



CYPRUS THIRD AGE NEWSLETTER

GROW BOLD



October/November

C3A COMMITTEE

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THANK HEAVENS FOR DESALINATION

“All the water the Cities drink, currently, comes from the sea” the C3A Environment Group were told by Mr. Renos Koutsakos, who is in charge of the Limassol Desalination Plant. A group of 19 members turned up for the visit to the plant.

During a riveting presentation by Mr Koutsakos we learnt that the plant can shift up to 40,000 cubic metres of water per day with provision to extend this to 60,000 cubic metres of water per day and the quality of the water produced exceeds current EU regulations and standards.

There are another three plants on the island and between them currently provide all the water used by our cities since our reservoirs are almost dry after 5 years of drought. Cyprus goes through a cycle of drought years followed by rain years. So hopefully next year we shall enter a period of 4-5 years of rain when the reservoirs are expected to fill up again. At least that's the theory.

The desalination process is complicated. The sea water goes through special filtration membranes using high energy. The membranes capture the salt from 50% of the water with the other 50% of the sea water going back to the sea, carrying the excess salt. The “pure” water then goes through more processing to add minerals and to remove Boron, a non-metallic element that can be toxic in high concentrations. The EU standards allow no more than 2 ppm to be present in drinking water but Cyprus allows for only 0.5 ppm and the plant complies with that. The finished product is then pumped to Ypsonas and from there joins the grid.

It was all in all a very fascinating visit with our hosts providing drinks and pastries following our walk through the plant.

Dan Tsirkos

NEW TIME CHANGE FOR ENVIRONMENTAL GROUP AT THE ENVIRONMENTAL & EDUCATIONAL CENTRE 1 – 3

We are in the planning stages for the November meeting entitled Rubbish and Recycling.



THE ASTRONOMY GROUP



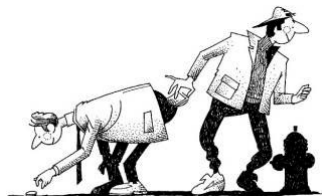
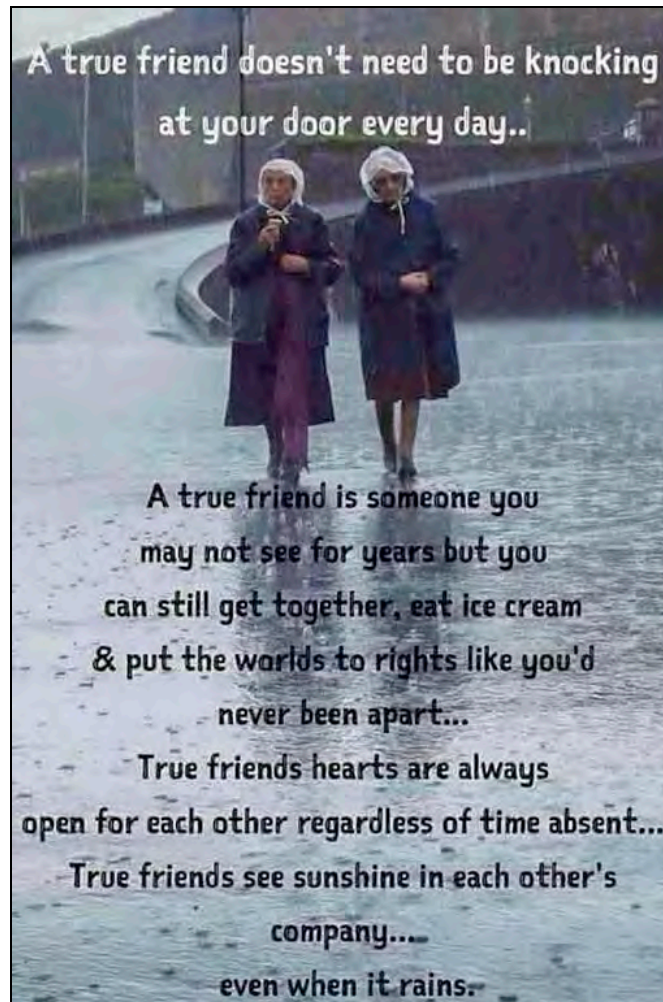
ALL FOR ONE FRIENDSHIP GROUP



We had a get together Thursday 16th August at the Bowling Green in Erimi. 10 of us attended, with choices of savoury or sweet snacks. Barbara gave us a fun quiz, nobody really excelled! Everyone had an enjoyable afternoon for a couple of hours.

Photos from the September gathering at the Bowling Green in Erimi.





