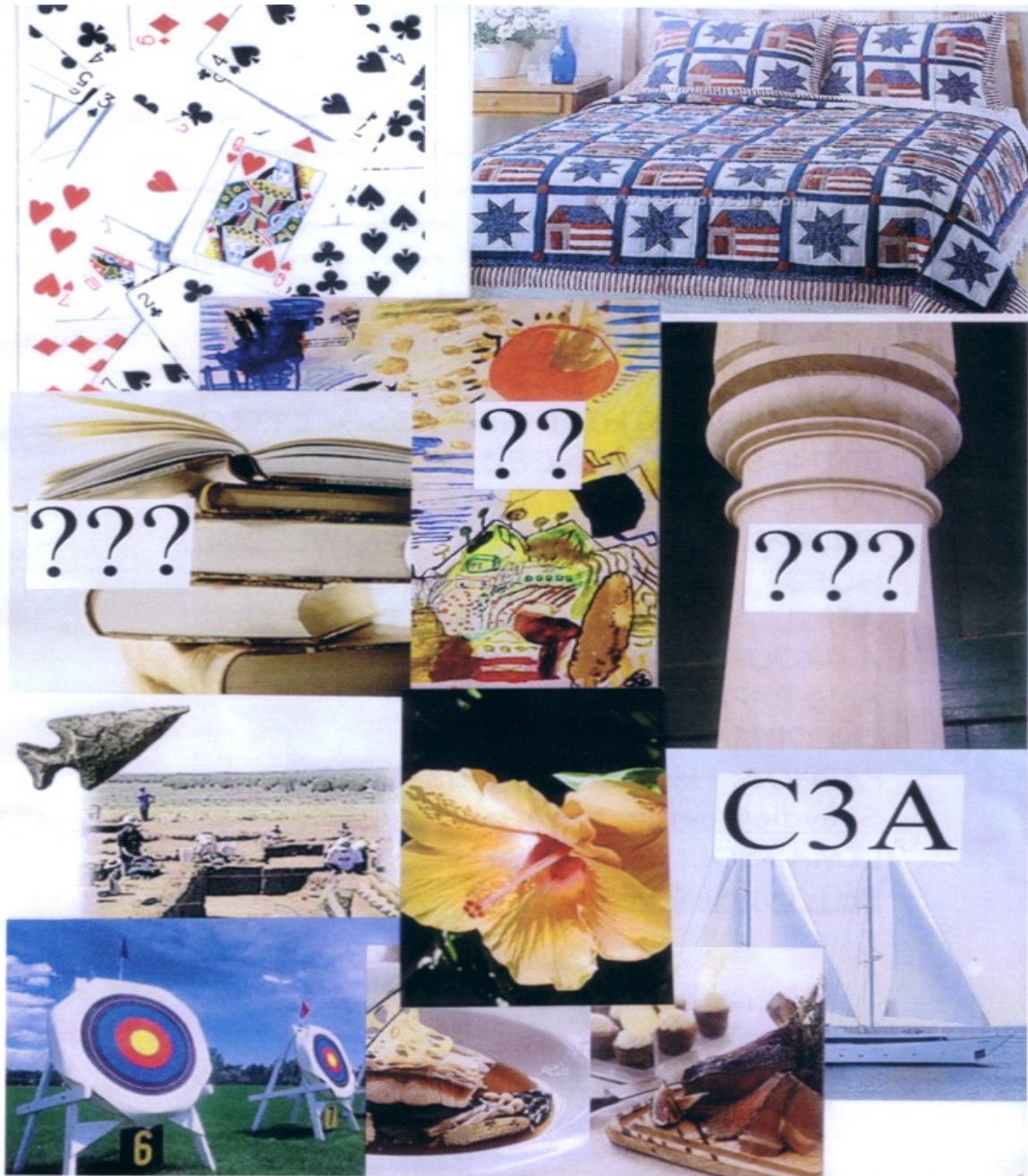


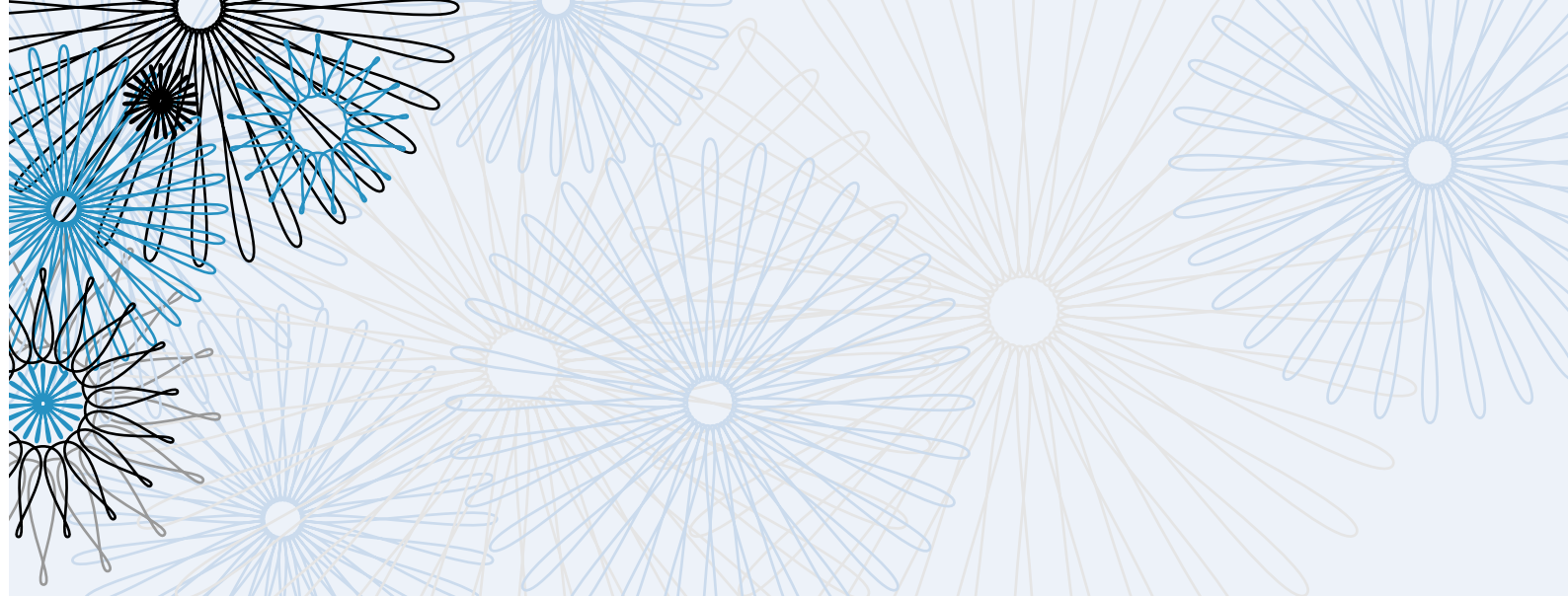
# SPOTLIGHT

June 2011



The magazine of the Cyprus Third Age Association





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## *Editorial*

1	<i>Here is our second issue and bit by bit we are getting to grips with desktop publishing. We hope that you will enjoy the content, which of course is contributed by members.</i>
2	
3	<i>C3A is inevitably entering a period of aestivation. A useful word, which has been defined as 'the cessation or slowing of activity during the summer, as opposed to hibernation in the winter.'</i>
4	
5	<i>Our pace will certainly be slower, but very soon will gather momentum with new interests and activities already being planned for September onwards.</i>
6	<i>In thanking all our contributors we would just like to add that copy for the Winter issue is welcome at any time!</i>
7	<i>There will be a reminder, but the deadline is November 30th 2011</i>
9	<i>Co-Editor for this edition - Colin Daukes</i>
	<i>If you would like to be a guest editor please contact us too.</i>
10	<i>Christine: <a href="mailto:vcnicola@aol.com">vcnicola@aol.com</a></i>
11	<i>Janet: <a href="mailto:levanter@cytanet.com.cy">levanter@cytanet.com.cy</a> or phone: 25 934506</i>

*The cover is a design by Sue de Groot (C3A Paphos)*

*- see page 6 for details of her Decorative Arts course*

*which will run from September to March 2011*

# The Memory Group

**It's largely about the BRAIN, and how much you are using it, particularly both sides of it!**

Bad news about the brain is: **USE IT OR LOSE IT!**

The good news is that it's never too late to learn or to improve, and exercises both mental and physical that you will learn by attending this group will help. Rather like the liver, the brain can repair itself. Exercise the whole brain, not just a small part of it, and the result is that as one network of neurons dies, other neurons will come to life.....thank goodness! Frightening!

