



JULY 2012



David Brown (Paphos)

Joyce Willett (Limassol)

*Inaugural Meeting of the Astronomy Group
'West meets East' (Paphos & Limassol)*

SPOTTLIGHT

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Editorial

2012 has been designated as the European Year of Active Ageing. C3a Limassol has seized the opportunity to mark this with a promotional event on October 5th 2012 and you will find details of this on page 11.

This edition of 'Spotlight' perfectly illustrates positive ageing in C3A, showing just how much our members enrich their own and each others lives by sharing skills, leading groups and continuing to learn. The social interaction brings friendship and support, and widens our horizons. We celebrate the opportunities to dispel the negative stereotyping of older people and to have full and interesting lives in our Third Age. We make no apologies for being in our 50's, 60s, 70's 80's and beyond.

Taking active ageing to its ultimate, our intrepid traveller and former chairman, Dorothy Hulley, has completed yet another adventure. You can read part one of a vivid account of her journey starting in St Petersburg, then from Moscow to Beijing on the Trans-Siberian railway. Other content reflects quieter pleasures too, and our sincere thanks go to all our contributors.

Have a relaxing summer!

Janet Bureau (Co-editor)

Christine Nicola (Co-editor)

Paul Costerton (Desktop publisher)

N.B. this is a more sophisticated electronic version than in the past. You may still print it if you wish to have your own hard copy.

Association Chairman's letter

Jolyon Kay

Many of you, like my wife and me, will be battening down the hatches over the summer months. Whether you flee to the hills, or to the UK, or turn up the a/c, or just sweat it out, we look forward to seeing you again.

As we look forward to the autumn we have several things to celebrate. C3A Limassol Branch has a new Chairman, Pamela Calver. Welcome, Pamela! Pamela and the Limassol Branch Committee are making ambitious plans for growing their membership. C3A Aphrodite Branch are relative newcomers and they have already just passed their hundred members milestone. Well done! Their first Group, on Cyprus History, has attracted a goodly number of students. A solid basis to build on. C3A Paphos Branch are struggling; we are giving them what little help we can. Thanks to Nigel Howarth's efforts we have a new website up and running. You'll find it at <http://c3a-cyprus.org/> It's up to the branches, please, to keep it overflowing with information. And finally another welcome to Jeremy Earle, an old hand in the C3A, who has taken on the job of our Treasurer.

Cyprus has 600 or so retired people engaged in the social, teaching and learning activities which the University of the Third Age exists to encourage, and to which C3A is affiliated. It is a pity that there is still disunity between these various bodies to which we all belong. Neither Paphos Third Age nor U3A Larnaca is willing to contemplate being subordinate to any other organisation at present. However, there has been some progress, we now no longer regard them as hostile entities.

Discussions with U3A Larnaca have resulted in our members being reminded of Larnaca's long standing invitation to them to join in their activities and groups, provided that they check in with the Group Leaders first; the Chairmen of the C3A Limassol and Aphrodite Branches have reciprocated.



Continued over

Working with Paphos Third Age will take longer. We acknowledge that they have effectively pursued the objectives we share with them. But the bitter wounds left by the breakaway two years ago will take some time to heal.

In all that I and your Association Committee have done we have stressed the autonomy of the Branches, the motors of the Association. We shall continue to do so. We shall try to reduce the overheads of the Association while maintaining its core objectives. A deal of good work and some realistic thinking has been done to achieve this.

At the AGM last year a resolution was agreed that the subscriptions charged by the Branches should be common. To this end the Committee agreed two things. One was to reduce the capitation fee that had so far been €5 per head to half that. The other was that the total subscription should be a uniform €5. This again was half what the Limassol and Paphos subscriptions had been. This posed problems for the Limassol Branch. The Association Committee was then asked by C3A Limassol committee if the capitation fee could be reduced further. A realistic evaluation of the roles and objectives of the Association and its relationships to the branches was swiftly carried out. Based upon this and the current balance the budget was reviewed and capitation was now set at €1. This year's reduced capitation fee provides branches with additional funding, thereby enabling them to take on more ambitious public relations activities, etc. in efforts to increase C3A membership.

Heavenly bodies sighted in Limassol ...

by Nigel Howarth (see Astronomy Group photo on front cover)

OVER the past few weeks, members of C3A Limassol have welcomed David Brown from Paphos to lead a short course in Astronomy.

David's classes were not about the superstitions promulgated by the likes of Dipstick Meg and Russell Grant, but on the subject of the heavenly bodies above us in the sky. His course included session on the basics of astronomy, the constellations and their mythology, our solar system and the stars and constellations plus observations through his telescope.

