the relevant people.



### **A request to C3A members from the Halstead Branch of U3A.**

Mr Roy Thorogood has recently been appointed as the new Speaker Secretary for the Halstead Branch of the U3A. Roy and his wife Ann lived in Cyprus from 1985 to 1990 and he has contacted us to ask if any members travelling back to UK after May 2010 would be prepared to share their experiences with his members. He is currently preparing the 2010 list of speakers so would anyone able to help please contact him at the following email address: <roy\_thorogood@hotmail.com>

## Paphos Yacht Sailing Group



Although we only started some two months ago we have 14 members and, incidentally, have achieved a total of 14 trips aboard the 26ft "Westerly" sailing yacht called "Kwikitoo." The sailing is proving to be very popular and two scheduled trips per week have been fully booked. At the moment we can cope with present numbers on a rota basis, but if more members join, the period between sailing trips will be much longer or we may even have to consider capping the numbers of members in the group.

Apart from Skipper Keith Walker a crew of three is normally carried, so some of our members have already sailed several times.

Crew abilities range from novice to RYA approved skippers. Safety is paramount on all trips and a decision is made by the skipper to ensure that conditions are suitable for those booked to sail. i.e. sailing is cancelled if the weather is unsuitable or does not match the experience of the crew concerned. The yacht is fully equipped with Navigation aids, radio, life raft etc, she may show her advancing years, but she is well found and an excellent seaworthy yacht.

We usually sail along the Akamas coast and often drop anchor, in one of the several bays (including the "Blue Lagoon"), to enjoy our lunch and plunge overboard for a cooling swim or even to snorkel along the sea bed.

Should you have any further enquiries - please contact me .....

[frank.cuthbert@cytanet.com.cy](mailto:frank.cuthbert@cytanet.com.cy)



Kwikitoo





Larnaca Branch are continuing to use the name U3A. This matter is under discussion at present, but in the meantime this report is reproduced in the format in which it was received.

## U3A Larnaca's 3rd AGM

On Wednesday, 6<sup>th</sup> May 2009 we held our meeting at the Beachcomber Restaurant on Mackenzy Beach. 36 members and 3 guests came along and we were very happy to have Dorothy, Island Chair with us.

We have grown by 20% during the past year, so that we now have 130 members. During the year we have had around 20 groups offering subjects from Dancing to Meteorology. For the benefit of those of us who only take advantage of one



course, 6 of our Course Leaders gave a short talk on their group activities.

Hopefully, some will be tempted to sample "pastures new". We also hope that others might consider offering their hobby/interest for new groups in the next session.

The all important part of any AGM is the election of the committee for the following year. As Mike and I had held the seats of Chair and Secretary since the days of the Steering Group, we felt it was time to take a step back to have more free time. A new committee was elected – full details may be found on the website.

The all important announcement about the registration of C3A with the Cyprus Government. Dorothy kindly answered a number of questions, mainly about affiliation to C3A. It will be interesting to learn in the near future what our members will choose.

I must mention the wonderful bouquet which was presented to me, along with chocolates for Mike. We have both enjoyed being there for the early stages of Larnaca U3A and look forward to enjoying all there is on offer in the sessions to come.

**Beryl Townley**

Please note that we are still U3A Larnaca and are constituted as such until such time as the change of name has been approved by our membership. We have therefore continued to refer to ourselves as U3A Larnaca.

## C3A PHOTOGRAPHIC COMPETITION

**All C3A Members** are invited to enter the Photographic Competition.

The categories are as follows:

1. Animals
2. People
3. Travel Pictures
4. Abstract patterns/textures etc.
5. Macro/Digital Enhanced



There are two levels, either **Beginner** or **Expert** (to include previous winners)

Photographs must be **A4 size**, with the **Name, C3A number and contact address** of the entrant on the back. **All entries must be accompanied by an official entry form.** If you do not have one, please contact Danne Johnston or David Brown—numbers below.