There are various ways in which we can teach ourselves to remember those things that we are good at forgetting, such as names, dates, times etc. And the more we exercise the brain, the more those little grey cells will reproduce themselves!

**The Planets:** If you were asked to list them all, could you do it without floundering, pausing or forgetting one or two? There is an easy way to remember, just keep a sentence in mind such as:

*My very educated mother just sent us ninety pounds* – the first letter of each word will prompt your memory. *Mars, Venus, Earth, Mercury, Jupiter, Saturn, Uranus, Neptune, Pluto* - easy when you know how, isn't it?

One can use a sentence to prompt memory of many things, and particularly lists. With names, use something again that prompts the memory – a word that rhymes, an image that comes, a particular feature that a person carries, and practice repeating the name/s of new people several times to yourself and use it/them when talking to the person/s concerned. It will help seed name/s in your mind.

It is not just a battle against getting old, often we forget because of a lack of concentration. When we are working, we are sharp because we want to be 'very good' at what we do and, in any case, there would be consequences if memory failed us.

When we retire, there is a relaxing of the need to be permanently 'sharp'. We want to be in good shape

but if we forget something, so what, we learn that it happens to others and with a shrug and a laugh, we say 'Oh I had a senior moment'! Stop having Senior Moments!

The Memory Group teaches many things but most importantly we learn how to stimulate **both** sides of the brain. Some people concentrate on doing Crosswords. That's good but be aware, in so doing only a tiny fraction of the brain is used and it is the same little bit all the time. Repetition is not so useful. There are ways of learning how to memorize long numbers – it's not hard but it makes one think!

We need to widen and broaden our efforts by doing many other things as well, like learning and speaking a second language, which is very good stimulation. Why are we not all speaking fluent Greek after years and years in Cyprus?!

Do not underestimate the enormous value of drinking plenty of pure water. This puts oxygen into the brain, and oxygen improves brain function. Learn to breathe properly, to practice some form of relaxation, give time to yourself in a busy world, these small actions will help you to reactivate your brain.

Equally, be aware of the value of certain foods that help the brain. Amongst them are: wild salmon, blueberries (known as the brain berry), avocados, walnuts (notice how the shape of a shelled walnut resembles the appearance of the brain!). And yes, eggs are back on the agenda: "eggs contain protein and fat to provide energy to your brain for hours, and the selenium in organic eggs is proven to help your mood"!!

Attending this short course has been fascinating, extremely enjoyable and hugely instructive. With new techniques and ideas any idea of mental degeneration is now anathema to us. It's much more fun to be 'sharp', 'with-it', 'receptive', 'bright', and we look forward to a pattern of constantly improving!

**Heather Henchie**



# ARCHERY - PAST AND PRESENT

Did you know the ancient sport or discipline of Toxophily, which is a word with Greek origins, goes back a very long way in time?

Originally the bow and arrow would have been used primarily for hunting and as a weapon to fight warring tribes. Evidence of the use of the bow has been traced back to 15,000 BC. The oldest representation of a bow has been found in a North African cave painting, which dates to approximately the end of the Old Stone Age. The oldest bow discovered by archaeologists dates back to the Middle Stone Age.



From the thirteenth until the sixteenth century, the national weapon of the English army was the longbow. This weapon conquered Wales and Scotland, gave the English their victories in the Hundred Years War, and permitted England to replace France as the foremost military power in Medieval Europe. The longbow was the machine-gun of the Middle Ages: accurate, deadly, possessed of a long-range and rapid rate of fire, the flight of its missiles was likened to a storm. Cheap and simple enough for the yeoman to own and master, it made him superior to a knight on the field of battle.

It has been calculated that a Bowman of the Hundred Years War period, when military archery was at its zenith, could shoot 10 to 12 arrows a minute. The closest weapon in range and strength to the longbow was the crossbow. But, as the battle of Crécy (1346) showed, even the superior Genoese composite crossbow - made of wood, horn, sinew and glue - was no match for the English weapon.

The origin of the English longbow is lost in the mist of time. The currently accepted theory was set at the turn of the twentieth century by Morris in his superb study, *The Welsh Wars of Edward I*. Morris maintained the weapon was of Welsh descent and was introduced into England's military arsenal around the turn of the fourteenth century.