We learnt about massive blue stars, brown dwarfs, red giants, super-giants and white dwarfs; how stars are born, how they live for many billions of years, and how they eventually die. David showed us how cataclysmic supernovae formed the stuff that we are all made of and spectacular pictures take by NASA's Hubble telescope of stars being born and galaxies many light years from earth. We learnt how planets are formed from clouds of stardust that start to condense and form into 'protoplanets' while a star is in the initial stages of its creation. These continue to grow by drawing in matter by gravitational pull, which increases as they grow larger. Some protoplanets crash into each other generating enough heat to fuse them together, while others will become asteroids, comets, planets and moons depending on their size.

Using Stellarium, planetarium software that shows exactly what you see when you look up at the stars, David was able to show us how to find objects in the sky from where we live. (Stellarium is free from <http://www.stellarium.org/> and contains a catalogue of more than 600,000 stars plus constellations, nebulae, our planets and their moons).

David brought along his telescope and we saw the craters on the moon, which appeared almost near enough to touch. And we saw Venus, Mars and Jupiter, a giant gas planet more than 317 times the mass of the earth, where we could just make out a dark band on its surface and some its moons.

A very enjoyable and educational course that took us through the evolution of the universe from the Big Bang and the latest research into our origins being undertaken at the large hadron collider at CERN on the Franc-Swiss border near Geneva.

David's enthusiasm for his subject and the willingness to answer all questions made this an excellent series of talks and viewings for the participants, whether they had previous knowledge of the subject or not.

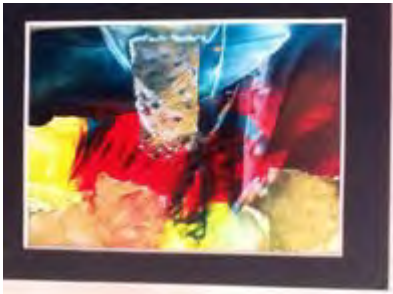
The Artist Within – Encaustic Art

by Suzy Tinker (C3A Limassol Group Coordinator)

On 28th April 2012 members of C3A participated in an interesting, inspiring and fun day 'Discovering the Artist Within' We were taught by Angela Egwim, an expert in encaustic art. The event was hosted by me at my home in Asgata.

After introductions and refreshments Angela gave us a brief history of encaustic art and we discovered, unsurprisingly, that it was the Greeks, Romans and Egyptians who used it for decorative purposes. Encaustic is derived from the Greek word 'enkaiein' - 'to burn into' and has now evolved to mean any painting method in which pigment is mixed with hot wax.

In the 5th century B.C., the Greeks applied coatings of beeswax and resin to weatherproof their ships. By pigmenting any unused beeswax they saw the opportunity to decorate their warships. This is referred to in the Homeric stories, fusing various tales of sieges and expeditions by Mycenaean Greeks during the Bronze



Age and their assault on Troy. The Egyptians, on the other hand, used it in pursuit of the afterlife by painting portraits of the deceased, (head to chest only), on wooden boards and securing them over the face area within the mummy wrappings. During the Coptic period, the Roman occupation of Egypt, the best quality of encaustic panel painting was a highly regarded art form in the classical world. There are some 900 or more mummy portraits known at present, mostly found in the Faiyum basin. Due to the hot dry Egyptian climate they were frequently well preserved and often retained their brilliant colours through the centuries. The 18th and 19th century saw a

revival of encaustic, and in the present day the portability of electric heating implements and a variety of tools have made the art more accessible.

To the modern viewer, this method of painting has a similarity to oil painting with depth, light, relief and creative expression being invaluable properties. The fact that wax needs no drying time, has structural properties that allow it to be textured and built up in relief, has enticed both painters and sculptors to employ both traditional and 21st century stylistic techniques. The great thing about this type of medium is that it can be re-heated and re-worked without wastage. The morning session encouraged us to let go of old habits and perceptions of what 'art should look like'. Melting coloured beeswax on a warm iron and applying it to specially coated paper allows for freedom of expression, to create from within the most amazing personal art. Landscapes became lunar, futuristic and awe inspiring. Simply playing with colour allowed us insight into how our minds and hearts communicated from within.



After a delicious lunch the irons were heated up again and sheer enthusiasm and creativity ensued once more. Tools were limitless, from Christine's choice of flower heads from the garden to Helen's use of kitchen tissue. The remainder of the day simply flew by amid the frenzy of colours, running almost three hours over the scheduled time.

So, should you receive a personal greeting card featuring encaustic art, in an instant you will know that it was made especially for you, and sent directly from the heart.

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The Dog's Diary (anon)



8:00 am - Dog food! My favourite thing!

9:30 am - A car ride! My favourite thing!

9:40 am - A walk in the park! My favourite thing!

10:30 am - Got rubbed, stroked and petted! My favourite thing!

12:00 pm - Chew bones! My favourite thing!

1:00 pm - Played in the garden! My favourite thing!

3:00 pm - Wagged my tail! My favourite thing!

5:00 pm - Dinner! My favourite thing!

7:00 pm - Played with a ball! My favourite thing!

8:00 pm - Wow! Watched TV with the people! My favourite thing!

11:00 pm - Sleeping on the bed! My favourite thing!

