

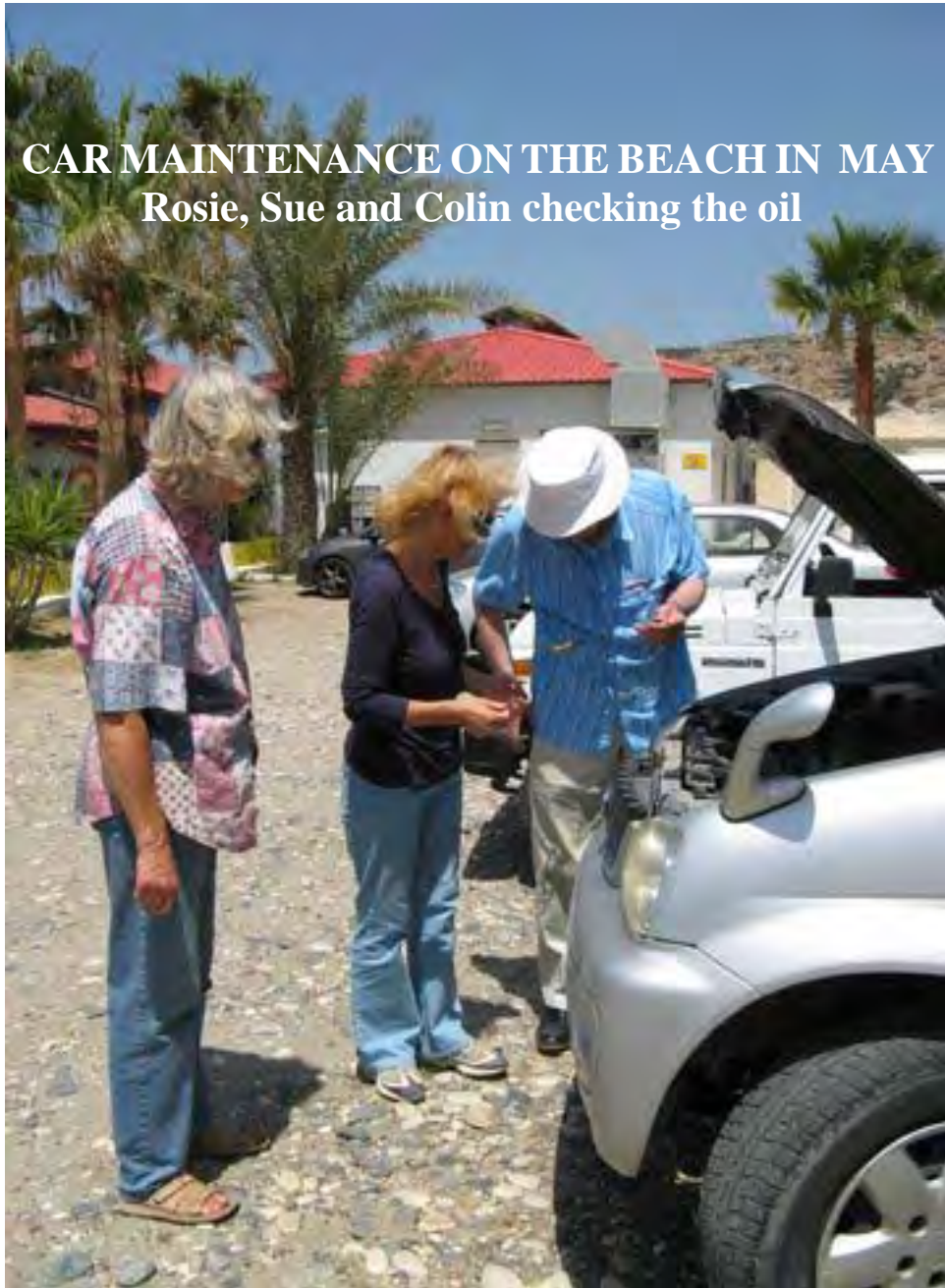
'LITE'

