



Spotlight

Issue No. 15 - November 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 March 20th.



Share your news and views!

Contact:

Please send all contributions directly to the editor. E-mail - carrie@spidernet.com.cy

The views of contributors are not necessarily the views of the editor or committee members.

The editor reserves the right to modify contributions if considered necessary.

Important Information

Normally this issue would also include a report of the Island AGM but, as you all know, this has been postponed until the new year. The AGM will now be held on **THURSDAY 4TH FEBRUARY, 2010** at the Episkopiana Hotel, Episkopi Village, Limassol. The hotel is visible from the motorway: those travelling from Paphos should take the *second* exit after the tunnel. The AGM is for members only, no visitors on this occasion. It is likely that the decisions made at this AGM will affect the future shape of C3A so it is most important that as many members as possible attend. Please make a note in your diaries now and make every effort to get to the meeting.



Summer this year seemed hotter and steamier than ever to those of us who remained on the island. 'Far too hot to do anything!' was the usual cry, but that doesn't mean that nothing has been going on—far from it. As can be seen from the number of groups who have sent in contributions to this issue, many of us have remained active throughout much of the summer, including committee members and group leaders who seem to be constantly involved in developing and improving all the things C3A offers to its members. Any member who feels he/she might like to lead a group in the future should read the article on page 4 of this issue.

Carole Manuel
Editor

**Visit the C3A Cyprus website at :
www.C3Acyprus.org
for more information about all branches**

Limassol GO Group

The GO Group is now meeting weekly - once, on the second Monday in the month, in Pissouri and three times, on Wednesday mornings (but not on those immediately following a Pissouri meeting) in Finikaria. We have a number of beginners joining in but would welcome a few more. For those who do not know the game, it is one of the three oldest games in the world, together with chess and the game whose name I don't know which is played with camel turds in the desert. (Anybody who does know, please tell me.) It is a game for two players, who alternately place a black, or white stone, on a vacant space on a 19 by 19 board. The rules are unbelievably simple, and one can play an enjoyable game on one's first day. After many years play we are all still learning the strategy.

For further details see the C3A website.

AYIOS YEORYIOS

The *Paphos C3A Archaeological Group* went on a tour of the site at Ayios Yeoryios, led by Dr. Eustathios Raptou. We parked by the little old church and entered the site opposite the new church.

Ayios Yeoryios was a large town in Byzantine times, around 5th and 6th C AD, although there is no record of what its name was at that time. Apparently the old Roman harbour in Paphos had silted up, and wasn't repaired because Paphos was no longer the most suitable port of call. Grain ships came from Alexandria en route for the Aegean and Constantinople, where the large population required a constant supply of corn. The best route was to the west of Cyprus, but prevailing winds are from westward, such that the only way out of Paphos was to the east. At Ayios Yeoryios, ships could anchor in the lee of A.Y. Island, stock up on water etc and then were just able to sail sufficiently into the wind to round the Akamas point. The modern harbour would have been useless in those days as ships would have been in danger of being blown onto the rocks when trying to get in, and could not have sailed against the prevailing westerly winds to get out.

On the return journey they brought worked marble from the Constantinople area, which was used in the many churches at Ayios Yeoryios. Statues, columns etc. were transported complete except for polishing, which was done by local craftsmen. After Cyprus was over-run by Arabs in 7th C, the churches fell into disrepair and most of the stones were 'quarried' for building, while marble was broken up and burned to make lime for agriculture, so very little remains today. Although there are Neolithic, Greek and Roman remains here, nothing is known about the town before the Byzantine period.



First we were shown the basilica of the biggest church, where there are two marble columns, one lacking the pediment, which have been re-erected. There are mosaic floors with a lot of geometric patterns and some wild animals in one place, and also sea creatures in another, including turtles and cuttlefish. Apparently these were not likely to have been inspired by local fauna as mosaic craftsmen travelled from one building site to another around the Mediterranean with 'sample patterns' from which the purchaser made his choice. There were also crosses in the edging geometric designs, indicating that they were laid before the edict was passed which forbade crosses on flooring, as it was considered disrespectful to walk on the cross.

There was a big deep hole in one floor in the largest basilica, with the mosaic neatly fitting around it in a short-armed cross shape. Apparently there had been a large font in there, where adults were baptised by total immersion – remains of steps down into it were visible. There was a smaller basilica adjacent especially for communion – this is the only church in Cyprus built in a cross-shape. Dr Raptou pointed out pillars visible down by the sea, part of another basilica, probably used by mariners, to give thanks for a safe journey

Further over (just across the road from the McArthur Hotel) were more buildings with baths and an aqueduct carrying waste water from the baths to be stored in an old tomb – water was recycled in those days too! Unfortunately I missed the explanation of the rest of these buildings because I had

to stop and remove a thorn which had come through the sole of my shoe! The two churches on top of the headland are of more recent origin, the old one being from the 15thC and the new one 20thC.

Val Wagstaffe

LIMASSOL GARDEN CLUB

I belong to the gardening club of Limassol C3A group, and have been pleasantly surprised with the knowledge that group leader John Joynes has. Each month he brings to the meetings a 'plant of the month', talks about it and offers the members the floor. One month he brought a small branch of a shrub to the meeting and discussed how and when it flowered, how tall it would grow, where to place it in your garden. My friends and I all went to the nearest garden centre and bought one each; we wouldn't have known about this shrub if it weren't for John.

We visit different garden centres or gardens to discuss the plants and recently we visited the orchid nursery in Kalo Horio, where were able to buy some of these beautiful plants. Below are some of the photographs we took.

Jenny Loizides



Does this sound familiar?

I went to a dinner party last night, where I and other guests enjoyed copious amounts of alcohol. I awoke this morning not feeling well, with what could be described as flu-like symptoms: headache, nausea, chills, sore eyes, etc.