The Cat's Diary (anon)

(Day 983 of My Captivity)



My captors continue to taunt me with bizarre little dangling objects. They dine lavishly on fresh meat, while the other inmates and I are fed hash or some sort of dry nuggets. Although I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep up my strength.

The only thing that keeps me going is my dream of escape. In an attempt to disgust them, I once again vomit on the carpet. Today I decapitated a mouse and dropped its headless body at their feet. I had hoped this would strike fear into their hearts, since it clearly demonstrates my capabilities. However, they merely made condescending comments about what a "good little hunter" I am. **BASTARDS !!**

There was some sort of assembly of their accomplices tonight. I was placed in solitary confinement for the duration of the event. However, I could hear the noises and smell the food. I overheard that my confinement was due to the power of "allergies." I must learn what this means, and how to use it to my advantage.

Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow, but at the top of the stairs.

I am convinced that the other prisoners here are flunkies and snitches. The dog receives special privileges. He is regularly released, and seems to be more than willing to return. He is obviously retarded. The bird must be an informant. I observe him communicating with the guards regularly. I am certain that he reports my every move. My captors have arranged protective custody for him in an elevated cell, so he is safe.?

For now!

Open Coffee Morning

by Pat Howarth (Limassol)



C3A members enjoyed a morning in Lania on the occasion of the Lania Lanes event.

To start the visit off members gathered at the Walnut Tree Café and were served with delicious homemade cakes and refreshments by the owners Diane and Christos.



The speaker at the café was Libby Rowan Moorhouse who gave a talk about writing and publishing her book "In the Land of Aphrodite." Libby explained how the idea for the book arose whilst reading diary entries of her experiences from her first stay in a Cypriot village. She delighted the audience by reading an extract from the scene she came upon one day when visiting a neighbour's house.

In the autumn Limassol C3A will be launching a Writers group and this event was planned to test the interest in such a group. Following the meeting there can be no doubt that there is sufficient enthusiasm to go ahead.

Members then had the opportunity for a pleasant walk around the village being welcomed into beautiful courtyards and traditional homes with the warm hospitality of the residents.

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PLATRES CHOCOLATE WORKSHOP – 10TH FEBRUARY 2012

by Gill Callaway (Limassol)

Knowing how popular the Murano Glass event was I sat poised on my computer at 12 noon on 4th January and luckily got two places. I had a friend coming out to Cyprus for the week and thought it would be a great thing to take her to, as it wouldn't be sunbathing weather!! Although it was a lovely sunny day and the drive up from Limassol to Platres was lovely it was very very cold up there even with about 5 layers on!



We were welcomed by John Adams and his charming wife Praxi and given a very rich cup of hot chocolate, just like melted chocolate it was!



when we remarked that it tasted we were told that was exactly what

Originally there were workshop but in the event We all moved into the made and I'm not sure We were given plastic

supposed to be eight on the there were only six (all women). kitchen where the chocolates were how we would have fitted eight in. aprons and were two to a table.

We first made a bar of chocolate by stirring melted chocolate which had been produced for John in Holland but the chocolate beans had started off in Venezuela and other countries, to this chocolate we added some small pieces of chocolate and had to stir until they dissolved and then the chocolate had to be a certain temperature when it was poured into a mould. This was then whisked away from us and put in a fridge to set. We then set about making individual chocolates filled with a delicious cream, I won't go into the details of making them but we were pleased we had aprons on and I managed to get chocolate everywhere including up my arms!



John turned out to be passionate about the subject of chocolate and seemed to know everything there is to know about it. He spoke with great enthusiasm in between the stages when the chocolate was setting in the fridge. He had a young girl Anya working with him who was learning the art of becoming a chocolatier, she is a chef at Browns Hotel in London and told us what a good teacher John was. Also assisting him was a delightful Sri Lankan girl.

The workshop was supposed to finish at 1.30 but John was still chatting away at 2.45! If we had known we would have taken a sandwich with us!!

I would highly recommend the workshop and the chocolates we took home were very well received! If you would like to learn more do look at John's website, it is very informative.

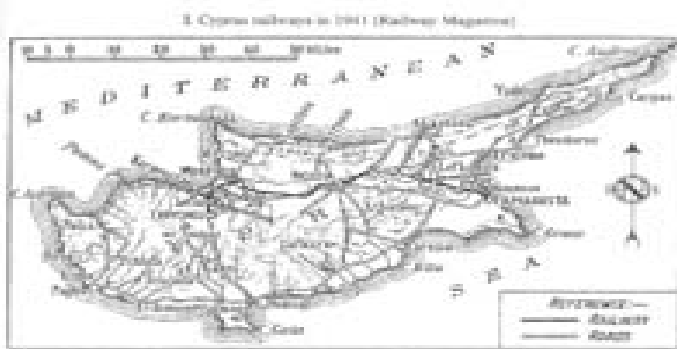
<http://www.cypruschocolate.com/>

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INDUSTRIAL ARCHAEOLOGY GROUP.

by Tim Gilbert (Limassol)

Many of you will remember the film shown at last year's AGM by our Industrial Archaeology Coordinator Tim Gilbert. The film explored the history and operation of the Cyprus Government Railway (CGR) which ran from Famagusta to Nicosia, Morfou and beyond, starting in 1905, closing at the end of 1951 and being dismantled and sold for scrap in 1952.