# SPOTLIGHT

December 2010

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CAR MAINTENANCE ON THE BEACH IN MAY  
Rosie, Sue and Colin checking the oil



The magazine of the Cyprus Third Age Association

## EDITORIAL

*The last appearance of C3A Spotlight was a year ago, and now that the committee of the Cyprus Third Age Association has been elected, it seems to be the right moment to launch a new edition.*

*Why 'Spotlight Lite'? Well, we have a somewhat inexperienced editorial team, all two of us, and therefore we are in uncharted waters. In the spirit of all Third Agers we are learning something new!*

*Our Chairman Bryan Tolladay has set out his hopes for 2011 in his message which follows, and with your help we look forward to producing a magazine which will be interesting and reflect all that we enjoy in our shared activities.*

*Καλά Χριστούγεννα! Καλή Χρονιά!*

*Christine and Janet*

## CONTENTS

	Page
Editorial	2
Chairman's Message - Bryan Tolladay	2
Limassol Chairman - Eric Martin	3
<b>This month's Profile</b> Featuring Daphne Papacharalambous	3
Three Christmas recipes (One tongue in cheek!)	4
Washington Post extract	5
<b>News from Paphos</b> 5 groups	5/6
Open Meeting report - by Christine Nicola	7
<b>News from Limassol</b> Industrial Archaeology Memory Training.	7 7 8
'Yes, You Can Draw' - by Christine Nicola	8
'Eggery!' - by Bryan Tolladay	8/9
Car Maintenance by - Heather Henchie	9/10

## BRYAN TOLLADAY'S CHRISTMAS MESSAGE.

### C HRISTMAS IS OFTEN A TIME TO LOOK BACK

I often hearken back to the time of my youth admittedly a long time ago when Christmas Eve was the time of telling ghostly stories, playing on the listener's fears.

Here came the pirate with his wooden leg, tap... tap... pause.... tap ... tap... tap..

Coming every closer, heart beginning to race as he came closer, tap .. tap... and closer as it got darker and darker...

"who has my gold ..."

"who has my gold...."

YOU 'AVE!!!

Tales of witch hunts and sorcery; films such as "The Crucible" All very scary and blowing things out of all proportion to play on peoples prejudices, fears and superstitions.

It created a contrast to the coming Christmas Day, which was a day of fun, joy, present giving, feasting and forgiveness for all wrongs - both real and apparent.

### A NEW YEAR TAKES US FORWARD

looking ahead to 2011, let us determine to go forward sharing the joys and benefits of C3A membership, making a New Year resolution to join in and give something back, contributing our enthusiasm and ideas. We can consider leading a group or helping to organise social events. If you are less mobile than you would like, or housebound, you can still share in C3A - just let us know!

Above all let us enjoy our flourishing organisation in our Third Age in Cyprus.

On behalf of the Cyprus Third Age Association Committee may I wish you all a merry Christmas and a happy, healthy and prosperous New Year.

Bryan Tolladay - Chairman C3AA

**O**n behalf of the Officers and Committee of C3A Limassol, may I wish you the Season's Greetings and Best Wishes for the New Year.

At the beginning of 2010, my resolve was to "forget age and get on with living" and as part of doing that I allowed myself to take on the Chair of the Committee again. In many aspects of life 2010 has not been an easy year for most of us, but it is my hope and aspiration that 2011 will be a great deal better and that is my wish for C3A.

However to succeed we need more participation from members and a desire to extend our activities and increase our membership. Following the successful A.G.M of the Association we are ready to move forward building up from the foundations laid seven years ago.

Our objectives are to give of ourselves where we can for the benefit of others and at the same time "get on with living".

Happy Christmas!