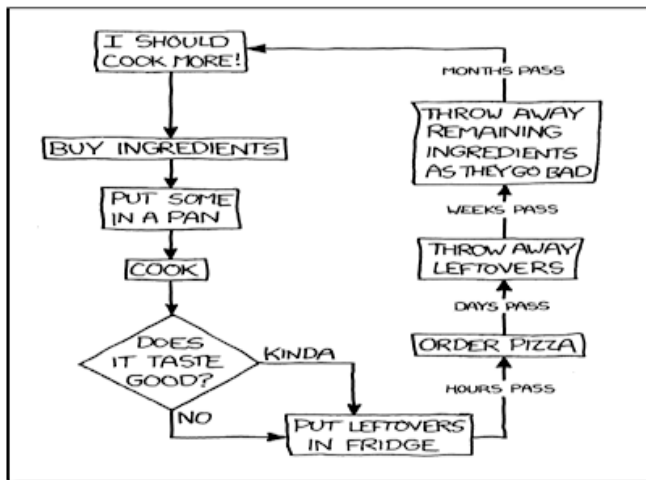
Such was the power of the Longbow that contemporary accounts claim that at short range, an arrow fired from it could penetrate 4 inches of seasoned oak. The armoured knight, considered at one time to be the leviathan of the battlefield, could now be felled at ranges up to 200 yards by a single arrow. One account recalls a knight being pinned to his horse by an arrow that passed through both armoured thighs, with the horse and saddle between! Another aspect of the Longbow was the archer himself. Archers began training at a very early age, traditionally at the age of seven. Training at long ranges was mandatory, complete with fines for violations. Local tournaments were held regularly, and the best archers were chosen for military duty. As these were all handpicked troops from among the best archers in England, the archer units were an elite group of infantry; they were all handpicked craftsmen who well knew their worth in battle.

Today, the C3A Paphos Archery Group meet on Wednesday mornings to shoot at targets ranging from 20 to 60 yards. The majority of Group members shoot with modern recurve bows made either from glassfibre for the practice bow to a wood composite take down bow for those more advanced.

**David Brown C3A Paphos**

*Diary notes from a Limassol member of the  
Cooking for One Group.....*

.....We met, in J's inspiring kitchen, with its awesome types of cooking pots, utensils,



ovens and spices and herbs with the planned intention of cooking meatballs. J. produced several recipes of her own and told us about inspiring web-sites

P. remarked, "I didn't know there were so many things you could do with meatballs". The tone was set.....

With panache and flair, just like her heroine Elizabeth David, J. got us measuring, weighing but also using our instincts. How much garlic do you like? Do you like anchovies? Do nuts do anything for you? [Hmm] We set off.

M. and E. quickly got their ingredients together on the central [small] chopping and preparing table...much polite sharing of scales and pots....many of them from J's Mother.

P. went outside for a cigarette and to talk to the man weeding the garden! P. is not too confident with cooking

Then there was much mixing and frying, initially, and making of tomato sauce with herbs fresh from the garden. With military precision, M. produced meatballs with pork

mince, herbs, onion, garlic, egg and then P. got lost.

E. with his long experience of politics, cooked his meatballs alongside M. at the same stove. He is a democrat through and through. After the storm of using the stove, M. and E. sat down for another coffee and P. slid in to follow her recipe. This involved beef mince, herbs, onion etc.[no egg]. It is first fried and then baked in a stock in the oven.

After all was cooked, a salad prepared and the wine opened, we sat down to our "tasting". P's meatballs were voted the best for flavour - success at last!

While J. and P. cleared up the disaster area of J's. kitchen, M. and E. sat over their wine and discussed "How to poach an egg by Delia" [E.] and "The Ancient Roads of Cyprus" [M].



P. pointed out the discrepancy, quietly, and J. said darkly, "It won't happen next week!" .....

We discussed the next meeting and decided on "baking"....scones etc.

Next week was equally "lively". How M. got back to Larnaca is his business. Scones were brought home to our little Hill Village with triumph and our brother [former chef at Claridges] declared them "very acceptable". It emerged later that E. had forgotten to put



in the baking powder! So...not exactly the rising star of "COOKERY FOR ONE".