Entry fee € 3.00 per photograph (Open to all Cyprus C3A members). Cheques should be made payable to C3A PAPHOS and entries should be sent to:

D A Johnston  
C/o D Brown  
Casa Del Draco  
No 8, 1<sup>st</sup> Octovriou  
Mesa Chorio 8290

**Closing Date 31<sup>st</sup> October 2009**

**Further information can be obtained  
from Danne Johnston 99907004**

**or**

**David Brown**

**26936041**

**C3A PAPHOS ARCHAEOLOGY GROUP** are planning a 7 day trip to Jordan. Details are as follows:

Departing 09.00 hours on Oct. 24 from Larnaca on a Royal Jordanian Airways flight

### **ITINERARY**

#### **Day 1 (Oct 24)**

Arrival at Amman airport, meet and assist, transfer to hotel, half day tour to Jerash, back to hotel, dinner and overnight.

#### **Day 2 (Oct. 25)**

Breakfast, Dead Sea visit, Madaba (entrance to Museum, Church, Archaeological park Apostole Church), Mount Nebo, Petra hotel for dinner and overnight.

#### **Day 3 (Oct 26)**

Breakfast, visit to Petra, return to Petra hotel, dinner and overnight.

#### **Day 4 (Oct. 27)**

Breakfast, Visit to Wadi Rum, 2 hours drive in Jeep 4x4 through desert, Dinner and overnight at Jabal Rum Camp.

#### **Day 5 (Oct 28)**

Breakfast, visit to Kasinen for bazaar/souks, back to Amman for hotel, dinner and overnight.

#### **Day 6 (Oct 29)**

Breakfast, half day city tour of Amman, and afternoon free, overnight in Amman.

#### **Day 7 (Oct 30)** Transfer to airport and departure for Cyprus.

*N.B. Check in at hotel after 12.00 hours. Check out before 12.00 hours.*

### **INCLUDED are:**

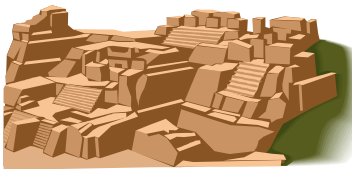
- 2 nights hotel 4\* Amman/HB basis (Jerusalem, le Vendome, Days Inn)
- 2 nights hotel 4\* Petra /HB basis (Grand View, Panorama, Golden Tulip)
- 1 night Wadi Rum Camp/Under Tent/HB basis
- Specialised English escort guide
- Entrance fees for Jerash, Dead Sea Spa 4\* Hotel Beach, Madaba Church, Museum of Madaba, Archaeological park Madaba, Apostole Church, Mount Nebo, Petra, Wadi Rum, Amman Citadel, Roman amphitheatre in Amman
- horse ride in Petra for 800 m to the Siq.
- 2 hours Jeep 4x4 through desert in Wadi Rum.

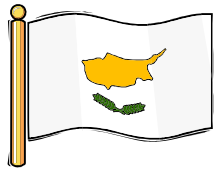
### **EXCLUDED are:**

Visa costs (depends on Nationality and passport)  
Tips, drinks and any other item not listed above.

**PRICE: Euros 800. P.P. (SUBJECT TO CHANGE ACCORDING TO PRICE/ EXCHANGE RATE FLUCTUATIONS AND/OR NUMBERS GOING. THIS PRICE IS BASED ON A GROUP OF 8-10 PEOPLE.)**

All C3A members are welcome. Interested parties should contact Val Wagstaffe on 26913305 or email [valanalan@wagstaffes.org.uk](mailto:valanalan@wagstaffes.org.uk)





## CYPRUS FOLKLORE

In many parts of the island it is considered a sin and a harbinger of bad things to step over a baby's clothes or even the baby itself. If somebody is seen to do this they must be asked to retrace their steps so as to undo the wrong.

We've all seen worshippers after the service of the Epitaph trying to take lighted candles home from the church. One tradition has it that if taken to a house where a pregnant woman is about to give birth it will help make it an easy birth. These same candles are kept and lit whenever there are lightning strikes and thunder because it ensures that they won't come near their houses and fields.

The perfect way to tell if someone is a bastard: according to tradition if somebody enters a house and doesn't close the door it means that his mother fell pregnant before she married.

And you know when you get that itch in your ear? It means that a neighbour of yours is entering her menstrual cycle.

Ladies beware, there is a superstition that when the housewife is making dough for bread if the last loaf turns out to be very small it means her husband has a girlfriend.

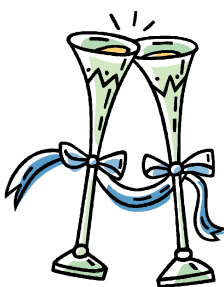
Superstition says that if wine is spilled on the table it is a sign of happiness but if it's oil it's a sign of sadness and to counteract it you must pour wine on the oil three times. So, there you have it, a good way to get rid of that stubborn oil stain on your best tablecloth - just pour wine on it.