Eric Martin - Chairman C3A Limassol

### This Month's Profile



**We intend to tell you a bit more about some of our members,  
and Daphne Papacharalambous was in the firing line this time!**

*"Maybe It's Because I'm a Londoner!"*

Born in 1934 in South East London, my early education was at Conway Primary School then King's Warren Grammar School. Outside school, from age 8 to 18 years, I belonged to the Campaigners, rather like the Guide movement.

I wanted to work with children, mainly inspired by two teachers who made learning fun and interesting, so, at 18 I joined ..... *the Scouts!* My involvement with them spanned much of my adult life, from starting as an Assistant Cub Leader to eventually being District Chairman.

Unsurprisingly school teaching became my career, training at Avery Hill Teachers Training College. This sat well with my passion for acting! Various posts of responsibility included being an Advisory Teacher for Educational TV, and my final post was that of Head Teacher of a Junior School. Those of you who have heard me ask (politely) for silence now know where those transferable skills originated!

Family life began after I met, fell in love and married my handsome Greek (Cypriot) Panayiotis, who was at the College of Aeronautical Engineering in London. The family grew, with the birth of Demetrios and then Nicholas, and was enhanced by a succession of cats. In recent years my two grandchildren have brought me great happiness.

Retirement in Cyprus and what to do? Well, having met Janet Bureau, who thought it might be a 'good idea' to start U3A here, somehow my life has been rather full! From the early days on the steering committee I have been the Hon.Treasurer, a happy group member and now leader of the Play and Poetry Group.

The inspiration of those who taught as a schoolgirl have echoes now; learning continues to be fun and interesting, in the Third Age too.

# RECIPES OF THE MONTH

## A couple of seasonal recipes:

### CHRISTMAS PUDDING ICE CREAM (Take 1)

#### *Ingredients*

301 g mixed glace fruits eg cherries pineapple etc

40 g raisins

60 ml brandy or rum

1 litre good quality chocolate ice cream

(or if like me you don't like chocolate use vanilla)

Fresh or frozen mixed berries to serve

Combine the glace and dried fruits with the brandy in a medium bowl. Cover and stand overnight.

Next day, mix the dried fruit mixture with the ice cream until thoroughly combined. Spoon into a 1.5 litre (6-cup) pudding basin or mould.

Cover with foil and freeze overnight, or until needed

To serve, stand mould in hot water for 10 seconds to loosen the ice cream then turn onto serving platter. Garnish with berries.

The above recipe is from Carmen Brown (Paphos):

### CHRISTMAS PUDDING ICE CREAM (Take 2)

#### Ingredients :

2 x tins Ambrosia 'Devon Custard'

500ml of fresh cream (more if you're feeling naughty!)

EITHER a small jar of mincemeat (a la mince pie!) or crumbled up leftover Christmas pudding

**Enough** dark rum

2 x 100g tubs of glace cherries

1 x 100g tub of mixed peel

1 Teaspoon of mixed spice (or more - to taste)

1 Teaspoon of Ginger (omit if you wish)

1 x €1 euro coin covered in foil (traditional!)

#### Method

Put Mincemeat or Christmas pudding in a dish and cover with dark rum, cover with cling film and microwave for 1 to 2 minutes, leave cling film on and put it (still covered) into the fridge to marinate for 2 days.

Mix remaining ingredients after 2 days in a bowl and add the marinated mix - taste and add sugar if needed. Put into freezer and regularly stir as it freezes to prevent the fruits settling at the bottom - eat and enjoy!

### CHRISTMAS CAKE

#### *Ingredients*

2 cups flour

1 stick butter

1 cup of water

1 tsp baking soda

1 cup of sugar

1 tsp salt

1 cup of brown sugar

Lemon juice

4 large eggs

1 bottle brandy

2 cups of dried fruit

Sample the brandy to check quality. Take a large bowl, check the brandy again. To be sure it is of the highest quality, pour one level cup and drink. Repeat.

Turn on the electric mixer. Beat one cup of butter in a large fluffy bowl.