From the results of some initial testing, I have unfortunately tested positive for what experts are now calling **Wine Flu**. This debilitating condition is very serious - and it appears this is not an isolated case. Reports are flooding in from all around the country of others diagnosed with **Wine Flu**. To anyone that starts to exhibit the aforementioned tell-tale signs, experts are recommending a cup of tea and a bit of a lie down. However, should your condition worsen, you should immediately hire a DVD and take some Nurofen (Nurofen seems to be the only drug available that has been proven to help combat this unusual type of flu). Others are reporting a McDonald's Happy Meal can also help in some cases. If not, then further application of the original liquid, in similar quantities to the original dose, has been shown to do the trick.

Wine Flu does not need to be life threatening and, if treated early, can be eradicated within a 24-48 hour period.

NOTE

If you find you are complaining a lot, it may be that it has mutated into **Whine Flu**. This is particularly common in men and can quickly spread to their partners where the symptoms are detected as a serious case of eye-rolling.

C3A Paphos Branch committee – 2009/10

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Dianne Lamont has resigned from the committee as she will shortly be leaving the island. Dorothy Hulley is continuing as Membership Secretary for Paphos, although other members of the committee will be taking on some of her responsibilities in order to lighten the workload. Olwyn Oliver has stood down as sub-editor of Spotlight, so please send all future contributions directly to the editor.

Group Leadership

Group leaders come in many guises. But one thing we all share in common is a passion for our subject or recreation activity and we are rewarded by the enjoyment of pursuing our interest with fellow enthusiasts.

There are other benefits too for the group leader. You expand your circle of acquaintances very quickly - and because you already have at least one interest in common you are likely to make good friendships amongst other members of the group.

Perhaps the most surprising outcome is how much your own knowledge and skills increase as you take the path of learning with your group.

All groups are different in character because of the personalities within them and the scope of interest of the members. Even groups offering the same subject in different parts of the Island will approach the topic in significantly different ways. Flexibility is essential for a successful group.

Leadership takes a variety of forms with differing skills being brought to the role.

Some people have all the necessary expertise and qualifications to teach the group but most groups are led by someone with the skills to pursue an agreed programme, arrange speakers and activities. Sometimes, leadership and communication activities are shared with one person arranging the learning and another liaising with the members.

There are of course tasks which are necessary for the smooth running of the group. Group administration needs records of interested members, a venue, passing information to the group and responding to new members. Group coordinators support leaders with managing these duties.

All C3A group leaders pay membership fees and give their time voluntarily and unpaid. They have the pleasure of being leaders and partakers, of other interest groups within the organisation as well as their own.

After leading my group for five years I can honestly say that I still really enjoy the pursuit of the subject and the company of the members. I have learnt a great deal about Cyprus through the C3A and from experts I would never have had the pleasure or opportunity to meet as an individual.

All C3A members have a lifetime of skills and experience and the ethos of the organisation is that of a learning co-operative, where each person contributes to the community. We now have more time to engage in activities of interest to us. Please consider if there is some way you can give something back to the branch to which you belong either within a group or using wider organisational or specific managerial skills on one of the committees.

*Pat Howarth
Limassol Archaeology Group*

A NEW VENTURE FOR PAPHOS C3A

On November 17th two of our members, Alan Wagstaffe and Wally Oppenheim, presented an open talk on The Early History of the Levant, covering the period from the earliest settlements by Early Man to the Fall of the Roman Empire.

This was a somewhat tentative venture as no-one was quite sure how much interest there would be in either the topic or the idea of holding a series of these one-off talks. In the event more than 90 people went along to the Ambassador Restaurant and were both informed and entertained by the talk and the accompanying Power-Point Presentation. In short, the occasion was a rousing success. More such evenings are planned for the new year and a number of potential presenters have already come forward. Members will receive further information some time early in January when a programme has been put together.



The Sea Trials of the good ship

M.V. Kendrid Spirit

Captain - Mr Andrew Bligh-Potter

First Mate - Mr William Christian-Potter

Captains Log - Date Tuesday 25 August 2009 This is Log of the Sea Trial of the MV Kendrid Spirit, to undiscovered lands to meet strange new people and to boldly go where we have never been before ! Arrived in the late morning of Tuesday 12 July in the Year of our Lord 2009 to inspect and victual the ship. She is a fine vessel of sound construction recently re-commissioned with new diesel engines, supplied & fitted by Coastal Rides of Dover after much trial & tribulation with other lesser boat fitters over the previous 2 years. Tea supplies are in abundance so all should be well. Lunch is taken in the company of a couple of Dover Dock Ladies by the names of Jan & Sue. After we have had our fill and I have made the payment they depart for home and we settle into the ship and prepare to leave port. We slip from the berth for the fueling barge and fill the tanks with 518.66 litres of Red Diesel. Departing fuel berth at 1550 hrs we are instructed to wait by the lighthouse and then follow a cross channel ferry out. We pass Dover Dock entrance at 1605hrs. Sea is very heavy with strong currents and we are tossed about somewhat more than expected. Setting power at 3000 revs we power into the waves and after following the ferry until the first buoy then turn to port and head up the coast passing North Foreland at 1620hrs. The sea begins to calm a little after this as advised by Dover staff . Wind still force 3 - 4 gusting to 5 so we keep power on at 3000 revs making about 14 knots in moderate to heavy seas. Pass Deal Bank buoy at 1650hrs. Bill takes the helm. At 1700hrs we pass Downs Buoy to port, Goodwin Fork to starboard, and at 1705hrs we pass South Break buoy to port and west Goodwin to starboard. 1715hrs Break buoy to port and N.W. Goodwin to starboard and a fishing boat passes us heading for port pursued by seagulls! 1725hrs pass Gull Stream & N. Goodwin buoys. 1740hrs we enter Ramsgate Harbour channel after a slight overshoot when we missed the channel into harbour buoys. Marina did not respond to radio call so phoned Port Control on mobile phone who directed us into harbour at 1755hrs. Tied up on E pontoon at 1805hrs. Later retired to local Ale house for food and liquid refreshment, after which we returned to boat for well earned sleep. Boat a bit rocky during the night as the wind freshened as the tail end of Hurricane Billy began to effect the UK from the west.