And how's this for a reason never to refuse to finish a drink offered by your host? If you do, it is considered a great insult as it implies that the host's wife conceived before her wedding.

And lastly, it is considered a bad omen for a dog to be the first to enter a house on New Year's day. On the contrary if an ox is first, it is the best omen. Hm, I wonder how many people would dispute this one. You know, all those tales about cows and mothers in law!!

**Καλώς ήρθατε**

*Dino Sourmelis*



**Congratulations** to Paphos Mosaic Group member Joyce Smith and her long-time partner Clive Mills who 'tied the knot' on June 24th. Our good wishes for a blissfully happy future to them both.



Quote of the day:

'Whatever you give a woman, she will make greater. If you give her sperm, she'll give you a baby. If you give her a house, she'll give you a home. If you give her groceries, she'll give you a meal. If you give her a smile, she'll give you her heart. She multiplies and enlarges what is given to her.

So, if you give her any crap, be ready to receive a ton of s\*\*t.



## **C3A Cyprus – Paphos District AGM – Thursday 11<sup>th</sup> June 2009**

The Paphos District AGM was held once again at the Coral Star Tavern. 78 members and 6 visitors attended and, in addition to the official business of the meeting, they were able to see some of the activities Paphos members enjoy. There were stands highlighting embroidery, mosaics, card craft, patchwork & quilting, digital photography, bridge, play reading, travel, games, yacht sailing and the book group. After coffee and a look round the exhibits it was time to start the meeting. The outgoing Chairman, David Brown delivered his report, extracts of which are reproduced below. We were given an excellent Power Point presentation by Brian Ray, which is printed at the beginning of the magazine, and happily approved the Treasurer's Report which enabled the Branch to reduce membership fees once more. It was then time to elect the new Branch Committee. Several members were standing down so it was with great pleasure that the new members were welcomed aboard, including our new Chairman, Alan Wagstaffe. A vote of thanks was proposed to the retiring Chairman and Committee, unanimously agreed, before meeting closed.

### **Chairman's Report**

This is our 5th AGM but the 1st as the C3A. Yes it's taken nearly 3 years but we are now a legally registered organisation. More on the implications this has later.

Under our District operating procedures the post of chairman has to pass to another individual after 3 years. And I have done my time! But how time flies. It is 5 years to the month since Dorothy, my wife Carmen and I set up the inaugural meeting at the Apollo hotel, when, from an attendance of over 70 people, 31 people paid to join our Paphos District. From our membership secretary's records most of those founders are still members.



Retiring Chairman David Brown

Membership has risen from around 302 this time last year peaking to over 320, but is presently 310 members. Being legal means we can now advertise our presence to the public.

During the year our all-important Groups have been maintained at around 32 in number. This is due to the dedication and enthusiasm of our Group Leaders, without whom we could not offer the range and variety of courses that we have. To our Group Leaders a very sincere – Thank You!

During the year our Social Secretary, Chrissy Eldridge struggled to get sufficient support for the events she organised. On behalf of the Committee I would like to thank her for her time and effort during the year.

For the third year our hard working Membership Secretary, Dorothy Hulley was reappointed Chairman of what was then the U3A Cyprus Island Committee, now the C3A. Iris England was reappointed Treasurer and Brian Ray was reappointed Vice Chairman at the Island AGM held at Governor's Beach Thalassa Hotel last November.

Our website has been renamed and is the main source of information and news for the island members. I hope most of you have visited the site in order to read your newsletter 'Spotlight'. Even with membership growth our district only has to print about 30 copies for those members not on the internet.

From last November you may have noticed the reduction in your subscriptions. The C3A is still affiliated to the Third Age Trust in the UK. This enables our members to maintain access to useful facilities via the UK website. The UK website allows you to obtain a variety of information and subscribe to tutored and untutored courses.

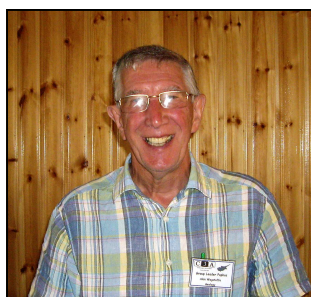
Grants to groups are still available mainly to facilitate purchases of capital equipment that would benefit and enhance a group's scope and activities. The grant could also cover expenses for an invited speaker to address an open meeting of members. This was done to obtain the very successful series of 6 talks by John Munro entitled 'Understanding the Modern Middle East' in March and April this year.