Add one teaspoon of sugar. Beat again.

At this point it's best to make sure the brandy is still OK.

Try another cup... Just in case.

Turn off the mixer thingy.

Break 2 eggs and add to the bowl and chuck in the cup of dried fruit.

Pick the frigging fruit up off floor. Mix on the turner.

If the fried druit gets stuck in the beaterers just pry it loose with a drowscriver.

Sample the brandy to check for tonsistency.

Next, sift two cups of salt. Or something.

Check the brandy. Now shift the lemon juice and strain your nuts. Add one table. Add a spoon of sugar, or some fink.- Whatever you can find.

Greash the oven.

Turn the cake tin 360 degrees and try not to fall over.

Don't forget to beat off the turner. Finally, throw the bowl through the window.

Finish the brandy and wipe counter with the cat.

Bingle Jells!



## **Co-incidentally, the following was submitted by both David Brown and Bryan Tolladay:**

Once again, The Washington Post has published the winning submissions to its yearly neologism contest, in which readers are asked to supply alternative meanings for common words.

The winners are:

1. **Coffee:** the person upon whom one coughs.
2. **Flabbergasted:** appalled over how much weight you have gained.
3. **Abdicate:** to give up all hope of ever having a flat stomach.
4. **Esplanade:** to attempt an explanation while drunk.
5. **Willy-nilly:** impotent.
6. **Negligent:** describes a condition in which you absentmindedly answer the door in your nightgown.
7. **Lymph:** to walk with a lisp.
8. **Gargoyle:** olive-flavored mouthwash.
9. **Flatulence:** emergency vehicle that picks you up after you are run over by a steamroller.
10. **Balderdash:** a rapidly receding hairline.
11. **Testicle:** a humorous question on an exam.
12. **Rectitude:** the formal, dignified bearing adopted by proctologists.
13. **Pokemon:** a Rastafarian proctologist.
14. **Oyster:** a person who sprinkles his conversation with Yiddishisms..
15. **Frisbeetarianism:** (back by popular demand): The belief that when you die, your soul flies up onto the roof and gets stuck there.

### **News from Paphos**

#### **Origins of Man :**

**Third Thursday of the month, 10.30 am**

**Venue :** **Pissouri** is likely (numbers permitting)

Talks to be given by Jan and Tony Colebrook, Charlette Sheil-Small and Dorothy Hulley

A series of between 6 - 9 talks covering a range of subjects related to the Origins of Man and including such topics as scientific dating, Darwin, the effect of geology and climate, fossil evidence for the evolution of Man and the spread of humanity across the globe. We aim to make our material as up-to-date as possible and as accessible as possible as we ourselves are simply interested amateurs and not archaeologists.

#### **Woodturning for Beginners** - led by Tony Colebrook

An introduction to the art of woodturning for the absolute beginner.

Tools will be provided. Places limited to a total of 6 **Venue :** **Konia** near Paphos.

**Contact :** Tony at [colebrook@konia-cyprus.com](mailto:colebrook@konia-cyprus.com) for more detailed information

#### **An Introduction to Patchwork and Quilting** led by Jan Colebrook

**2nd and 4th Tuesdays at 10.00am** **Venue :** **Konia** near Paphos Though more experienced quilters would be welcome this is aimed primarily at beginners and will cover a variety of patchworking techniques from simple cutting and piecing to more advanced techniques. Some equipment will be necessary and a sewing machine is essential. Space dictates that this will be a small group.

**Contact :** Jan Colebrook at [colebrook@konia-cyprus.com](mailto:colebrook@konia-cyprus.com)

#### **Military History** Mike Heap plans to start his Military History courses in October 2011.

The first study area will be the War of Spanish succession, a war that brought the Duke of Marlborough to fame and fortune! In October 2012, his topic will be the American Civil War - more details will follow nearer the time.