Wednesday 26 August 2009

0720 hrs we awake and check the harbour wall for the weather. Fresh but the waves do not look too threatening. The Met forecast is for worse weather with wind increasing later to Force 6 -7. We consult with the Marina office and decide to leave to get ahead of the weather so that we'll be in the Thames off Southend before it gets rough. We have toast & tea and call up Ramsgate Port Control on channel 14 and get permission to leave harbour, departing at 0810hrs following an Angling boat who appears to be heading for Pegwell Bay to avoid the worst of the weather.

Set the engines to 2250 revs to get a reasonable speed but not arrive too early off Leigh as the tide will be out until late afternoon. At 0815 hrs we pass the No.5 buoy followed by the No. 3 buoy at 0820 hrs where we turn to port to run along the coast in reasonably calm water heading NE.060 deg. 0835 hrs we pass the Broadstairs knoll buoy changing course to 025 deg and we change course again approx 1 mile SW of Elbow towards E. Margate buoy.

At 0915 hrs we enter the Margate Road, crossing this main shipping lane at a right angle to clear the 4 ships that are anchored up waiting for the tide. At 1010hrs we pass over "The Hole" which would probably be interesting fishing were it not in a shipping lane! At 1030 hrs we enter the Princess Channel at the S. Princess buoy changing course to head up river on 260 deg. 1040 pass Princess 1 buoy altering course to 250 deg. At 10.50hrs I phone Leigh Marina to confirm our ETA they advise that the channel should have enough water at approx 1530hrs. We are passed by a freighter, the "Lucy Bonchard" heading up river to our port side and going a bit faster than we are.

1055 hrs pass Princess 3 buoy still heading 250 deg. 1115 hrs pass Princess 5 buoy and the sea state is becoming a bit lumpier! At 1120hrs a Cobelfret Ferry, the "Victotine", passes our port side heading sea-bound full of trucks. 1130hrs we pass Princess mid-channel buoy followed at 1140 hrs to our starboard side the Shivering Sand Towers, old WW2 forts. 1150 hrs the Princess Inner buoy marks our departure from that channel and at 1200 hrs we pass the Oaze deep buoy travelling NWW to pass the N. Oaze buoy at 1220 hrs. The sea is considerably rougher over this deeper area and the boat is being tossed about by waves heading across us from south to north which makes our journey from east to west somewhat less comfortable! At 1310 hrs we pass the W. Shoebury buoy as we are now on toward the north bank of the estuary. The freshening wind is making for rougher seas and the wind and current draw us towards the shallows off Shoebury Boom, so I make a course correction and head for deeper water lining up the Mulberry Harbour and the end of Southend Pier just off the starboard bow. At 1325hrs we pass the end of Southend Pier and arrive at the Leigh buoy at 1330 hrs. We cannot get into the mooring yet so after a bit of circling trying to find calmer water we drop anchor about 100 yds west of Leigh buoy.

The conditions of wind and tide are so strong that the anchor rope pulls out too firmly for me to hold and Bill has to motor forward to gain some anchor rope back so that I can tie off. Still a bit too much rope out but it is holding so that's OK for me. We sit for a while in the warm sunshine being bounced about by the waves. After about 45 minutes I put out a fishing rod to show willing. We are in about 10 feet of water and 3" of crabs judging by the cleaned hooks each time I retrieve the line. At 1515 hrs I phone Leigh Marina again and they advise we enter the channel and we may get in and if stuck on mud the tide will soon follow to lift us off. We raise the anchor at 1520hrs. The sea is getting rougher as the wind freshens further and whilst crouching on the bows to retrieve the anchor cable with Bill on the throttles assisting, the troughs are about 2 plus metres below and the bows plunge just under as we crash into them, getting me a bit wet! Also the front on the Pulpit pulls apart so I cannot put weight on that to haul the anchor over the roller, so I tie it off there dangling off the bows. We follow Leigh channel as best as we can but the traditional green and red markers are absent. We end up alongside Leigh Wharf and ground in the mud, evidenced by the mud churned up by our props.

I phone the Marina again for directions and they advise that I can motor along the wharf as the tide comes in. I then try raising the Outdrives a little and we free from the mud and are then able to slowly motor along into the Marina with the drives partly up. We tie up alongside the Marina Tug as instructed at 1600hrs. As I go ashore Jan & Sue arrive in the car, good timing!

The boat has proven to have sound sea-keeping abilities. It has come about 80 miles in wind conditions of force 4 - 6 with gusts to force 7. I would not normally consider leaving harbour in such conditions but whilst writing this up on Friday 28th with the wind even stronger and the Met Office forecast showing 5 - 7 with gusts to force 8, it's as well that we left when we did. A few teething problems to iron out such as the starboard ignition not always working (2

or 3 turns and it does, and the ammeters both going into the red alarm zone at the same time on 3 occasions during the voyage. Also the cooker needs securing as it toppled over during rough weather only being retained by its gas hose. Those, with the other restoration jobs outstanding should keep me busy for a while.

THE END

Thanks to Bill Potter, Paphos C3A, for this insight into the livelier side of sailing.

Paphos Book Group 2

As the original Book group began to fill up, and more members showed interest in a book group, the C3A Book group 2 began soon thereafter. Its first group leader was Marian Mitchell, until she left Cyprus in 2007, followed by Sandra Walder-Payne until last summer. Now our lively group of 14 members has 2 group leaders, Christine Clark and Lesley Hutchins, who can cover for one another when one of them is away, and there is still Sandra for when both are away at the same time. We meet on the 3rd Wednesday of every month, at the Terebinth Tree Art Café in Mesa Chorio, outside on the terrace when warm, inside, where Colin and Gloria keep a room for us, when the weather turns colder. We enjoy ourselves so much that we keep going all year – no summer break for us.