So, 60 years after closure of the CGR, the IA group allocated its February, March and April 2012 meetings to visiting as many of the existing remains as possible, adding a visit to the pre 1974 railway of the Cyprus Mines Corporation (CMC) in the Skouriotissa – Lefka - Karavostassi area.

The map shows that much of both railways was sited in what is now North Cyprus and far from Limassol. Hence a degree of long range organisation was involved but our hosts came up trumps on every occasion.

The Famagusta Highways Department, Land Registry and Fire Brigade all now use different parts of the old Famagusta railway yards and station area, the remaining buildings in Nicosia are used by various cultural groups and the CMC industrial area in Xeros is now being converted into a Free Port Business and Industrial Estate (Port ISBI).



Without exception all those managing these sites welcomed and allowed us access to all the areas of interest. I think they were well aware that, although the Railway remains have survived relatively untouched until the last couple of years they are now under threat from the natural forces of progress and redevelopment and sadly may not survive much longer. Hence our photographs will become a little bit of history in themselves.

Nicosia Airport

In addition to the Railways focus of our meetings we were able to include a visit to the Old Nicosia Airport, now a United Nation Controlled Area. Although the UN use some nearby areas for their daily functions, the majority of the airport buildings airport became unusable in 1974. or 8 years old and is now a facilities and other systems dating back to the 1940s.



Further Meetings for the first half Areas of Kalavassos and Mitsero.

through the development of Mining Methods from ancient times to the present day on Monday May 28th and on Saturday June 9th Mitsero K.S. (Council), guided us around the not inconsiderable remains of metalliferous mines and processing plants in their area to the West of Nicosia, together with the still functioning Lime and Limestone operations of the Hellenic Mining Company.

If you think that this might be your cup of tea, email Tim Gilbert at Limc3a.industriology@gmail.com for more information about next season's program.

Please click the link below to view more photos

<http://ppl.ug/llZpbfzVY1Q/>

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Aphrodite History Group

by Shirley Kay (Aphrodite)

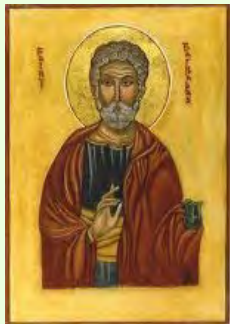
The pleasures of exploring the island's past

The Aphrodite Branch has recently welcomed its 100th member, who joined it via the Cyprus History Group. Actually, two friends from Kouklia joined at the same time, so we couldn't tell who should have the accolade.

The History Group started four months ago and is meandering gently through Cyprus's history, with a series of talks and visits to ancient monuments and sites. Who knows offhand how Cleopatra came to receive the island as a gift not once but twice? (Though some might make a good guess, remembering Elizabeth Taylor's languid looks); what did the Arab raids amount to? Why was Richard the Lionheart married in Limassol Castle? How did French kings come to be on the throne of Cyprus, and why did Venice rule the island for a century? Finally how was it that Turkey invaded Cyprus not once but twice, albeit with a gap of 400 years in between.



Although this may sound like serious history, we look for a personal touch by following the experiences and recordings of one or two individuals in each period for whom this was real life.



For the Roman period we followed, not Cleopatra, but Saint Barnabas, who trekked across the island with Saint Paul to their epic meeting with the Roman governor in Paphos. For the early Byzantine centuries we looked at the quite extensive records and little cameos of the Arab raiders (I couldn't find a suitable Cypriot).

When the weather got more welcoming, in April and May, we opted for outings to look at sites in our area which might illustrate these talks. In April we visited two Paphos churches which showed so clearly the changing fortunes of the island. The church of Ayia Paraskevi in Yeroskipou was built during the times of the Arab raids. It is small, with quite low, barrel vaulted roofs, close to the site of an ancient, underground, sacred spring (and probably was a temple to Aphrodite whose sacred day, Friday, is reflected in the name of the saint revered here).



On the other hand, the vast and magnificent basilica at the site known as Paul's pillar in Kato Paphos, was rich and splendid, high and airy, but is now totally ruined.

It was built during the years of plenty, before the Arab raids, and benefitted from a wealth of Roman marble columns to support its soaring arches. Earthquakes or Arabs, or both, brought all of it down.