And finally from Paphos :

### **C3A Paphos Beginners Astronomy Group**

A short course for Paphos members was run in 2007, twice in 2008 and once in 2009. It is planned to be repeated with variations in early 2011. Attendance has averaged over 20 members for each of these courses. During the latter two courses a couple of evenings have been given over to purely viewing sessions up in the hills near Tsada golf course. The topics, presented by David Brown, covered: Constellations and their mythology, The Solar system, The Sun and other stars and The Moon.



The picture shows the moon taken by a hand held digital camera placed at the telescope eyepiece.

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## **C3A Limassol held an Open Meeting in October**

### ***The Traditional Life of the Villages of Cyprus***

On 15<sup>th</sup> October 2010 the Aphrodite Club, Erimi was the venue for C3A member Shirley Kay's fascinating talk about the traditional life of the villages of Cyprus.

Shirley gave a slide show of pictures from her book 'Olives and Lemons' as well as a few extra photographs taken by herself and friends, while telling a full audience of the life of Cyprus past.

The everyday life of a Cypriot villager was difficult and life was arduous with high taxes placing a heavy burden on the already poor population. Indeed under Turkish rule boys were taxed from the age of twelve. Women appeared to do all the hard work in the fields with crafts, weaving and looking after the home taking up most of their other time, but men also laboured in the fields making terraces and walls as well as holding full time jobs in the mines, building and so on.

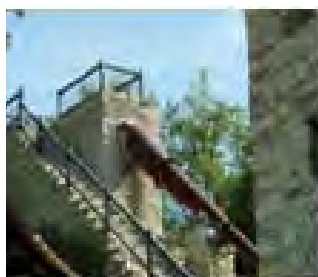
We learned that houses were normally of one storey because of earthquakes and of the construction materials in the various places in the island, these being mainly stone in the mountains and mud bricks down on the plains. The main crop of the island for at least 4000 years was olives, with carob trees also playing their part in the economy of Cyprus. The seeds of the carob were believed to be of identical weight, thus giving rise to the term carat as the unit of the weight of gold and diamonds. Shirley finished her talk by touching on the ancient beliefs of the Cypriots and also the minerals of the island, one of which, copper, gives Cyprus its name.

After a time for observations and questions Eric gave Shirley a heartfelt vote of thanks for an interesting and entertaining talk which was enjoyed by all. The book is available in Cyprus, and here is a link to the publisher: <https://www.rimalbooks.com/shirley-kay-m-176.html>

**Christine Nicola**

## *NEWS FROM LIMASSOL*

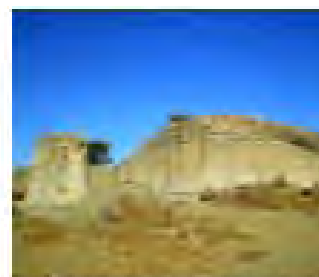
New groups ahead. There has been spectacular interest in Brenda Sanderson's 'Memory Training' course, and is up to capacity now. Plans for the proposed Industrial Archaeology group are well underway.



**Pera Pedi**



**Xeros / Gemikonagi**



**West of Kokkino**

### **C3A Limassol Industrial Archaeology Group. (Tim Gilbert)**

Back in October at the Limassol Branch Open Meeting at the Aphrodite Club Shirley Kay gave her very well received presentation based on her book "Olives and Lemons". Shirley's main focus was on Cyprus village life as it used to be and how some of the old ways are still carried on.

The subtitle of Shirley's book, "Traces of Cyprus Past", set me thinking about "Traces of Cyprus Past (Infrastructure and Industrial)". The old aqueducts, mills, mines, railways and all the other paraphernalia essential to the development of commerce and industry.

I know I am not the only one to have an interest in such things (half a dozen people said "yes" even before I had finished writing this!!) so why don't we all set up a group, tentatively entitled "Industrial Archaeology", to explore and find out more. No prior knowledge necessary, just a willingness to seek and enjoy.