CROWDED roads, shops and malls are a happy hunting ground for pickpockets who take advantages of busy distracted shoppers to take off with their wallets, mobile phones and other valuables.

To help cut down on the number of such incident, police are urging the public to follow the five safety tips below in order to better protect their valuables:

- 1.** When on busy streets or public places, it is best to keep money, credit cards or mobile phones in the front pockets of your clothes.
- 2.** Never keep all of your money, credit cards or personal documents (passport and identity card) in the same bag unless absolutely necessary, since your bag makes you a target for theft.
- 3.** It is never safe to let your bag out of your sight. It is better to use a crossbody bag as its design helps you avoid becoming a victim of theft.
- 4.** Never leave your personal belongings unattended in a public area (e.g. when you visit crowded places such as malls).
- 5.** Avoid dark and crowded places. Also, big shopping malls, bars and pubs may present some danger, particularly if they are crowded.

Citizens are encouraged to cooperate and inform the Police by calling the Citizen's Communication Line at 1460 or the emergency telephone number at 112 and 199

MEATLESS MEALS – MISSING SOMETHING

If you are not eating meat are you missing something important in your diet?

Proteins make up all cells in the human body, from your hair to your blood cells. A person deficient in protein can't grow, loses muscle mass and has weakened immune, heart and respiratory system. Proteins are organic compounds made of amino acids. The body can make some of its own amino acids; these are called nonessential amino acids. The amino acids the body can't make on its own are called essential amino acids. People have to get these proteins from the food they eat. If a food contains enough essential amino acids, it's called a complete protein. Meat, fish, shellfish, eggs, milk and soy products are complete proteins. If the protein in a food doesn't have all the essential acids, it's an incomplete protein. Fruits, grains and vegetables are incomplete proteins.

Most people agree that the key to a healthy vegetarian diet is variety. In the past, some nutritionists advised a concept called complementary proteins. According to this concept a vegetarian needs to combine different protein sources in the same meal (pairing rice with beans, for example) depending on the foods amino acid makeup. This concept created many a headache for vegetarians' figuring out which food contained leucine and which had the requisite lysine required a chart and some tedious calculations! Today, nutritionists say it's important to vary sources of protein, but it isn't necessary to do so in the same meal.

Vegetarians on the market for non-animal protein have a huge variety of choices. Legumes, like lentils and peas, whole grains, seeds and nuts (all readily available here in Cyprus) are all good sources of protein. Soy protein is just as complete as animal protein. Tofu, made from coagulated soy milk, is extremely high in protein and available in a variety of forms and flavours. TVP (textured vegetable protein) is a dry soy flour product that can be used as a meat substitute. Most 'mock' meats are made from seitan, or wheat gluten, which is known for its versatility in recipes. It's good to stick to low-fat protein sources instead of trying to replace meat with something high in fat, like cheese. A varied diet is important for everyone, not just vegetarians. Many people in 'the west' exceed their protein requirement. Meat is high in protein, but can also be high in fats, especially saturated fat. Eating too much meat can actually lead to coronary heart disease, like diabetes. Diets high in protein can also lead to kidney problems and leach calcium from the bones.

Vegetarian or not, everyone should eat a balanced diet. As they say, 'Variety is the Spice of Life'.

Penny does the occasional one-off veggie lunch. Please get in touch If you would like to be added to her contact list. penny@cyprusmagic.com

ART GROUP



Just to let you all know that the Art Group will be meeting at the Third Age Observatory from now on. Our next meeting is on Thursday 4th October from 10:30 until 12:30 and we will be looking at techniques using charcoal and pastel.

Jane



2 Sets
Brand New – never been used
€150 each set

Contact: Joyce Willett - **Ph:** 99441943
Email: joycewillett@gmail.com

PAN TILES

If anyone has any Pan Tiles and doesn't want them or knows where I can get any, even one or two, please let me know. I've painted on some for friends to display on walls etc as per the example. They have holes bored through the top and a thick cord/sisal to hang, and they look quite decorative.



C3A BREAKFAST GROUP

The Last Thursday of the month C3a breakfast group from June 2018 when we had visitors from Slatina Serbia, to see how C3A ran their groups, for their own organization back in Serbia. Lovely people. *Lillian*

Breakfast Group



Bowling at the Mall



Once a month Bowling at the Mall Limassol, 10 pin bowling €4

C3A OPEN MEETING

At the Open Meeting we have speakers on a range of topics, including Travel, History, Pests, Conservation, Wildlife, Geography, Sciences, Finance, etc. The first Thursday of the month starts with a coffee at 10:30 in the Miramare Beach Hotel, Limassol, followed by the Speaker from 11-12 [3 euros]. There is an optional Lunch at the Hotel at 1 o'clock in the Restaurant [15 euros pp.].