In May we looked at the surprisingly well-preserved section of Roman road inland of Pissouri and running down to the Xapotami river, the route Barnabas and Paul. Some 30 members investigating traces of the past along

Randidi plateau, the site of two renowned for the wealth of ancient French times and an isolated house

Englishman took place at the start of able to explore a Roman rock cutting, road up over the edge of the the width of the road, almost 4 metres,



Roman Cyprus. The British had renovated the ancient Roman works to create their main stage coach road from Limassol to Paphos, changing the upper ramps of the zigzag climb from Alekhtora. The group finally gathered happily in the little village tavern of Plataniskiya, itself on the line of the Roman road, for a very welcome lunch.

thought to have been taken by enjoyed blissful weather, the stretch of track across the sanctuaries of the 6th century BC inscriptions found there, a well from where the first murder of an the 20th century. Finally we were long disused, which brought the escarpment. Here we could check a main road by the standards of

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ST. PETERSBURG TO BEIJING BY TRAIN. (Part 1)

by Dorothy Hulley (Paphos)

On September 27th at 1.30a.m

I left home for Larnaca Airport on my way to an epic rail trip across Russia, Mongolia and China. My flight was with Aeroflot Airlines at 7.00a.m via Moscow. Arrival was on time 5.30p.m in St. Petersburg. After ½ hr wait, my transfer taxi arrived and took me to my accommodation and a welcome meeting with my fellow travellers and Mongolian tour guide, Timur. Our accommodation in St. Petersburg was, like the majority of our accommodation on this trip, room only in mixed hostel dormitories with shared bathrooms. Interesting!!

We were a group of 10, 5 Male 5 Female, I was the Matriarch, with 9, very much younger, back packers. 3 Australians, 1 Canadian 1 American, 1 Anglo Spanish and 4 British, ages 23 to 61 and me; 74. It promised to be interesting and fun. After the information meeting I found my bunk in a room of 8. The whole group had dinner together in a restaurant chosen by Timur and then I was very ready to turn in. No nightlife for me!

The next day was spent in St. Petersburg. I had been twice before, so after breakfast in a café next to the hostel,



I visited the Fortress and spent most of the day there, not having explored it previously, then had a good walk back to the hostel. After dinner we walked to the station for the 11.30 night train to Moscow. The coaches were 8 open compartments, each with 6 berths, and again multi-share, mixed and very cosy. The Orient Express this was not. Our guide decided our sleeping companions, who remained the same throughout the journey, always some male and some female. Fortunately I sleep well, though the narrowness of the bunks took some getting used to!!

We arrived in Moscow 5.30a.m next morning and went via the wonderful decorative underground system to our hostel, close to Red Square. After breakfast the day was spent at the Kremlin and environs, unfortunately in pouring rain, followed by dinner and a comfortable night's sleep in the 8 bunk dorm. We had next morning to explore further, before retracing our steps to the station for the 1.30p.m Trans Siberian Railway, the world's most famous Railway line. It is also the longest, extending from Moscow to the far-flung town of Vladivostok.

We were about to experience part Irkutsk. This was the daily train was an improvement, 2nd class as The compartments, again 8 to a bedding was provided on all the carriage attendant at the end of our with the very hard pillow returned



of this odyssey to the Siberian city of between these two cities, about 90hrs. It against 3rd class, of the previous night. coach, were 4 berth and enclosed. Clean trains, which had to be returned to the journey, and the mattress rolled up and to the rack above the seat/bunks.

The trains have huge old diesel engines, not high speed and modern as in Europe, and they have to give way to freight trains, so the journey is pretty slow. The old type steel toilet and hand basin of yesteryear, with only cold water, was at the end of each coach and locked and not to be used when in a station, wet wipes were to the fore again. It all brought back memories of childhood train journeys, and the trains still in use in Eastern Europe. The next 4 days and nights would be spent travelling across the Siberian Steppe, characterized by flat [grassland plains](#) with many Silver Birch trees obviously grown for their timber. It may be semi-desert covered with grass or Shrubs, or both, depending on the season and latitude. The term is also used to denote the climate encountered in regions; too dry to support a forest, but not dry enough to be a desert. This region is often referred to as the 'Great Steppe' Steppes are usually characterized by a [semi-arid](#) and [continental](#) climate. Extremes can be recorded in the summer of up to 40 °C and in winter, -40 °C Besides this huge difference between summer and winter, the differences between day and night are also very great. In the highlands of Mongolia, 30 °C (86 °F) can be reached during the day with sub-zero °C readings at night.



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We would be passing through 5 time zones to reach Beijing, but the trains run on Moscow time, so we made sure that we were on the same schedule. It would have been a very long wait for the next train to come through if we were left behind.

There were stops roughly every 4-5 hours, both at major cities in Siberia and some much smaller towns, ranging from 5 minutes to an hour in the more populated towns. We were always glad to step off the train at the stations for fresh air and a walk up the platform and back. There were many small stalls on the platforms selling food stuffs and souvenirs which the rest of the group tended to frequent. There was hot water available for making drinks and instant meals, and some snacks and drinks for purchase on board, but for me, not wanting to self cater, I used the dining car. It was a limited but adequate menu at reasonable prices. The walk through 4 long coaches to get to it provided some exercise. There were just a few of stops for Russian passengers to leave or join the train, Vladimid-Nichniy Novgorod-Kirov-Yekaterinburg-Omsk plus several more and then, finally, Irkutsk where we disembarked on day 8 of our trip.