I would like to thank your committee for their hard work, support and assistance during the

last year and also our auditor Lorraine Perry.

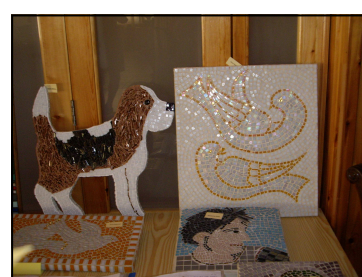
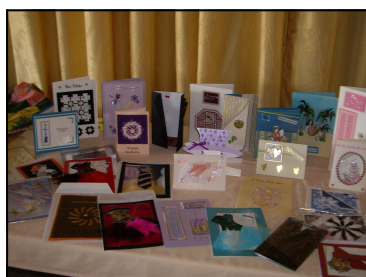
Our Membership Secretary, Dorothy Hulley, has given notice that she will step down from this post as of the District's 2010 AGM. I would personally like to thank her for her unstinting and tireless work in the capacity of Membership Secretary during the last 5 years.

*David Brown, Chairman*



Alan Wagstaffe, newly appointed  
Chairman of Paphos Branch

Some examples of the crafts on display at the AGM: embroidery, quilting, card craft, mosaics



## Did I read that sign right?

TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW

**In a Laundromat:**

AUTOMATIC WASHING MACHINES: PLEASE REMOVE ALL YOUR CLOTHES WHEN THE LIGHT GOES OUT

**In a London department store:**

BARGAIN BASEMENT UPSTAIRS

**In an office:**

WOULD THE PERSON WHO TOOK THE STEP LADDER YESTERDAY PLEASE BRING IT BACK OR FURTHER STEPS WILL BE TAKEN

**In an office:**

AFTER TEA BREAK STAFF SHOULD EMPTY THE TEAPOT AND STAND UPSIDE DOWN ON THE DRAINING BOARD

**Outside a second-hand shop:**

WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?

**Notice in health food shop window:**

CLOSED DUE TO ILLNESS

**Spotted in a safari park: (I sure hope so)**

ELEPHANTS PLEASE STAY IN YOUR CAR

**Seen during a conference:**

FOR ANYONE WHO HAS CHILDREN AND DOESN'T KNOW IT, THERE IS A DAY CARE ON THE 1ST FLOOR

**Notice in a farmer's field:**

THE FARMER ALLOWS WALKERS TO CROSS THE FIELD FOR FREE, BUT THE BULL CHARGES.

## The Social Side of U3A Larnaca

We have many groups in Larnaca that appeal to the intellectual and educational needs of our members. However we also believe that another side to U3A is to provide fun and enjoyment. Larnaca has a dining group and their intention is to visit a different restaurant each month and enjoy a good meal with some good company. We have visited a variety of ethnic restaurants including; Indian, Thai, Chinese, Mexican, Lebanese, Japanese and Italian as well as sampling fish and meat mezes and some excellent set meals in other restaurants in and around Larnaca. Probably the best value we had was at a new restaurant on the seafront in the Makenzy area. They provided us with a sumptuous set meal and included good quality wines and spirits in a price that we couldn't resist.



In June, for the second time, we had an evening of 'Magic beyond Belief'. We welcomed back Mike and Julie Evans who performed their mixture of Illusion, Mentalism, Fun and Magical Comedy. There were 60 of our members at the evening and the restaurant provided us with a very good buffet. The finale to the evening is Mike punching sharp rods through a small cardboard box containing Julie and she manages to emerge unscathed in a new outfit including a top hat.

Another group is our Wine Tasting group. We have visited each other's houses to taste selected wines as well as outlets in Paphos and Larnaca who have provided wine tasting sessions for us. Our last venture was in conjunction with the dining group where we had a wine tasting in a local Chinese restaurant and the tasting was followed by a Chinese meal. The wines bought on the night were discounted so we had a very good deal all round and an excellent evening.

Some of the wine club members at a Spanish evening. Spanish wine was drunk and members brought along tapas dishes to compliment the wine.