C3A OPEN MEETING 4 OCTOBER 2018

'A teacher in Africa'

A talk on 'A Teacher in Africa' - will include this photo showing a map of Africa showing Vasco da Gama's voyage for the King of Portugal in the 1400s.



Photo taken by Lillian.....A tree lion in the Queen Elizabeth Game Park in East Africa 1968

THE PHOTOGRAPHY GROUP

The Photography meet 10.30am every Tuesday at the The Cyprus Third Age Observatory in Limassol. Once a month we have a field trip going out and about visiting many places of interest. We are a very friendly and social group, all who are at different levels in photography, but we have one thing in common and that is the love of it.

If you wish to find out more please contact Claudine: claudine@snell.wyenet.co.uk

A sample of members photos





**Akrotiri Environmental
Education Centre**

Κέντρο Περιβαλλοντικής Εκπαίδευσης Ακρωτηρίου

**ENVIRONMENTAL GROUP MEETING
MONDAY 22nd OCTOBER, 2018**

FROM 1PM – 3 PM

Akrotiri Environmental & Education Centre

We are delighted to welcome Georgia Shoshilou, Msc - Director of Eco Physics who will present a programme regarding Bees.

The numbers of both Wild and Honey Bees throughout is declining WHY?

Georgia Shoshilou's specialized subject is bees, she was born and raised at Lefkara village. Her favourite hobbies as a child were outdoor picnics and searching for wild mushrooms in the fields with friends and family. At the age of eighteen, she decided to study Biological Science at University of Patras - Greece, and afterwards she specialized in Wildlife, Biodiversity and Ecosystem Health at the University of Edinburgh - Scotland.


The subsequent five-year experience gained as a Scientific Counsellor in the Federation of Environmental Organizations of Cyprus (NGOs) has provided expertise on issues of ecological balance, environmental policy, and raising awareness regarding natural heritage and rural development. As an activist, Mrs. Georgia has returned to the rural area of Larnaca and feels the need to share the knowledge and beauty of Cyprus nature with others. She strongly believes that the rural Cyprus environment is astonishing!

Ready or not,
While fall's at play,
Winter is coming;
It's on the way.

Cold and flu.
So here's the scoop:
Pull out the blankets.
Prepare the soup.

Sometimes the weather
Behaves quite odd,
But winter can be
Very hard.

Think pets, pipes,
Flowers in the yard.
Don't let old man Winter
Catch you off guard



I don't have a huge
house, A brand new
car or lots of money.
What I do have is
an amazing family,
friends and memories
that will last forever....

DRIVING MISS CRAZY.

The idea when you drive is staying alive,
And to get from one place to another.
If your driving is skilled then no-one gets killed.
No ones' sibling or father or mother.

Will you please indicate and not leave it too late
To show me which way you will go.
To the left or the right, please pity my plight.
It helps me so much if I know.

Are you hoping to die, with your suicide try
As you pull out in front without warning?
As I stamp on my brakes, get a fit of the shakes
And think I won't live until morning.