We choose books several months ahead, picked by consensus among the books proposed by members of the group. Until now, we have chosen one novel every month except for August, when we pick an author, and members of the group can read whatever they like by that author and discuss their choice at the meeting. This year we chose Bill Bryson, last year Doris Lessing, the year before that Daphne du Maurier – a lot of variety! As always, one of the great things about a book group is that you are exposed to books you might not necessarily pick yourself; this year, we read, among others, *Age of Shiva*, by Manil Suri, *Tenderness of Wolves* by Stef Penney, *Road Home* by Rose Tremain, *Q&A / Slumdog Millionaire* by Vikas Swarup, *Alias Grace* by Margaret Atwood. and the sharp-eyed may notice that the book in the photo is *White Tiger* by Aravind Adiga, our choice for October.

September was the month when we chose to experiment and replace one novel by a different type of book, non-fiction, and rather than have everybody read and discuss the same book, to leave the choice of book to individual members. This year we picked biographies and autobiographies and enjoyed a truly rich selection.



Dianne presented '*Jane Hunter – Growing a Legacy*', by Tessa Anderson, the story of an inspirational woman and her place in the new world. Jane had carried on her husband's dream after he died; result: Hunter's wines of New Zealand. This is a good example of a book the rest of us would not have discovered but for Dianne.

Ann presented '*Long Walk to Freedom*' by Nelson Mandela – a famous book by a famous man, but not all of us had read it and she inspired us to do so. She read us a few extracts and told us

it was a page turner which she could not put down, despite its length.

Judith talked about '*Daughter of the Desert*' by Georgina Howell, a biography of Gertrude Bell, based on her many letters, diaries and official papers, and she drew for us the picture of a fascinating character we all wanted to know more about.

Charlette talked about two biographies of 18th century women, which used their similar sources in different ways: '*Aristocrats*' by Stella Tillyard told the lives of the Lennox sisters, one of whom married Henry Fox, through their letters and diaries, spanning almost a century. This was written fiction-style, with quote marks for letters and all sources noted in the appendix. '*The Duchess*' by Amanda Foreman, told the life of the fascinating Duchess of Devonshire, also noted for her role in 18th century politics, the text being peppered with annotations.

Mary talked about '*The Mitford Girls*' by Mary Lovell – another view of a famous family; we all knew something about the Mitford sisters, and could discuss their lives and their works.

Paul presented '*Upwardly Mobile*', Norman Tebbit's autobiography, his rise in politics from a working class background and without a university education.

Lesley, our co-group leader, chose to present Russell Brand's '*My booky wook*' and told us immediately that, although it was a funny book, she disliked the man... what else can we say?

Charlette Sheil-Small



THE PERFECT MAN

A man walks out to the street and catches a taxi just going by. He gets into the taxi, and the cabbie says, "Perfect timing... You're just like Frank."

Passenger: "Who?"

Cabbie: "Frank Feldman. He's a guy who did everything right all the time. Like my coming along when you needed a cab, things happened like that to Frank Feldman every single time."

Passenger: "There are always a few clouds over everybody."

Cabbie: "Not Frank Feldman He was a terrific athlete. He could have won the Grand-Slam at tennis. He could golf with the pros. He sang like an opera baritone and danced like a Broadway star and you should have heard him play the piano. He was an amazing guy."

Passenger: "Sounds like he was something really special."

Cabbie: "There's more... He had a memory like a computer. He remembered everybody's birthday. He knew all about wine, which foods to order and which fork to eat them with. He could fix anything. Not like me. I change a fuse, and the whole street blacks out. But Frank Feldman, he could do everything right."

Passenger: "Wow, some guy then."

Cabbie: "He always knew the quickest way to go in traffic and avoid traffic jams. Not like me, I always seem to get stuck in them. But Frank, he never made a mistake, and he really knew how to treat a woman and make her feel good. He would never answer her back even if she was in the wrong, and his clothing was always immaculate, shoes highly polished too. He was the perfect man! He never made a mistake. No one could ever measure up to Frank Feldman."

Passenger: "An amazing fellow. How did you meet him?"

Cabbie: "Well, I never actually met Frank. He died. I'm married to his b****y widow."

Don't take life too seriously. No-one gets out alive!

FABRIKA HILL

Over thirty members of the Paphos Archaeology group attended a talk by Dr Craig Barker of the University of Sydney at the Hellenistic theatre site of Fabrika Hill in Paphos.

Dr Barker gave a description of how the Theatre would have looked throughout its six hundred years of use as an entertainment place, with changes in building and decoration, how the actors used their masks and the actions they made to indicate which actor was speaking at the time and the theatre's final damage in the earthquake in 365AD. He also allowed us to look at the trenches the team had been digging and handle some of the pottery that had recently been discovered.

Dr Barker informed the group that the University of Sydney and the Science and Technology for Archaeology Research Centre (STARC) of the Cyprus Institute had been investigating the site from the air. A hot air balloon with cameras on board and specialized equipment recorded the site, this information will be feed into a computer with a special programme to produce digital image of the ancient site and enable archaeologists to gain a better understanding of the theatre.

We look forward to next years visit by Dr Barker, his team and to new discoveries.

Marieanne Wash

Below: archaeologists excavating the floor of a medieval building.



NATURAL HISTORY GROUP—PAPHOS

The launch of the new Natural History Group meetings will be held at the Coral Star Restaurant on Thursday 14th January 2010 at 5.00-6.30pm. There will be a charge of 3 Euros, which includes refreshments. At this first meeting there will be a short presentation from our group speakers, who will each introduce their chosen topic.

Future group meetings will be at fortnightly intervals, usually on Monday morning and will consist of field trips and visits to various locations. You will be notified of future dates.

Below is a short resume from each of the speakers.

DAVID WHALEY AND JUDY DAWES

David Whaley and Judy Dawes have been on the island for 20 years and as amateurs have a good general knowledge of the flora and fauna, and the main habitats. Their particular interest is birds and in 2003 they published a Cyprus Breeding Birds Atlas and have previously organised a C3A group

“Birding for Beginners”.