Next week.....making dough and pastry.....ARRGH! P's pastry has been known for years as successful door-stops.



.....It was such fun to lead this group and to share the sense of achievement as confidence and knowledge increased. They were a bit unruly though! .....

## Puns for an Educated mind

We have David Brown to thank (?) for this:

1. The roundest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.

3. She was only a whisky maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class, because it was a weapon of maths disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was arrested for littering.

(continued on page 8)



And now news of an exciting new group in Paphos which is, of course open to everyone.

## **DECORATIVE ARTS - C3A PAFOS**

The Decorative Arts Group will meet once a month on the first Monday of the month in the afternoons from 2 - 4 p.m, during the winter months, starting in September 2011 through end March 2012. Since this will be held once a month, you will be asked to take your objects home to work on them further.

A small contribution towards costs of materials is required.

The Group Leaders disclaim any liability for damage either to self or clothing. We will be working with some industrial tools.

Group Leaders are Heather Stewart and Sue de Groot.

The venue is at Sue's house in Tala.

We will cover: (not necessarily in this order)

- discovering the creative side in you
- glass painting
- icons and antiquing (this technique can be applied to any picture)
- copper beating and antiquing
- copper painting
- artistic clay flowers
- marblising of objects
- decorating pebbles
- pyrography
- designing and cutting a stencil
- decorated eggs
- decorated candles
- decoupage

Space is limited to 6 persons in Sue's studio. Participants are asked to sign up for the whole course. Contacts: Heather on [shaydie@cytanet.com.cy](mailto:shaydie@cytanet.com.cy) Sue on [supint@cytanet.com.cy](mailto:supint@cytanet.com.cy)



Dorothy Hulley, is an intrepid traveller and a former Chairman of the C3A Association Committee. She has recently returned from Nepal and here are extracts from her emails:

....On March 26th , I am leaving for Nepal to do some Voluntary service for eight weeks with an organisation called Ideal Friendship-Nepal, I shall be helping in a school for disadvantaged children. Following that I am going to trek part of the Everest trail.....

Namaste. Greetings from Nepal

Three weeks on ..... Am really happy that I decided to do this in spite of only having electricity for 14 hours of every day on and off twice every 24 hrs on a staggered schedule, Water off every so often when it runs out, and the tanker has to deliver and then the power has to be on to pump it up to the roof tank,

The 'hotel' ..... Hard bed, Dahl Baht, (lentil soup and rice) twice a day for lunch and dinner, their staple diet, with a variety of vegetables all cooked together with different spices. Actually it is very tasty and I am quite used to it.

..... They only have 2 gas rings to cook on. Everything basic in the extreme ,so I can see Nepal is a very very poor country. However, the people are lovely and happy.

I have been helping with English in a school for this 3 weeks. The children are delightful, in spite of being the poorest of the poor, anyone with any money will send their children to private schools especially the sons. The class rooms have bare brick walls, pot holed concrete floors, no lighting or heating of any description. Up to 30 children in a class all crammed up together on bench and desk combined. ....

The children however are very keen to learn, though how they see to read I don't know the rooms are so dark. Many of them have no books or writing materials, nothing is provided. The government only pays the salaries of the teachers. There is no other funding and education is not compulsory. Parents will go without food to pay for the children to go to school, uniform and books etc. It really is dire.

Now they have exams and then are on holiday so I am finished there and next week will be starting in an orphanage. ....

.....The hostel is about 40mins bus ride from Kathmandu, another experience!! Battered over crowded buses to say the least. The managers of IDF were horrified when they knew I'd been into the city,

ALONE!! However, they have got used to my independence now. They really do bend over backwards to see that I am OK .....

For the first 2 weeks I was the only volunteer here, but this week 8 more arrived. 3 UK, 1 USA, 2 Australians, 1 New Zealand and 1 Swede She has gone to the orphanage in Pokhara but the others all younger people, are working on the new school building site.

OK I think that is all for now and breakfast is ready. I'll go and have my porridge and fried potatoes and then go into Kathmandu

Hope all is well over there. It seems a lifetime away to me

After her weeks of voluntary work Dorothy then embarked on her trek:

May 7th 2011

Namaste everyone.

Another quicky from Nepal before the Internet disappears again!!