It was 9.30a.m. now, 5 hours ahead of Moscow time, we changed our watches and two mini-buses waited to transport us for the 2½hr drive to stay' in the village of Bolshoye



Meaning "nature lake" Baikal is the and deepest, 636kms long, 79kms 744.4metres (2,442ft) in depth. region of [Siberia](#), between [Irkutsk Republic](#) to the southeast, it is the world, containing roughly 20% of the its deepest, 1,642metres (5,387 ft), Lake Baikal is among the clearest of all lakes in the world.

Baikal Lake for our two night 'home Goloustnoye on the Lake side.

world's oldest lake at 30 million years, wide, 2100kms shore line and averaging Located in the south of the Russian [Oblast](#) to the northwest and the [Buryat](#) most voluminous freshwater lake in the world's unfrozen surface fresh water. At

It was formed as an ancient [rift valley](#), having the typical long crescent shape with a surface area of 31,722 km² (12,248 sq mi), less than that of Lake Superior or Lake Victoria. Baikal is home to more than 1,700 species of plants and animals, two thirds of which can be found nowhere else in the world and was declared a [UNESCO World Heritage Site](#) in 1996. It is also home to [Buryat](#) tribes who reside on the eastern side of Lake Baikal, rearing goats, camels, cattle and sheep, where the regional temperatures vary from a minimum of -19 °C (-2 °F) in winter to maximum of 14 °C (57 °F) in summer.

To view more photos of my Siberian adventure click this link : <http://ppl.ug/nYcka6R>

Part 2 will follow in the next issue of Spotlight

Guide to submitting future articles for Spotlight

by Paul Costerton



With sincere acknowledgement to those who spend hours creating beautifully illustrated articles with embedded photographs - unfortunately I am unable to import these into our desktop publishing software.

When I receive a beautifully formatted article I have to totally deconstruct it by saving out all the photographs, removing all the formatting, headings and styles before importing it into our Desktop software to reformat it for the magazine - which all takes considerable time.

If possible it is better NOT to apply any formatting (particularly headings and styles) to any article created for Spotlight in MSWord (or any other software) because our DT software uses layers - the text, photographs, colour fill and the boxes are all individually constructed as separate layers.

These layers are then re-assembled as a series of overlays to create each finished page.

May I request that, in future, you please send articles as text with place holders in the text (e.g <Photo 1 here>) indicating where any photos (sent separately please) should be inserted - many thanks!



About Music...

Music produces a kind of pleasure which human nature cannot do without.

Confucius

Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything.

Plato

Music is spiritual food and cannot be substituted by anything else. Whoever does not partake from it will live and die in a state of spiritual anaemia. There are regions of the soul which can be illuminated only through music. The task of music is to help us know our inner world better and to help it bloom and fulfil itself... And where we reach the limits of human consciousness, music will point even further into a world which we cannot know, only feel.

Zoltan Kodaly

It is cruel, you know, that music should be so beautiful. It has the beauty of loneliness of pain: of strength and freedom. The beauty of disappointment and never-satisfied love. The cruel beauty of nature and everlasting beauty of monotony.

Benjamin Britten

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Visit our Exhibition and Celebration of Limassol C3A and learn about our educational and recreational groups.

Annual membership €5 entitles you to join as many groups as you wish. Day time courses. Membership open to adults, of all nationalities, who have an interest in learning more and meeting like minded people.

Learning throughout life

Friday October 5th
9.30-12.30 p.m.

Bank of Cyprus Cultural
Centre 2nd Floor
117 Arch. Makarios Ave.
Limassol
(Near Debenhams Apollon)

Limassol Branch :

<http://c3a-cyprus.org/>

Registration no. 3246

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GREEK THEATRE

By Jolyon Kay

On June 11th Jolyon Kay gave a talk in the Pissouri *theatron* to the C3A Aphrodite Branch about Greek Tragedy.

In ancient Greece theatres were used for three kinds of play :

Comedies - which were funny, often poking fun at rulers and even at tragedians.

They used grotesque masks and the comic characters wore erect penises.

Tragedies - which dealt with serious and important questions, such as right and wrong, justice and revenge, the power of the state and the rights of the individual.

Satyr plays - which followed tragedies, used the same casts, and allowed both audience and actors to wind down.

The word tragedy came from the Greek for 'goat-song', two Greek words: *tragos* or "goat" and *ode* meaning "song", so probably referred to a song originally sung on the occasion of the sacrifice of a goat.



Thespis (532 BC) was the first man to step outside the chorus and so invented drama. At the Dionysiac festival (508 BC), he won the first prize; a goat and a basket of figs.