PETER LENTHALL

“Peter Lenthall has been involved in natural history pursuits since Army service in West Germany in the 60’s and 70’s, where amongst other species, Peter observed wild sheep, in Germany called Muffelwild, a familiar name to Cyprus dwellers.

A life member of the British Deer Society, in the 70s Peter assisted the Ministry of Defence’s first Conservation Officer to formulate a policy for the management of deer populations on MOD land, still one of the leading environmental and wildlife management programmes in UK.

His wildlife and Natural History experience beyond Germany included Libya, Malaysia, New Zealand, Norway, Saudi Arabia, The Yemen and the United Kingdom. Saudi Arabia between 1981 and 2006 saw Peter’s most active involvement in Natural History, participating in the activities of, and periodically Chairing, the Riyadh Natural History Society (formerly Desert Ramblers) continuously between 1982 and 2006. Peter’s other main interest, Archaeology, fostered the relating of Late Stone Age rock drawings to Climate Change. Peter has a long record of organising events, meetings and vehicle expeditions.

DAVID SPARROW

David Sparrow obtained B.Sc (Hons.) (1964) and PH.D. (1970) degrees in chemistry from the University of Birmingham, England. He worked for 34 years in the chemical industry during which time he co-authored, edited, reviewed and refereed numerous scientific articles, papers and books. He first came to Cyprus in 1995 and moved here in 2001. David is a keen photographer and has a life-long fascination with reptiles. Since moving to Cyprus he has built up a portfolio of over 2000 photographs of all the native reptile and amphibian species on the island. In 2005 he became involved as a photographer and co-author of an authoritative book on “The Amphibians and Reptiles of Cyprus”, which is due to be released on 10th December, 2009. During his numerous field trips when working on the book (which is over 360 pages and has over 300 photographs and figures), he also photographed and became interested in the numerous other species on the island, including butterflies, dragonflies and spiders.

ALAN STEVENS

I chose to follow my passion in life, which was to work with animals in one form or another. I trained in Edinburgh to become a Veterinary Surgeon in 1978. After a succession of positions in UK over the last 30 years, I chose to take some time out from the British scene and spend a year or so in Cyprus. Currently I work full time at Paphiakos with Dr. Chris Yiapannis providing veterinary care at the shelter and the clinic for a wide range of domestic species. I still maintain an amateur interest in insects – mainly expressed through photography (yet another passion of mine) and over the last year have spent a lot of my free time photographing flora and fauna of various parts of Cyprus. Trying to identify some of these bugs and flowers can be difficult without adequate reference sources and it is through groups like the Natural History Group that I see a way to share knowledge, information and resources.

RECIPE CORNER

Curried lentil soup

Serves 4-6

- 1 tbs sunflower (or olive) oil
- 1 chopped onion (whatever size you like)
- 250g cauliflower cut into small florets with a few green leaves reserved
- 150g diced carrot
- 150g diced parsnip
- 4-6 tsp curry powder or paste, according to taste
- 1 litre chicken or vegetable stock
- 100g red lentils

Heat the oil in a saucepan and add the onion. Cook gently, stirring; until the onion is softened and pale golden. Add the cauliflower florets, carrot and parsnip. Then mix in the curry powder or paste and add the stock and lentils. Cover the pan and simmer for 30 mins. Taste and season with salt and pepper. Thinly slice the green cauliflower leaves, add to pan and cook for a further 5 mins. Serve the soup as it is, or allow it to cool and then blitz it in the liquidiser.

Good with a dollop of yoghurt or sour cream!



Angela Cooper

QUILTING GROUP—PAPHOS

This year has been a most interesting and productive year. We have maintained a consistent membership of 12 with a range from absolute beginner to very experienced, so we have had plenty of opportunities to learn from and be inspired by the more advanced members.

Our usual meetings are alternate Wednesday mornings, but on the months when there are 5 Wednesdays we use this day for a whole day workshop and a chance to have a demonstration of a new technique and the rest of the day to 'have a go'. This year we had enormous fun when Jenny Wyatt showed us how she made her beautiful 'Kaleidoscope' quilt using a method called 'stack'n'whack'.

It was such a memorable day that we have all been 'stacking' and 'whacking' ever since and one by one, throughout the rest of the year, the quilts have been completed and brought along to meetings.

Our second workshop was led by Jan Colebrook and we made some lovely jewellery pouches using a method called Bargello (see picture). We were particularly proud when Jan had a quilt of hers featured and photographed in a national quilting magazine.



Since September we have been working on a group project, making a set of smaller lap quilts for the Hospice. The first has been completed and the others will hopefully be ready by the new year.

As a group we like to try and have a mix of individual work and group ideas.

During the year we have sadly said farewell to two members returning to the UK, and to two others taking up new interests within the C3A (too many good things going on!) but have enjoyed welcoming other new folk who have come to live here and have taken up patchwork and quilting so enthusiastically.

Jill Dare November 2009



INTERNATIONAL COOKERY FOR BEGINNERS—Paphos Branch

Anne Rapley will be running another cookery course based on her two cookbooks in March of next year. It is planned to run the course on one morning a week for 4 weeks, cooking a dish in the morning and eating it for lunch. As Anne is currently off the island, members wishing to join the course can contact the editor to register their interest and leave contact details.

Paphos C3A Walking Group - The Kato Pyrgos Weekend

by Marion Campey

Friday 6th November – Agia Marina Dam. Walk led by Geoff and Jo Burgess.

Thirty-two C3A members and guests set out on a clear, warm morning, first meeting by the old bridge that was once part of the original coastal route then, driving up to the dam. At the start of the walk from above the dam we headed up into the wooded valley with the dam, less than a 10% full, down on our left. This dam boasts carp, roach, silver bream, mosquito fish and catfish though we didn't have time to cast a line in! A lovely circular walk through Calabrian pines (*pinus brutia*) through which the calls of robins and coal tits filtered as well as the chatter and laughter of the walkers making their way along the gently graded forestry tracks. The pine needles were shiny in the sun after the recent rain and the air, was fragrant with resinous pine, encouraging a sense of wellbeing. I don't think anyone complained of being tired after the walk!