Arrived back at the Hostel early yesterday morning from a fantastic trek. It was very tough but Ram, my guide, was great and knew just how to pace us and when to stop and take rests or refreshment. I made my target, Tembochi, at just short of 4,000 metres without any problems other than short of breath going uphill (not unusual) and hard on the knees down. I had a tablet for the altitude for the 3 days at the higher levels.

There is a fantastic view of Everest at Tembochi, but there wasn't!!! Heavy cloud and rain obscured every mountain around. We hoped for better things next morning. There was improvement over all but though we were up early and waited some time before leaving Everest never took her hat off!! Disappointing. However, on the way down from Namche Bazaar, at a view point, it was clear so I did get some pictures.

Landing and taking off in Luckla is an experience in itself. Listed as the most dangerous airport in the world and I can see why. A very short runway, sloping uphill when landing, helps to slow the aircraft down, though doesn't always. There's a plane parked there that ran into the cliff. Taking off it helps getting up enough speed. It must be what it is like to take off from an aircraft carrier, suddenly from watching the runway there is nothing as you shoot

## **Industrial Archaeology Progress    June 2011.**

The Industrial Archaeology Group started in January this year with a whistle stop tour for 16 people around the valley above Kalavassos and a brainstorming session to see if the neophytes had enough common interests to make the group a goer. Everybody seemed to be interested in everything, be it Ancient Industry, Mediaeval, Victorian, 20th century or Modern (on the basis that Today's Present is Tomorrow's Past!) so off we went.

The programme of Monthly Meetings (mainly Site Visits) is running reasonably smoothly, any more smoothly and the Group's Facilitator would be out of a job!!.....

**February** --- the Limassol Waterworks Museum thanks to Nigel.

**March** --- a guided tour of the working opencast copper mine at Skouriotissa thanks to Tim. This was attended by only 4 members at a hastily rearranged date after the properly arranged visit was snowed off at 24 hours notice. The visit for the whole group has now been re-diarised for November 10th.

**April** --- the Industrial History of Evrychou and an exploration of 20th Century Mining and Railways in the Kargotis Valley near Skouriotissa thanks to Ann.



Styllis' Mill, Evrychou. April 14th 2011. Photo by David Pentecost

**May** --- the Kryos Potamos Valley from Pera Pedi up to Pano Platres, taking in the Pera Pedi Water Mill and its water supply, Milia's Bridge and the Trout Farm (Lunch at the Psilo Dendro naturally!!). Thanks to Marcia and Dave.

The **June** meeting will be (was) to A.E.K.'s Moni Power Station, built in 1966 and still going strong. Thanks to Dick and Margaret.

An altogether satisfactory start to 2011 with a group which now numbers 35 members.

No full group meetings are planned for July and August though ad hoc Special Interest Group explorations are very likely to take place.

The program for the closing months of 2011 is, apart from the already fixed November visit to H.C.M.'s Phoenix Copper Mine at Skouriotissa on November 10th, naturally a bit speculative at the moment. However it is likely to include an Armchair Look at the Railways of Cyprus with Jim, an Investigation of Lania's Rural Industries with Rosie and Veronica, and possibly a Desalination Plant near Limassol.

Especial thanks to all those who have organised or are organising our visits and meetings. Without you the Industrial Archaeology Group would have bitten the dust by now. And thanks too to members who provided artifacts, equipment or their time to help out on our display stand at the Limassol AGM.

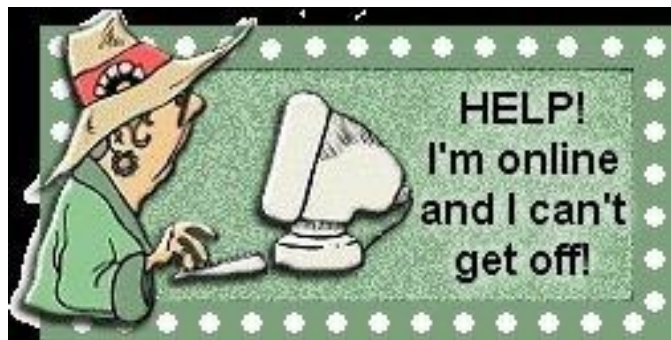
Anybody who would like to join the group or who has any questions just email your enquiry to [c3a.limassol@gmail.com](mailto:c3a.limassol@gmail.com) putting the words Industrial Archaeology in the Subject Line. That way your email will be routed direct to Tim (Group Facilitator) who will get back to you straight away.