Another successful social was organised by the Ballroom Dancing group leader. This was held at a hotel on Larnaca seafront and we had a buffet and free local drinks. There were around 110 people there that night and it was a chance for people to socialise and have a dance, whether it was ballroom or just moving your feet to the music. It was such a success there is another planned for December.

A lot of hard work goes into organising these events but when we see people enjoying themselves and making new friends or meeting old acquaintances it is well worth it. When we get to this stage of our lives we shouldn't take ourselves too seriously. Life is for enjoying ourselves.





## Paphos Creative Embroidery in Kenya

Included in the December 2008 edition of Spotlight was a short contribution by Ann Lawrence and Dianne Lamont describing some of the work they were taking with them to Dabaso School, Kenya. Ann and her husband Graham sponsor Dabaso School ([www.dabasoschool.com](http://www.dabasoschool.com)) where the physical conditions are very limited, however the children are desperate to learn and the teachers extremely dedicated to their task.

The picture shows Ann and Dianne (in the hotel garden where they were staying) with their wall hangings depicting the school past and present, a map of Africa and a fabric collage, which the teachers said they would use to teach counting and shapes.



In January 2009 a further visit was made to Dabaso School when Lennox Mwangala, new Headmaster (below) was given another wall hanging for his office. Here he proudly shows the gift to colleagues in the newly refurbished classroom.



The Lawrence's and their friends in Cyprus and abroad are working in partnership with the school to generate much needed improvements; the newly plastered walls have resulted in work being displayed in the classrooms and staffroom for the first time.

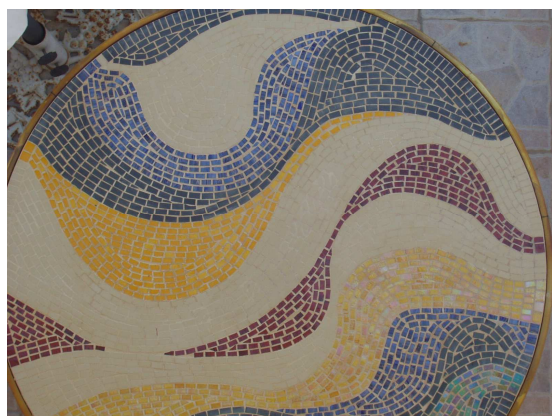
Ann and Dianne would like to thank all members of the Paphos Creative Embroidery Group for their encouragement and support whilst the pieces of work were being developed and their interest in the outcome of the visits to the school.

### Only two things...

There are only two things in life to worry about  
Either you are well or you are sick  
If you are well then you have nothing to worry about  
If you are sick - there are only two things to worry about  
Either you'll get better or die  
If you get well, you have nothing to worry about  
If you die there are only two things to worry about  
Either you will go to heaven or hell  
If you go to heaven you will have nothing to worry about  
If you go to hell you'll be so dammed busy shaking hands with old friends  
You won't have time to worry!

## PAPHOS MOSAICS GROUP

Mosaics are an ancient form of art, a skill that lingers between architecture and fine art. People have been creating mosaics for thousands of years. The earliest examples we know of come from Sumeria in the Middle East and consist of cones of clay, some plain, some coloured, stuck into wet earth or mud, which then dried and set firm. The ancient Greeks made them too, for example pebble mosaics from Pella in Macedonia date from the 4<sup>th</sup> century BC, although the oldest mosaics that most of us are familiar with are probably Roman. They devised the small, specially made tiles (called tesserae) that form the basis of mosaics today. Resulting in beautifully designed, decorated buildings around the Mediterranean and beyond and also in the inspiration to us 21<sup>st</sup> century mosaic artists as the following photos of work created at the 'Turtle and Moon' studio by some of the C3A members shows.



### Sounds all too familiar.....

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?'



# LIMASSOL ANNUAL GENERAL MEETING

The meeting was held on Friday 15th May at the Thalassa Conference Centre and was attended by over 80 members and guests, the majority of whom also stayed for lunch. Executive Chairman Dorothy Hulley was also in attendance.

Following the welcome and apologies, the minutes of the last meeting were approved before the Acting Chairman, Dino Sourmelis gave his report, an edited version of which is below.

After presentation of the Accounts and discussion of several points raised by members, their acceptance was proposed and accepted on a show of hands.

All those who stood for election or re-election as either Officers or Committee members were elected unopposed, Dino Sourmelis being voted in as the new Chairman.