The typical Greek theatre had a circular *orchestra*, where the actor/singers danced. It was much the size of a threshing floor. Coincidence? Maybe. The word has kept its old meaning today, where the front seats in old-fashioned theatres are still called the 'orchestra stalls'.

At the back of the *orchestra* was a low elevated stage, which enabled the actors playing humans to stay on the ground and the gods to be placed above them.

At the back of this platform would have been a tent, Greek *skene*, where the actor-singers could change their clothes and masks. This became, in a more elaborate wooden structure. Painting it's walls made the first scenery.



The spectators were the whole adult population of the city. Some women, maybe, but the evidence is scarce. Senior citizens would bring their slaves. In Paphos and at Curium there would have been some 8000 spectators. They carried out lots of other commercial and political business. It was a big occasion for everybody. A jury of senior (age over 30) citizens was elected to judge the best group of plays, like at the Oscars or the Rose Bowl, but only at the very last minute, to avoid nobbling or corruption.

In the annual festival of Dionysus, held in April, three poets were chosen to produce three tragedies and a satyr play, to be played each on one day, in the following year. The Tragedies were played in the morning, the Comedies in the afternoon.

The chosen poets were allowed up to three actors who played all the speaking parts, and a group of about sixteen young men, who played the chorus.

The actors consisted of:-

The principals were paid professionals, who numbered two in Aeschylus's time, and later three. They doubled their roles. One character could be played by different actors, and many actors, in their time, played many parts. There was no room in the *skene*, or money, for more. They were chosen after the festival to play their parts for the next year, and rehearsed all year. They were paid for, together with the masks and costumes, by the *choregos*, a wealthy citizen, who gained a great deal of prestige, and lost a good deal of money, by doing so.

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The chorus were 12 males, later increased to 16. They sang and danced in unison. They commented on the action, and dialogued with the actors. They could represent old men, women, slaves etc. To be chosen to be a member of the chorus was a great honour, comparable to playing for England at football or cricket.

The extras. Attendants, guards etc., who did not speak,

The actors wore Masks with holes characters. There were pale faces Wide mouths allowed them to be masks were beautiful, and actor could play victim and dead, human and divine, though resonance chamber, a link in a ends with the theatre space.



for eyes and mouth, to identify their for the female parts, darker for the males. heard as long as they faced the audience. The expensive. With the help of the mask the same sacrificer, mother and daughter, living and not of course simultaneously. The mask is a chain of sound that starts with the actor and

The plays were in poetry. Using figurative language, word-play, assonance, alliteration and metre, but not rhyme.

The issues of the day were dealt with in a distanced manner.

Phrynichus's play (492 BC) about the (real and recent, not mythical) sack of Miletus by the Persians drew a fine of 1000 drachmae for the author. Upset at the thought – the males slaughtered, the women sold into slavery – the audience were all in tears. Not good for trade.

So the tragic plays came to draw on the Greek myths, often drawn from Homer's *Iliad*, for their stories. The audience would have known the stories, but not which version the poet would choose, nor how he would vary it.

At the end of the morning the Pissouri audience performed a pared down, ten minute version of the Greek tragedy Agamemnon, which was wildly applauded.

Are you staying in Cyprus this summer and would like to watch the Olympics?

By Paul Costerton

This year has turned out to be very frustrating for those who have previously enjoyed watching programs on BBC1, BBC2, BBC3, BBC4, BBC News, Parliament TV, ITV 1, and Alibi HD in Cyprus - all caused by Sky moving these channels to a different Astra satellite whose transmission footprint simply does not cover the Eastern Mediterranean.

Note : *The options below require both a fast and stable Broad Band Internet connection*

With the 2012 London Olympics rapidly approaching there are a few options that you may like to consider should you wish to watch the games on the BBC on your computer - **all are completely legal!**

The options below (with adverts) are **FREE** for Windows, Apple Mac and Android based computers

1. Download and install ExpatShield www.expatshield.com (when it is running **THEN** you load the BBCiPlayer or similar)
2. Simply go to the FilmOn website : www.filmon.com (High definition is free for a month, Standard Definition is free forever)
3. There are also some other excellent VPN's (Virtual Private Networks) that are available on monthly subscription

A VPN makes your computer appear to the BBC iPlayer, SkyPlayer and ITVPlayer etc: as if it is actually in the UK

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SPRING REFLECTIONS

By John Joynes (Limassol)

Late April and the winter clouds have possibly decanted their last drops of rain for another season. The sun has already warmed the thermometer into the mid 20°C. From where I sit I can both see and hear the swallows, that return annually to nest under the arches at the front of the house, as they dive-bomb the cat: a tactic that a year ago sent her, as a youngster, scurrying for the nearest cover, belly to the ground. This year, however, as a street-wise terroriser of the local mouse, lizard and small snake population, she merely wears a resigned expression that clearly says, 'Summer visitors!'



Meanwhile, here in the dappled shade of the Indian Bead Tree (*Melia azedarach*), with the beguiling perfume of its newly opened flowers and the relaxing warmth of the sun, it's easy to be lulled into a mood of reflection: to contemplate just how much the appreciation and enjoyment of gardening owe to the senses.