**Tim Gilbert**

off the end over a 2 mile deep gorge. Amazing, as the plane then starts to climb.

Tomorrow I'm off to Bhutan, a car and a driver and guide, so far cry from last week. Looking forward to that now. When I get back from there will go the Ram's again for 2 nights before we go to Pokhara on 14th for a shorter trek 4 nights and only up to 2,500 metres so will be easier.

Dorothy returned safely, and a wonderful example of what 'thirdagers' can do. Of course she has been booked to tell us more at an Open Meeting in October – details will follow in due course.



Stupid computer  
keeps saying  
"you got mail"



O.k., and now you'll do  
exactly what I'm telling you !



## ... More of Brian's Puns

7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
8. Two silk worms had a race. They ended up in a tie.
9. A hole has been found in the nudist camp wall. The police are looking into it.
10. Time flies like an arrow. Fruit flies like a banana.
11. Atheism is a non-prophet organization.
12. Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'
13. I wondered why the baseball kept getting bigger. Then it hit me.
14. A sign on the lawn at a drug rehab centre said: 'Keep off the grass.'
15. The short fortune-teller who escaped from prison was a small medium at large.
16. The man who survived mustard gas and pepper spray is now a seasoned veteran.
17. A backward poet writes inverse.
18. In a democracy it's your vote that counts. In feudalism it's your count that votes..



## Group Leaders Conference May 28<sup>th</sup> 2011

C3A Group Leaders from Limassol and Paphos, together with invited guests, took part in a Group Leaders Conference Day at the Curium Palace Hotel on April 28<sup>th</sup>, which had been organised by Pat Ramsay on behalf of the C3A Association Committee.



The programme was opened by the C3A Association chairman, Peter Hutchinson, who then introduced the main speaker, Klitos Symeonides, President of the Cyprus Adult Education Association. Klitos has been a good friend to our organization from the very beginning, and is a warm and friendly speaker.



The speech was absorbing, The cultural and demographic factors involved in planning lifelong learning in Cyprus, were outlined. The current provision, and objectives for the future were described. He emphasized the fundamental importance of teaching skills which are not the same for adult learners as for young school students.

Klitos is keen to support our work, and brought copies of publications in English and in Greek. One particular focus was dyslexia.

Cyprus is associated with adult education organizations in many European countries and we have been represented at European seminars when we were U3A Cyprus.



There followed a presentation by Janet Bureau, which was an on-line introduction to resources available to us through the U3A UK website and the WorldU3A website. We enjoyed a brief film made by U3A Australia which left us with a real 'feel good' factor. Finally, there were the round table discussions on topics which had been raised by Group Leaders, which filled the room with a busy buzz. The outcome of these discussions were recorded and action has already been taken on some of the conclusions. (*A full report of the proceedings has been circulated to members*)

From the subsequent feedback it was apparent that it had been a really worthwhile event - and we look forward to more please!

***Janet Bureau( C3A Limassol)***

## Photography Group

There is no mystery or knowledge of complicated photographic technology involved for members of the photography group. We meet once a month and show photographs that we have taken for the event or that we have stored away somewhere on our computer.

At first I was a bit anxious about revealing my ineptitude with a camera to a wider audience, but after receiving some encouragement from the other members of the group I realized that here as a lot of expertise some of which I could understand and tap into to help me to take better photographs and even to manipulate them to achieve better, or at least different effects. It is no surprise then that the group is quite large, being twelve people, not one of which has ever told me what I suspect to be the truth about the quality of my efforts. In an indirect way I have been encouraged to use different lenses, especially for those tiny creatures that are almost invisible to the eye and which are very often uninvited guests in the picture when I am trying to photograph a beautiful flower.

Every month we have a different subject to illustrate. The group chooses the subjects for the next few months ahead. These have ranged from clouds, small creatures and patterns, to tools, (with or without workmen) and so on.

It does help to have a digital camera in order to put photographs on a memory stick so that they can be loaded onto the computer and viewed on screen, but even that is not obligatory. Everyone is welcome in this very friendly group, whose knowledge of what is still viewed as a complicated subject is diverse. A few have an almost encyclopedic knowledge, the majority are experienced amateurs and then of course there's me.