Under the heading of Any Other Business, the Chairman spoke about the new C3A constitution and advised the meeting that, when finalised, it will be presented to all members.

A suggestion was made from the floor regarding calling an extraordinary meeting if 10% of the members so requested. There will be further discussion at committee level.

The Publicity Officer, Jeremy Earle, spoke to members about C3A's online magazine, Spotlight, and Jolyon Kay proposed a vote of thanks to the Committee. The meeting then closed.

## *Chairman's Report*

Hello everybody and welcome to our 5<sup>th</sup> U3A, or rather 1<sup>st</sup> C3A, AGM of the Limassol branch.

It has only taken 3 yrs of arguing to become totally legitimate in the eyes of the Cyprus Government. We now have a new constitution which has been thrashed out over a few cups of *metrio* by the Government and our solicitor, and as I understand it we have to accept it if we wish to continue as an organization.

Now, as for the Chairman's report - well, I've only been in the chair for two minutes and may possibly stay for only another couple, so if there's any credit to be given it should go to Chris Curson. And of course any mistakes must be mine.

I'm sure by now we all know there's a recession on. I dare say it's hitting all of us, which is reflected in the fact that membership is not growing as it might have done and of course our Open meeting in February had to be cancelled due to lack of support. Certainly the biggest news has been our acceptance by the government. I'm sure that now that this matter has been settled we will continue to prosper.

On the down side we've lost our very able Course Coordinator Pat Ramsay and also Archaeology 2's Dan Tsirikos. The Railway group too was shunted into the sidings. We are looking for volunteers mad enough - or just as mad as the rest of us on the committee - to take up the vacant positions. While more or less on the subject of courses, I'd like to thank the many group leaders for the good work they do and can we please have more people willing to start new groups. Some things that we have been looking at concerning the courses: the course leaders CAN charge members of their group for reasonable expenses incurred and also they are the ones who decide on the size of their group. On the upside, we had a couple of successful trips last year. In the spring we went to Syria and later we had a great time in the Xmas markets of Prague.

There's a possibility of a professor giving a lecture on the history of the Cyprus problem or even a series of them as we had last year on the Middle East, but I would like to take a sounding of possible interest for something like that. Future events include a possible day trip to the church of Asinou to admire some of the best examples of Byzantine religious frescoes around. The church is a Unesco World Heritage Site. We are also planning our annual Day at the Races on the 11th of October and towards the end of the same month a 4-5 day excursion to Petra or possibly Ephesus. It will all depend on interest and numbers.

Lastly I would like to thank all members of the committee for their - if I can use the cliché - sterling work in keeping our branch together. This is where if we had been members of parliament we could have voted ourselves a salary increase. Seeing that we won't be able to do that - not with our Rottweiler (sorry that should read Treasurer) here - we'll continue the AGM with the Financial Report. Thank you.

*Dinos Sourmelis*

## Lemon squash

A refreshing drink recipe from Penny Austin

5 glasses of pure lemon juice

6 glasses of castor sugar.

(I sometimes add the zest and strain it out later.)

Pour the lemon juice into a large glass bowl and add the sugar, stir with long handed spoon and leave for many hours, stirring occasionally until totally dissolved. Strain and transfer to well washed and dried bottles, seal with corks and chill immediately; leave in the fridge.

You can also make bitter orange and bergamot, but only use five glasses of sugar. If you're watching your sugar intake then the lemon juice will be fine with five glasses of sugar, even though the recipe says 6.

Did you know.....there are now 731 U3As with a total of 228873 members worldwide?

1. Light travels faster than sound. This is why some people appear bright until you hear them speak.
2. A fine is a tax for doing wrong. A tax is a fine for doing right.
3. He, who laughs last, thinks slowest.
4. A day without sunshine is like, well, night.
5. Change is inevitable, except from a vending machine.
6. Those who live by the sword get shot by those who don't.
7. Nothing is foolproof to a sufficiently talented fool.
8. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
9. It is said that if you line up all the cars in the world end-to-end, someone would be stupid enough to try to pass them.
10. If the shoe fits, get another one just like it.
11. The things that come to those that wait, may be the things left by those, who got there first.
12. Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.
13. Flashlight: A case for holding dead batteries.
14. The shinbone is a device for finding furniture in the dark.
15. When you go into court, you are putting yourself in the hands of twelve people, who weren't smart enough to get out of jury duty.