The winding track near Ayia Marina



The shiny pines after rain

Walkers peeled off for a lunch at the Santa Barbara taverna, with some opting to picnic on the way to Kato Pyrgos. Altogether, twenty-one made their way to the clean and comfortable Pyrgiana Hotel, our base for two nights, overlooking the recently constructed harbour, theatre and plaza area. Kato Pyrgos town sits on the sea-edge of a fertile agricultural valley that runs up towards the Paphos Forest. Apart from the several scattered blocks of hotels the place is pleasantly low scale and rural which some describe as “an end of the world feel” due in part to proximity to the closed border (soon to be opened) with north Cyprus. The plane tree-lined main street is in the midst of a makeover of cobbled brick and it is here that Eleni runs a traditional kafeneion. Her small tender dried figs are much sought after, and at €5 per 500g packet; a special treat.



We had company at our picnic spot



The new Pyrgos harbour and theatre



Hospitable Eleni - coffee and figs

Saturday 7th November – Kato & Pano Pyrgos, via Pyrgos Dam. Led by David Whaley and Judy Dawes

The following morning twenty-one set out on the 17km walk. Some would say trek. This took the group through the agricultural orchard area of Kato Pyrgos swinging up past the picturesque Profitis Elias church with

the small plain and sea to our backs

Nearby an archaeological dig with a dressed stone wall in excavation could be seen but just a little out of the way of our route march for closer inspection. We continued into the charcoal burning area of Pano Pyrgos. The charcoal burners were in action and we found out that it takes 2 weeks of slow burning to reduce a well-structured pile of timber logs (mostly pine and lemon harvested from the forests) to solid charcoal pieces which are then bagged into the well-known grey sacks sold locally. The skills for successful burning could be seen literally laid out in consecutive piles of logs: drying, then arranged in sizes, then in careful layers for burning. In most instances the burning is contained within an iron “ring” with a lid: the final touch, once the burning pile is lit and covered with loose ash and soil, is the placing of a large iron ring (approx. 2.5m diameter x 1.5m deep) over the pile and then covering with an iron lid to ensure the slow burning conditions needed to produce quality charcoal.

Here the countryside fell away into wide valleys around which our walk along forested tracks skirted. In the distance, to the north-east, were the well placed lookouts of the National Guard ever watchful over north Cyprus.

And always Cyprus’s intriguing geology with pillow lavas and other features noted on our way along the tracks.

The group picnicked in lower catchment of the Pyrgos dam having trudged down the edge of a narrow valley where oriental plane trees flashed yellow amongst the green pines. Lunch stop much appreciated. The observed flora and fauna, apart from more robins and coal tits, was the interesting find of a colony of freshwater crayfish at the upper end of the Pyrgos dam above the water line, their holes scattered across a deposit of fine sandy silty soil. It is thought these crays are an “escaped” introduced species. The first tough leathery leaves of the sea squill were sprouting along the tracks in contrast to the delicate and tiny white narcissus and endemic Cyprus cyclamen in patches of undisturbed ground under the pines. Below the dam we found a plate-sized bracket fungus, bright orange and unmissable, shooting up on an old tree trunk. The track descended into the far reaches of the rural area, past shacks, fences and orchards of citrus, pecan and avocados, and the occasional spreading fig. Parallel to the track, 3m up on the side of the valley, runs the now defunct concrete irrigation channel leading from the dam. Very soon we were on the last stretch of road over-arched with trees before reaching our cars and then heading back to the Pyrgiana.



Charcoal burn prep



Charcoal being sorted



Archaeological dig at Pyrgos—left centre



Start of walk through Kato Pyrgos



Crayfish alive and well at Pyrgos Dam

Sunday 8th November – Mansoura to Kato Pyrgos via Pigena.

The following day we drove to the beach side Mansoura Restaurant and with the sea to our backs, a hearty twenty-one set out to walk through Mansoura and the abandoned Turkish village of Agios Theodoros on our route to Pigena.

Now the jumble of stone and fallen roofs that spread in clusters along the road up make for a melancholy vista in amongst the grazing goats and neglected olive and almond trees. The landscape both here around Mansoura/Agios Theodoros and also Pyrgos is subtly different to that of the rest of Cyprus. Why? Perhaps it's the juxtaposition of the rocky, pine-clad mountains with the wide fertile valleys both of which jostle for position by the sea. Also building developments in the form of Aristo-style estates and apartment blocks have yet to make their appearance in the isolated NW. Many commented on these differences, so striking for those of us on a first-time visit to the area. The windy road took us past more charcoal burners, goat farms, and always the ruins and finally into Pigena which has spread along a semicircular ridge and down into a south-east facing slope with views across to the northern Troodos rising and falling in the distance. A National Guard base straddles the western outskirts which overlook the hills to the sea. It is said that walking brings geography back to a human scale encouraging a close and intimate experience. Perhaps too close for some with the whiff of piggeries and the acrid smoke of the charcoal burning a pungent reminder that there's no quick escape. Over the ridge and down into Kato Pyrgos with its wide orchard patterned land scattered from west to east between the hills. The hiss of an blunt nosed viper drew the curious though cautious attention of twenty-one pairs of eyes to its presence by the roadside. We gathered to one side pleased with a rare opportunity for a close-up inspection of this subtly patterned reptile with its striking appearance, from blunt triangular head to diagnostic, short stubby tail. The walk could not have ended on a more interesting note and with some of our cars left only another kilometre or so down the track we headed back to Mansoura for beers and lunch.