The superb variation of textures. Barks smooth and shiny, rough and ridged, papery and peeling. Foliage velvety and felt-like to tough and leathery, passing through sundry fabrics in between. Flowers varying from delicate fragility to waxy durability. Then, of course, there are the less pleasant tactile encounters experienced when one inadvertently comes into contact with certain plants' defence mechanisms. Personally, I have an all too regular confrontation with an over-vigorous bougainvillea in an attempt to restrict it to the confines of its allotted space – a conflict from which I invariably emerge torn and bloodied, though with a certain sense of achievement.



The incomparable taste of home-grown produce. Far superior to the hormone-enhanced, muscle-bound objects sold in the local supermarkets. Taste-buds never tire or become stale as they follow the systematic progression of the fruits and vegetables through the seasons. The citrus fruits alone run through a whole range of taste sensations: from the sharply acid lemon to the sugar-sweet orange, via grapefruit, pomelo and mandarin.

Summer breezes rustling leaves and grasses. The even more evocatively cooling sound of water splashing from fountains or tinkling through rills and streams: sadly, a sound heard all too seldom in this area of the Mediterranean. Here the more mundane susurrations of water running through irrigation pipes and bursting from sprinklers beneath sun-scorched fruit trees provides an equally musical backdrop.

Aromas in infinite variety. From the gentle, subtle perfumes that sneak up on the olfactory senses to the brash, powerful ones that assault them in a bold frontal attack. John Tradescant the Elder (c1570-1638) was a gardener and importer of exotic plants who was responsible for introducing many new plants into Britain from abroad. However, it's on record that he had no sense of smell. Imagine life without the scent of jasmine, frangipani, lavender, rosemary, basil: the list is endless, the thought terrifying.



Colour, so many colours, so many variations of colour, tints, shades and tones. To follow on from John Tradescant and his lack of a sense of smell, what about those who suffer from colour perception problems? Is it possible for them to design and plant their gardens? Maybe so, after all deafness didn't diminish Beethoven's skill as a composer.

Unfortunately, I can't sit here all day musing. As ever in a garden, work beckons. Time to break the sensual spell. At least until the summer, when the evening air will be filled with the powerfully intoxicating fragrance of the *Cestrum nocturnum*. Now there's another thing... It's easy to see how the flowers of the *Melia* gave rise to its local name of 'Mavromata' (Dark Eyes), but why is the *Cestrum* known locally as 'Pakistanos' when it comes from the Caribbean? This gardening really can be both physically and mentally exhausting!

To see more of my photos please click this link

<http://ppl.ug/lsIYS1WWFVk/>

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New C3A website launched

By Nigel Howarth
(Limassol and Association Webmaster)

WE ARE delighted to inform you about the launch of our four new websites, a completely new design & feel that will dramatically improve your C3A online experience and help promote C3A to a wider audience.

Perhaps the greatest benefit of the new design is that it provides an improved image of the C3A to anyone with Internet access 24 hours a day, 7 days a week, 365 days a year.

The four websites are:

C3A Association	: http://c3a-cyprus.org/
C3A Aphrodite Branch	: http://c3a-cyprus.org/aphrodite/
C3A Limassol Branch	: http://c3a-cyprus.org/limassol/
C3A Paphos Branch	: http://c3a-cyprus.org/paphos/

Within 36 hours of their launch we received requests for further information about groups in the Limassol, Aphrodite and Paphos branches.

Features

The new websites have a modern design and incorporate a number of new features:

Social Networking – enables C3A members and others visiting the websites to promote the C3A to their friends on 'Facebook', 'LinkekIn', and their followers on 'Twitter' at the click of a single button.

Video and photographs - can be incorporated very easily from 'YouTube', 'Vimeo', 'flickr' and a number of other social media sites to improve our visitors' experience.

Contact Forms – enable visitors to get in touch with us by completing a simple form that will send an email to the relevant branch contact to deal with.

(The new website includes a Google advertisement in the right-hand column. Each click on an advertisement generates a small fraction of a penny that goes towards paying for the hosting of the website in the UK).

Management

Each of the branches has total control over the content of their website. It is intended that each of them will nominate a person to take control of its website and to update its content as required.

No specialised computer or web design skills are needed, but those nominated should be computer literate. Training will be provided where necessary.

Legal compliance update

New 'cookie consent laws' came into force in 2011 which, from 27th May 2012, requires that visitors to websites are informed of cookies and seek their 'informed consent' to their use.

Failure to comply with this law carries a maximum fine of £500,000. The four C3A websites have been updated to comply with this legislation.

When viewing the C3A websites, the sharp-eyed amongst you will see a banner at the bottom of the screen where you can find more information.

Feedback

Comments and suggestions for improving the websites should be sent to :

The webmaster, Nigel Howarth, at nhowarth@cytanet.com.cy