Senior but not senile.

A senior citizen drove his brand new BMW Z4 convertible out of the car showroom. Taking off down the motorway, he floored it to 90 mph, enjoying the wind blowing through what little hair he had left. 'Amazing!' he thought as he flew down the M40, enjoying pushing the pedal to the metal even more. Looking in his rear view mirror, he saw a police car behind him, blue lights flashing and siren blaring. 'I can get away from him - no problem!', 'thought the elderly gent as he floored it to 110 mph, then 120, then 130 mph.

Suddenly, he thought, 'What on earth am I doing? I'm too old for this nonsense!'

So he pulled over to the side of the road and waited for the police car to catch up with him.

Pulling in behind him, the police officer walked up to the driver's side of the BMW, looked at his watch and said, 'Sir, my shift ends in 10 minutes. Today is Friday and I'm taking off for the weekend. If you can give me a reason that I've never heard before for why you were speeding , I'll let you go.'

The man looked very seriously at the policeman and replied, 'Years ago, my wife ran off with a policeman - I thought you were bringing her back.'

'Have a good day, Sir,' said the policeman.

## **From U3A NEWS, UK**

### **Top researchers on ageing to speak at national conference**

Four star speakers – the top people in their subjects – will be addressing this year's U3A conference, which also offers visits to the best bits of Edinburgh, one of Europe's most spectacular cities, as well as the chance to make U3A policy and elect the people who are going to carry it out.

This year's national conference is on 3-5 September at Heriot-Watt University in Edinburgh.

Thursday 3 September will see a session on 'The learning revolution' followed by seminars.

The speakers on Friday will be Tom Kirkwood, professor of medicine and director of the Institute for Ageing and Health at Newcastle University, and Felicia Huppert, director of the Cambridge Research Centre on Ageing.

Professor Kirkwood has researched the ageing process for 30 years, and the institute which he heads is dedicated to the idea that longer lives should be high-quality lives. He will talk on 'Changing expectations of life'.

Professor Huppert's main interest is well-being across the course of life; she will talk about 'Positive ageing'.

Friday will also see the AGM, when motions on future policy will be debated and a new chairman and new trustees will be elected.

The first of Saturday's two speakers will be the person responsible for the famous study of the Lothian birth cohort of 1921, Ian Deary. He re-examined people who had taken an IQ test 70 years earlier, to identify changes in mental ability. Professor Deary's subject will be 'How intelligence affects life and vice versa'.

Later that day comes John Field, professor of lifelong learning and co-director of the Centre for Research in Lifelong Learning at Stirling University, who will talk on 'Generations, the life course and lifelong learning'.

Delegates who get there the previous day, Wednesday 2 September, will be able if they wish to sign up for guided tours of some of Edinburgh's sights - the castle, the botanic gardens, the old town.

They will also have the chance to hear Dr Ulrich Loening, former director of the Centre for Human Ecology at Edinburgh University (though not, as we mistakenly said in our last issue, a leading member of the Soil Association) on 'The two sciences'.

### **Retirement Show**

If you're planning a trip to the next Retirement Show, at London's Olympia on 17-18 July, don't forget to look in on the U3A, which is at Stand B10. Barbara Lewis and her helpers will be delighted to see you.

### **RSPCA in wartime**

David Brown of Charnwood U3A is looking for people with experience, memories or information about the RSPCA during wartime. A retired RSPCA chief inspector, he is seeking to establish a permanent memorial for the wartime work of RSPCA staff and volunteers, as well as animals.

Contact him at davidstella.house@talktalk.net or 10 Burfield Avenue, Loughborough, Leicestershire LE11 3AZ.

### **Walking in Cyprus**

In Larnaca, Barrie and Mary Standley of Poole U3A found "a large group of friendly U3A-type ex-pats" and were invited to join their weekly ramble. Ramble organiser Norma Boylan (email boylann@cytanet.com.cy) would be glad to welcome any other visitors to that part of Cyprus who would be interested in rambling with them.

The articles printed above are just the tip of the iceberg. There are many more interesting, informative and entertaining articles to be found in U3A News and on the U3A website. Of particular interest to many of us in Cyprus is a piece about the difficulties encountered by older people when looking for travel insurance. And check out the section headed 'The way it was' - well worth a browse!