THE ART OF MOSAIC

The Christian-Byzantine period of the 6th - 10th centuries AD saw a great flowering of abstract mosaic work. Mosaic art was greatly patronised, and its visual power was used to full effect in major Christian churches such as in Ravenna. This official encouragement inspired an era of technical and artistic experiment. Full use was made of the new material glass smalti, and a unified system of decoration and hierarchal expression developed. A real understanding of colour emerged. It was discovered that by angling smalti in the mortar, their full reflective quality could be exploited in brilliant plays of light and shadow across the surface. More important still was the realization of the abstract power of form through conceptual imagery as opposed to realism.

Below are some examples of the mosaic work done by members of the Paphos C3A Mosaic Group.



Theory of Intelligence

'Well you see it's like this . . .

A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members.

In much the same way, the human brain can only operate as fast as the slowest brain cells. Now, as we know, excessive intake of alcohol kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. And **that** is why you always feel smarter after a few beers.'

(I first heard this theory expounded in a conversation between Norm & Cliff, in an episode of Frasier many years ago—and it still makes me smile. Furthermore I think I know several people who base their drinking habits on it! Ed.)

The following poem was sent in by Angela Cooper and serves to remind us all why we observe Remembrance Day each year.

1 9 1 7

I wish they'd stop, the guns, the guns,
the dreadful sound of war;
Where is that peaceful place I seek
amidst the roar, the roar?

Shall I find solace in some grave
'midst foreign fields afar?
Or will the Lord see fit to send me
home to Ma and Pa?

The world is such a different place
from the one I knew;
I sometimes dream that I can smell
Aunt Edith's rabbit stew.

My Woodbines are soaked through again
- a box of matches, too;
The only comfort lies, it seems,
in memories of you.

What of the future, my sweet love?
I cannot even guess.
Tomorrow we move on again;
the whole thing's such a mess.

I'm oh, so frightened of the dark
and anxious for the dawn.
Please help me through this fearful night;
my shoulder's badly torn.

The 'Doc' just came to talk to me;
he proffered a wee dram.
So many men and boys have died,
'tis lucky that I am.

I cannot see my cousin John,
I wonder, where is he?
The stretcher bearer's back again;
have they forgotten me?

It's raining even harder now;
the mud's up to my thigh.
I feel so very cold and tired;
perhaps this is "goodbye".

I'm walking on a sandy beach;
waves lap along the shore.
At last I've found that peaceful place
amidst the roar, the roar.

Another war, another poem, contributed by Victor Tandy.

WAR GAMES 41

Flying high in the sky
bombs on board,
another night raid
during the Second
World War

Over target,
all hell breaking loose,
ack-ack fire, and
search lights illuminate
the sky.

Fighters trying to attack:
balls of fire everywhere.

Bombs away
and back to base
we try to race.

Corkscrew to port,
Climb frantically to starboard,
our stomachs in our mouths,
or hanging at our feet.

That was close,
but we are back on course,
only a few more hours
and we will be there.

Time to think
of all the death,
devastation, and pure
destruction,

that has been left behind,
and all because that
mad man Hitler
was allowed to be born,

and sleeps,
peacefully in his bombproof
bunker.

Did we sin
by dropping bombs
on innocent people?

Not to be over concerned
the high priest
from his pulpit
cradled in safety,

has told us
all will be forgiven
if we repent soon enough,
and before
the day of judgement

Perhaps Hitler has
already repented,
And that is why
he sleeps,

so peacefully.

The difference!

Stand in almost any 'Western' city and watch the people passing by and you will perceive many different 'types' of people. Some differences you can 'see' easier than others. Some you can 'pick out' as being very different to yourself.

So, what are the differences, and what do they mean?

We each have our own perception of these 'differences' and of what they 'mean', but what is opinion and what is actual fact? How can we go about proving one way or another what is true and what is not?

If we gather the various (as we perceive them) human types to look at them side-by-side we will see many superficial differences, but we need to look deeper than their surfaces to see if there is any actual differences. So let us do that.

Let us strip away all the layers from our human specimens, all the way down to the bone.

When all we have is the skeletons to look at, finding differences becomes very difficult. Probably the one difference that can be noted (and then more by an anatomist than by a lay person) is that of the female against the male, and that is in the pelvic bone to allow for childbirth. We may find some skeletons larger than others or with slight differences, but these differences can occur within 'ethnic' groups as well as between them.

If we start putting the 'organs' in our skeletons we find that they each have the same organs in the same places, again the only difference being between female and males and this only in the reproductive organs. The blood that courses around the bodies of our specimens is much the same, with different blood groups transcending (for the most part) 'racial' boundaries. All the organs function in the same way regardless of our specimen's (perceived) origin.

Next, before we get to the surface, are the muscles, tendons and ligaments. Once more, whilst we see differences they are the same differences that we would see in any cross section of a population and have little if anything to do with race or ethnicity. The few differences that could be called anatomical will be between the female and male, and once more, are to do with the functionality of reproduction of our species.

So, apart from some bits of fat and such like, we come to the surface, the skin. Here we can see or perceive differences. We can see the obvious difference between the extremely 'pale' skin colouring compared to the 'dark' skin tone, but there are so many hues in between the lightest and darkest that it would be impossible to place a boundary at any particular point to say that there is where 'the' difference lay. At this level (the surface) we can see different shapes of eye and nose, of mouth and ear, we can also see different hair type and colour, but this is very much at the superficial level, and does not make these individuals or groups different in anything but 'looks'. How do we account for the similarities and the differences between our specimens who originate from different parts of our world?

We need to look at our evolutionary past in order to see how we arrive at our present.

It is believed that we (Homo sapiens) separated from our other humanoid ancestors and became a distinct (Homo sapiens) species about two hundred thousand (200,000) years ago. At that time we would have been (developmentally) not very dissimilar to our other humanoid cousins. We would have spent most of our time foraging for food and shelter, perhaps in small familial groups, and surviving either with difficulty or ease dependant upon the bounties of nature around us, and the competition locally. We would, perhaps, be no better or worse at passing on our genes than any other of the humanoid species.