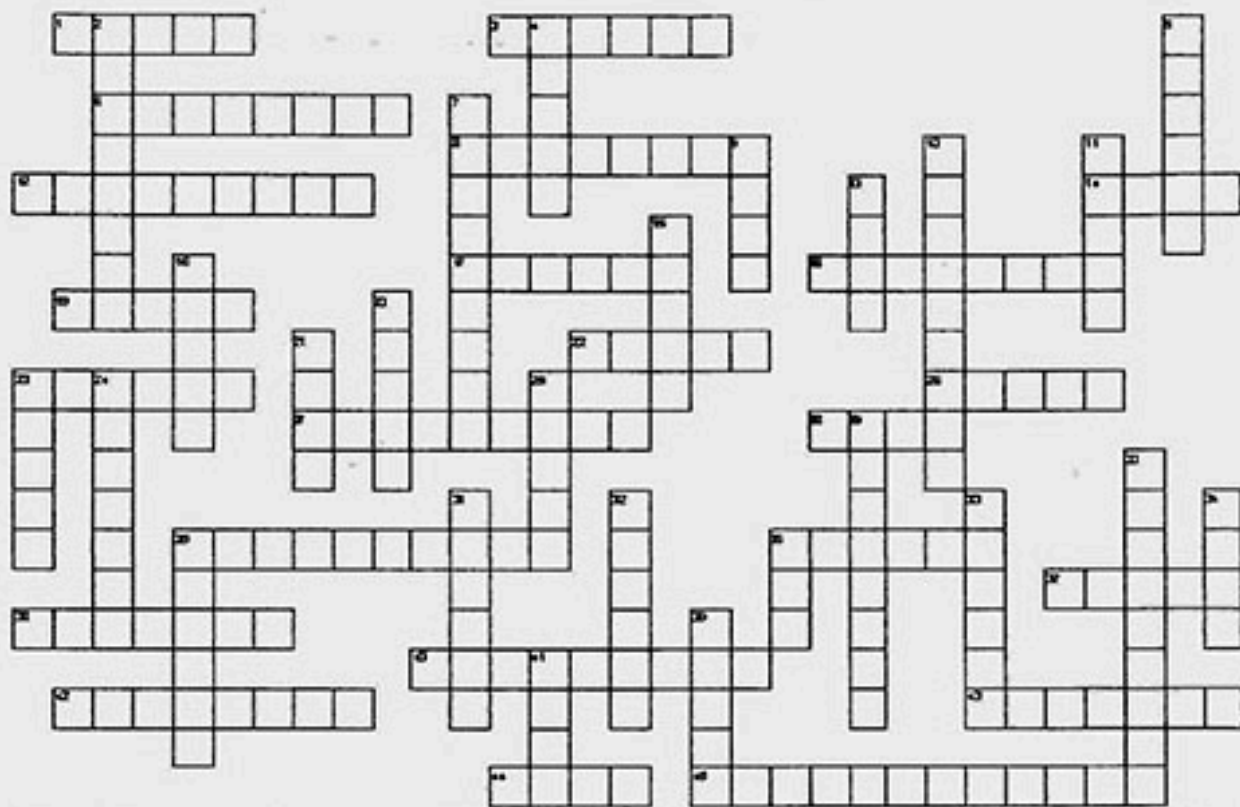
Do you think it's a lark to go out in the dark
And to walk in the road wearing black?
Don't you care when you park
Or is it just common sense that you lack?

Are you out of your mind or just colour blind
As you go through the lights when they're red?
Types of driver like you, number just two.
They're known as the quick and the dead!

Barbara Baikie

**IF YOU HAVE SUBMITTED AN ARTICLE THAT IS NOT IN THIS ISSUE PLEASE
DO NOT THINK IT IS BECAUSE IT WAS NOT SUITABLE.
I HAVE BEEN SO AMAZED AT THE RESPONSE FOR EDITORIAL, BUT ONLY SO
MUCH CAN BE INSERTED IN ONE ISSUE. PLEASE KEEP SENDING THEM IN
AND WHAT IS NOT USED THIS TIME, UNLESS OUT OF DATE , I WILL USE
NEXT TIME. *The Editor***

Sing a Song of Christmas



ACROSS

- 1 I Heard the _____ on Christmas Day
- 3 Thou Didst Leave Thy _____
- 6 Go Tell it on the _____
- 8 Home for the _____
- 12 It's the Most _____ Time of the Year
- 14 O _____ Night
- 17 The _____ Days of Christmas
- 18 Oh, Come, All Ye _____
- 19 In the _____ Midwinter
- 22 Have a Holly _____ Christmas
- 23 _____ Wonderland
- 26 I Saw _____ Kissing Santa Claus
- 27 Good _____ Men Rejoice
- 28 O Christmas _____
- 35 _____ is Coming to Town
- 36 _____ Bells
- 37 I'm Dreaming of a _____ Christmas
- 38 _____ the Red-Nosed Reindeer
- 40 O Little Town of _____
- 42 It Came Upon a _____ Clear
- 43 The Little _____ Boy
- 44 _____ the Halls
- 45 I Want a _____ for Christmas



DOWN

- 2 O Come, O Come _____
- 4 The _____ and the Ivy
- 5 _____ from the Realms of Glory
- 7 _____ Roasting on an Open Fire
- 9 Let it _____! Let it _____! Let it _____!
- 10 God Rest Ye, Merry _____
- 11 When a _____ is Born
- 13 Do You _____ What I _____?
- 15 I'll Be Home With _____ On
- 16 Pretty _____
- 20 We Wish You a _____ Christmas
- 21 Jingle Bell _____
- 23 _____ Are You, Christmas?
- 24 Feliz _____
- 25 We Three _____
- 29 Grandma Got Run Over By the _____
- 30 Rockin' Around the _____ Tree
- 31 Away in a _____
- 32 _____ Bells
- 33 Hark the _____
- 34 The First _____
- 35 _____ Night
- 36 _____ to the World
- 39 All I Want for Christmas is my Two Front _____
- 41 I'll Be _____ for Christmas



A new Family History Group is starting in November 2018

Group Leader: Pat Boden

Pat has been researching her own family tree/s for fifteen years. She provides support on forums both for new researchers and for those hitting 'brick walls'. Her wide experience includes some military knowledge.