Visits to sites (the existence of which might currently be known to only a few people), delving into collections, libraries and museums, and perhaps the making of records of the physical remains. Plus, as Shirley did in her villages, talking with people who have memories of how things actually worked, and generally tapping into local knowledge.

An initial get-together and site visit in late January has been suggested, probably in the Asgata / Kalavassos area where there are substantial in-situ physical reminders of the copper mines and the railway system down to Vasiliko. This would allow us time to visit a couple of sites and then to enjoy a taverna coffee while putting forward our individual ideas and interests and getting a feel for the way ahead.

To assess the likely level of interest in forming such a group it would be great if you would email me, Tim Gilbert, at [c3a.limassol@gmail.com](mailto:c3a.limassol@gmail.com) putting the words "Industrial Archaeology" in the subject line. I shall then be happy to move things along.

Incidentally, I am very willing to help get this off the ground but please be aware that I am putting myself forward only as a facilitator and not as the fount of all wisdom and knowledge. However I know other people who know a lot more than I do, and they know others who know others who ----- . I hope to meet you all soon!!

## Memory Training



Is your memory letting you down when it comes to remembering names and faces? Facts and numbers? Would you like to increase your self confidence? Rewire your brain? Increase your knowledge?

Come and join a six weeks course in January, based on the teachings of EURAG, a system developed by the "Czech Society for Memory Training and Brain Jogging"

The course includes Mnemonics, concentration exercises, cortices technique (brain tapping) psychomotor exercises, breathing patterns, relaxation and more.....

When? Late January – details to follow

### Venue:

St Barnabas Church Hall, Limassol

Group Leader: Brenda Sanderson

## **Finally**

### **Is there no end to Bryan's skills?**

*This was his response to the Course Coordinator's plea for new groups!*

Do you want to produce, beautify,  
delicate works of art.?

## 'YES, YOU CAN DRAW'

Ambitious yes, but even Leonardo  
had to start somewhere!

We turned up for our first group lesson in drawing with pencils and paper clutched in fingers that were twitching for the off. After learning a few basics on vanishing points, Fran (our tutor) let us loose on our pristine sketch books. The results amazed even us. We really could make a fair representation of a building that was not full square on to us. In fact we now knew how to draw buildings that were receding into the distance with not one, but two vanishing points; it was easy to understand and not too technical. Now in theory we could even use multiple vanishing points. For those who have forgotten these are the points where lines on the same plane converge. Look down a long road and see how it seems to get narrower until the sides meet.

In the way of confirmation of the enjoyment and sense of achievement, everyone turned up for the second week and we gained another member. An added benefit for me is the fact that I have a number of new friends with a similar interest. Now, instead of a group of people we are a group of friends.

Anyway from then on, it was onward and upwards. We next tackled faces and then a full length figure, ably modeled for us by Fran. And guess what? My husband said that he actually recognized her from my sketch. (Mind you I think artistic license on that remark is in order!)

There are techniques here too. When you learn the proportions relating to faces and figures it becomes child's play: - well almost. So popular has our weekly session become that we have asked Fran to extend the course indefinitely.

So get ready to move over Leonardo, for there may yet be a rival for the Mona Lisa!

Christine Nicola

An absorbing and time consuming hobby requiring great patience, skill and delicacy of touch where one error destroys days of work - take up 'Egery'.

I am willing to teach and share the experience - it would be a short course.

I started the hobby while recovering in hospital needing to improve my renowned patience and forbearance. Sadly, after days of work it is possible to ruin the task with a moments inattention.



I use goose eggs but one can use almost any eggs – chicken eggs tend to be too delicate and only for the ‘eggspert’. Ostrich eggs can be fun but very time consuming!

Their uses are for decoration and sometimes for a special present making a wonderful container for a ring or bracelet.