It is now believed that around one hundred thousand to seventy thousand (100,000 to 70,000) years ago there was a great crisis in the Homo sapiens population. It is not known if this was due to a natural disaster or to some failure in the gene pool or any other reason, but it is thought that the entire world population of our ancestors (Homo sapiens) fell to around two thousand (2,000)

individuals. At this time our ancestors still inhabited Africa and had not ventured any further, and it is probable that our cousins such as 'Neanderthal' settled in what we know as Europe long before we did. However, at some point tens of thousands of years ago, we did break out, and gradually over thousands and thousands of years and many generations, spread over the entire world. This was obviously a very slow process and in the process it was those who could adapt best that survived and passed their genes on to future generations. For this to happen it was the small changes that randomly occurred from generation to generation that allowed some to adapt and caused others to die out. As an example: it is known that dark skin blocks some of the sun's rays from penetrating the body, which is OK in Africa, however as we moved further north and the sun becomes less intense the lighter skin allows more of the sun's rays to penetrate the body and help produce vitamin D. This made having lighter skin an advantage and darker skin a disadvantage the further north our ancestors travelled. Similarly, it is known that peoples who have colonised high altitudes are better able to get oxygen into their blood system than those who live at sea level. It was the adaptations (or malfunctions) in the genes that decided which line survived and which perished, and therefore whose genes were passed on.

So whilst the genes have allowed us to adapt, 'change' and survive, the D.N.A. pool from which we all come remains that of those couple of thousand individuals from thousands of years ago. It is understood that you can take some one from the other side of our planet and compare their D.N.A. with yours and it will be a closer match than if you take a couple of chimpanzees from their family group and compare theirs. We are the result of the success of our ancestors adapting to their environment, and the differences between us only mark that process and give us clues to those environments that they adapted to.

If differences between us do exist, what are they, and why?

At the physical level any differences are superficial and are greatly outnumbered by the similarities. The major differences are in our perceptions, our intellects, our understanding.

There are massive 'cultural' difference between one group and another, between peoples from one part of our world and another, but this is nothing to do with 'race' or 'ethnicity' as such, it is more to do with generations of socialisation, notions of power or emancipation and social necessities. We can and do have (many) 'cultural' differences within our own society, we have 'age' cultural differences and 'economic' cultural differences as well as 'class' cultural differences and 'religious' cultural differences, and that is just with a scratch of the surface of our own 'culture'.

Ownership of power is undoubtedly a great motivator and therefore those individuals or groups who gain it (power) will create rules that ensure that they retain it and are able to pass it on to their heirs.

In a society that has a massive imbalance between the female and male population there will be a need to find rules that will allow access to sexual and/or breeding possibilities to all, in order to maintain peace and stability within it.

For other groups the rules they have may be for their basic survival and they will not have the luxury of leisure or pastoral pleasures, nor the time to indulge in power 'games'.

We arrive (psychologically, emotionally, intellectually) at our present point because of our history, both recent and more remote. This does not make 'our' rules either right or wrong, just the rules we have been handed. Rules do and will change; as our bodies have adapted to new environments so will the rules that we live by, otherwise, like the badly adapted gene, we will not survive.

It would seem (to me) that there is no real difference between peoples from one part of our world to those from another except the rules that we each have been handed, and it is this that colours our view of the world, morality, religion and politics, and importantly, our view of our fellow homo sapiens.

Bill Potter 2009

Earth is the insane asylum for the universe.

On the Lighter Side

A Politicians Poem

I want a floating Duckhouse.
I want to clear my Moat.
I need to mend my Tennis Court,
that's why I need your vote.

I have to build a Portico.
My Swimming pool needs mending.
My lovely plants need Horse Manure,
and the Aga needs much tending.

A Chandelier is vital;
Mock Tudor boards are great.
My Hanging Baskets won awards,
and I've earned a Tax Rebate.

I need a Glitter Toilet Seat.
My Piano so needs tuning.
'Maltesers' help me stay awake,
and my Orchard MUST need pruning.

I could have said the rules were wrong,
and often thought I should.
But somehow it was easier
to Profit all I could.

The Public really have to see
that the rules are there to test,
and by Defrauding Taxpayers
we were just doing our best.

The Speaker of the House has gone,
our Sacrificial Beast;
but the Public are still Braying
for our Corpses at the feast.

What do the Public want from us,
those vote-wielding Ingrates?
They really should be grateful
to be Financing our Estates.

The Message is so very clear,
(We're merely learning late)
that the British way of Living Well
is to Screw the Bloody State!

An Ode to English Plurals

We'll begin with a box, and the plural is boxes,
But the plural of ox becomes oxen, not oxes.

One fowl is a goose, but two are called geese,
Yet the plural of moose should never be meese.

You may find a lone mouse or a nest full of
mice,
Yet the plural of house is houses, not hice.

If the plural of man is always called men,
Why shouldn't the plural of pan be called pen?

If I speak of my foot and show you my feet,
And I give you a boot, would a pair be called
beet

If one is a tooth and a whole set are teeth,
Why shouldn't the plural of booth be called
beeth?

Then one may be that, and three would be
those,
Yet hat in the plural would never be hose,
And the plural of cat is cats, not cose.

We speak of a brother and also of brethren,
But though we say mother, we never say
methren.

Then the masculine pronouns are he, his and
him,
But imagine the feminine: she, shis and shim!

Let's face it - English is a crazy language.
There is no egg in eggplant nor ham in
hamburger; neither apple nor pine in
pineapple. English muffins weren't invented
in England .

We take English for granted, but if we
explore its paradoxes, we find that
quicksand can work slowly, boxing rings are
square, and a guinea pig is neither from
Guinea nor is it a pig. And why is it that
writers write but fingers don't fing, grocers
don't groce and hammers don't ham?
Doesn't it seem crazy that you can make
amends but not one amend.

If you have a bunch of odds and ends and
get rid of all but one of them, what do you
call it? Answers on a postcard, please!