Meetings: 2nd Wednesday of each month

Where: Episkopi

If you are interested do come to our first meeting on :

Wednesday November 14th at 10.15am

If you are not yet a member of C3A you may still attend to see if it's for you.

For more information

Please contact Janet Bureau, who is the facilitator for the group.

Email: janetbureau@gmail.com Phone: 25 934506 Mobile: 99 549523

THE SCARECROW FESTIVAL

The scarecrow festival East Sussex villages of Pevensey and Westham, happens every year.
Photos courtesy of Doug Muir





THE ADVENTURES OF MOLLY

Meet Molly, an 11 year old German wire-haired pointer, who is part of the Tsirikos household consisting of 3 humans, 2 other dogs and an assortment of cats and who live in Kalo Chorio village north of Limassol. Molly, a loving and mild mannered dog disappeared from home on 30th August and was not reunited with her distraught owners until 11 September 2018, 12 days later.

Molly has only one “flaw” (if that is the word): she is terrified of guns going off, thunder and lightning and other sudden noises. This of course makes her a useless hunting dog and probably accounts for why she ended up at the Sirius shelter from where Sue and Dan Tsirikos adopted her way back in 2008.

Her standard response to sudden noises is to run away, usually to be found wandering around the neighbourhood by her owners or by some kind neighbour. So when Molly disappeared, in mid-afternoon of the 30th August Sue and Dan were pretty confident that they would find her quickly enough. After all Molly had her nametag on with Dan’s phone number clearly etched on it. A little boy from across the road came forward to say he watched her jump over the gate and chased her “to play with her” and that was the last time she was seen.

The days rolled on, as Dan and Sue, assisted by other friends, scoured the mountains and valleys around their village, but no Molly. Posters with her picture were distributed, the police were informed and so were the state vet services. Notices were posted on social media sites and “shared” to all shelters – but still no Molly!

Her owners were devastated. Sue said: “I cried myself to sleep every night”.

Then, at around 5:30 on Tuesday 11/9/18 came a phone call: “Have you lost a dog?” the caller said. “I couldn’t believe it!” said Dan, “we had started thinking the unthinkable. One glimmer of hope was that Molly is fond of grapes and tomatoes and could possibly find food and keep hydrated if she visited the surrounding small-holdings.”

The caller explained that Molly had first approached his house, in the village of Ayios Konstantinos, some 8 km distance from Kalo Chorio, on Saturday 8th September. He has his own dogs and after feeding Molly for a couple of days took her in. Molly was no longer wearing her collar and tag but the couple took her to their vet for a check over. He promptly informed them that Molly was microchipped and gave them Dan’s phone number!

There followed a tearful but happy reunion, when the two young people brought Molly back to the grateful Dan and Sue, a truly happy ending!

Thank you for that Dan. So pleased that the outcome was such a happy one.

THE FOLLOWING IS AN EXTRACT FROM 'TALES OF THE AUSTRALIAN OUTBACK'

The story starts about hundred years ago, in 1915, when the New Colorado Gold Prospecting Syndicate—consisting of a Mr. Jim Hutchison, his 14-year-old son William, and two other men—had been unsuccessfully prospecting for gold out in the middle of nowhere in southern Australia.

One day, young Willie had been left in camp to look after their supplies, but disobeyed orders and wandered off to search for water around the foothills of a nearby range. There was apprehension among the men when he failed to turn up after dark. But a short time later, he strode into camp with a grin on his face. Over his shoulder was a sugar bag full of opals.

Now, this was a very fortuitous find for the young William—not only did he come across opal, but he also discovered something equally as precious out there—a supply of fresh water. This was on February 1st, 1915. Eight days later, they pegged the first opal claim: the catalyst for the existence of the future town of Coober Pedy had been discovered.

The town of **Coober Pedy** takes its name from the aborigines' words “Kupa Piti,” which translates to “boys' water.” However, it is commonly assumed to mean “white man in a hole.” Word of the find spread quickly, and by the middle of 1916, miners from all over had moved to the area.

Young Willie did not live long enough to see the fruits of his discovery and witness what this place was going to become.....he drowned five years later



John and me mining for Opals in the town of Coober Pedy. The owner of this mine was Costas, who you will have guessed, was a Cypriot!



The Underground Church - Many of the buildings are built underground

Answer Key