The biggest problem is to get the goose eggs in Cyprus. Then they are blown, as in teaching grandma to suck eggs! If fresh, the contents can be used in omelettes. If not fresh it can be more difficult. They are then sterilised, sanded smooth, sprayed with ‘filler primer’ – many coats - then rubbed with flour paper and sprayed with lacquer.



*All the eggs above are hinged and silk lined.*

Then comes the fun of cutting them with a high speed model drill and burr. There are many designs of cut and your imagination runs riot – not always successfully.

Then they are hinged, padded, lined and finally decorated.

Bryan Tolladay

## CAR MAINTENANCE COURSE WITH C3A

All the years I've been married (42 to be exact) I have discovered nothing whatsoever about ‘the car engine’. I turn the key and hope it starts and usually it does! Worse, over the years I have had the habit of saying to my husband, David, “I think we need air in the tyres” and I hand him the keys. If at all possible, I do the same thing when I need petrol!

How do I excuse such stupidity? ‘It’s the smell and the oil’, I say to myself and ‘I hate both so why should I do it when he will?’

But I know that I **should** understand how the car works, what its basic needs are and how I might be able to help myself if suddenly when on my own steam pours out (God help us!), or for some very incomprehensible reason the car stops, or it won’t start. This could happen when driving on a lonely road where the mobile doesn’t work, or perhaps it isn’t charged!

Thus, I sign up for a morning’s basic course on ‘Car Maintenance’. Worried about looking like a prune, the night before I discover how to open the bonnet. First shock: it’s very easy, and quite absurd not to know how to do it. Bad to give away such secrets, but **first triumph**, some others do not know how to open the bonnet and freely admit to it.

We start our course at the first taverna at Curium Beach, the sun shines warmly, the sea shimmers, coffee arrives and so do five other ladies. It’s wonderfully pleasant! Over coffee, Colin, our instructor, tells us what we are going to master, to check, to look out for, important danger signals, type pressures etc. I am apprehensive!

We sally forth to look under each bonnet. Ha, ha, I can open mine quickly and efficiently!! I have some gloves, and tissues: **second triumph** - you can actually stay clean while doing all this! No oily smells, it must be the sea air!

Just half an hour gazing at engines and, in particular, my own. I know where the oil dip-stick is, I can now tell if the car has enough - not too full or too low - either will do damage, but just right!

Even in Cyprus, one needs anti-freeze in the coolant. If the garage has put this in, the water colour will be pink! Hurray, hurray, mine's pink!!

Dust, sand and the birds all dirty the windscreen. I can top up the container for windscreen water - hey, this is fun!! The wipers should be changed frequently, most usually at annual servicing times. I had no idea!

I can see the brake fluid - very important and, if a servicing is coming up, now I can check whether it has been correctly topped up or not.

Water coolant tank: this is marked which is very helpful but NEVER open it if the car has been running. If the car overheats and there is steam, draw into the side and wait until it cools and the steam subsides. If a hose is leaking, there are various little methods one can use until one reaches a garage - I won't give away secrets, take the course and hear!

Well, I've always hated tyres and I know nothing about pressures. But Colin has his own little pressure gauge and one can buy one locally! He shows me how the tyre pressures front and back are listed on the inside of the petrol cap - brilliant, I don't even have to remember them, it's all there for me. I learn to take tyre pressure.

I'm beginning to feel not just confident, but actually a little competent as well. Oh, I've just remembered about Cam belts - hugely important. If a red light shines suddenly - stop, stop, stop! Pray that the mobile works! If you continue to drive, it's catastrophe. The Driver Manual explains when to have the belt changed.

I finish my course, and I have found it most instructive, and to my astonishment, interesting and enjoyable. I feel 'I'm in charge of my car', and it's great!!

Heather Henchie



*The editorial team wishes to thank Paul Costerton for his invaluable technical help and expertise and Colin Daukes for simplifying things for us. More heartfelt thanks to all those whose contributions have made this magazine less 'lite' than we anticipated!*