

GROW BOLD

APRIL/MAY
2019

C3A COMMITTEE

2018 -2019

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URGENT APPEAL FROM DR. JOE NEARY

I am writing to make an appeal for a delightful Afghani refugee family, Mahmoud and Toba and their three boys, aged 3 to 7.

This family normally lives in a house in Limassol which they look after for another overseas family.

Unfortunately the owners need to take back the property during the summer months.

This leaves Mahmoud and Toba with an enormous problem.

They have little resource to fall back on and so face the annual possibility of living with their young family on the street.

They are a delightful family. Last summer (2018) they spent the summer as guests of Joe and Fizz Neary in their Limassol apartment while Joe and Fizz escaped the Cypriot summer heat.

Mahmoud and Toba left the apartment in absolutely impeccable order having treated it with complete respect. They used water and electricity with care and paid their bills promptly.

Joe and Fizz didn't charge any rent as they felt the advantage of having their apartment looked after in their absence by a family in need was reward enough.

This family needs and deserves your help. We are sad that we can't do it again this year as we are leaving the island at the beginning of May.

Please consider offering them accommodation in Limassol from 20 June to 10 September this year.

Contact Joe Neary 99262155 or Fizz Matthews 99262150 or Claire Loizides (AGAPI) 99997272 for a no-obligation confidential discussion.

Very Best Wishes, and thank you in anticipation.

Dr Joe Neary
Spiritual Adviser

HOW EASTER IS CALCULATED

It must be based on the Julian calendar. It must be *after* the Jewish holiday of Passover.

It must be on the first Sunday after the first full moon after the Spring Equinox, which for this purpose is fixed as March 21st.

The Greek Orthodox Church does not always celebrate Easter on the same day as the Catholic and Protestant countries. The reason is that the Orthodox Church uses the Julian calendar when calculating Easter.

Around full moon it was found that electroencephalogram (EEG) delta activity during NREM sleep, an indicator of deep sleep, decreased by 30%, time to fall asleep increased by five minutes, and EEG-assessed total sleep duration was reduced by 20 minutes. These changes were associated with a decrease in subjective sleep quality and diminished endogenous melatonin levels. The lunar cycle seems to influence human sleep, even when one does not 'see' the Moon and is not aware of the actual moon phase.

Believers in the lunar theory suggest several different mechanisms by which the behaviour of the moon could influence the behaviour of human beings. A common suggestion is that, since the moon affects large bodies of water such as the ocean (a phenomenon known as "[tidal force](#)"), the moon should be expected to have an analogous effect on human beings, whose bodies contain a great deal of water. However, this is a misconception that fails to take into account differences in scale. The tidal force is in fact very weak and should be expected to exercise no more gravitational pull on the human body than a mosquito. Besides this, the "suggestion" failed to account for the dependence of [tides](#) from both the phase of the moon and the *time of day*. A further suggestion is that [positive ions](#) increase in abundance during a full moon and that this should be expected to influence human behaviour. However, this is a pseudo-scientific claim. Not only is the increase in frequency extremely slight (much smaller than that caused by [air conditioning](#) and [air pollution](#)), but ionic charge—positive or negative—has no effect on human behaviour, and no physiological effect other than static electric shock.

Believers often support their claims by noting that many police officers, teachers, and nurses have observed a lunar effect in the course of their work. To the extent that nurses and police officers do indeed claim to observe patterns, this is most likely to be explained in terms of confirmation bias: People notice if something dramatic happens during a full moon, but do not notice when nothing dramatic happens; furthermore, dramatic occurrences that do not occur during full moons are typically not counted as evidence against the belief. Believers are further bolstered in their belief through communal reinforcement: The more people talk about the effect, the more people notice spurious relationships.

There is no correlation between the phase of the moon and the weather. The coldest nights are, by nature, clear. Clear skies let heat escape to space and they also let you see the moon regardless of its phase. If the moon is full it is just a coincidence, but many of us tend to connect these two noticeable conditions - cold air and a full moon - when they exist together.

The apparent cause and effect here are not real. The moon has no control whatsoever over the atmosphere. As for the tides, remember gravity is an interaction between two masses. The heavier the mass the bigger the tug between the two. Water is dense or heavy enough to be affected by the moon's gravitation. But air is just too thin to feel any effect. However, farmers with infinitely more wisdom than I claim that lunar cycles affect planting cycles. And I'll argue with a scientist but not with a farmer.

The same forces are at play as the Earth revolves around the Sun. The Sun's gravity pulls ocean water toward the Sun, but at the same time, the centrifugal force of the combined Earth-Sun revolution causes water on the opposite side of Earth to bulge away from the Sun. However, the effect is smaller than the Moon, even given the greater mass of the Sun (greater mass means greater gravitational force). Why? Simply because The Sun is so far away — over 380 times farther away from the Earth than the Moon.

Now, why does the moon look bigger near the horizon? Have a look at some explanation:

<http://science.howstuffworks.com/question491.htm>

<https://blogs.discovermagazine.com/badastronomy/2010/05/13/why-does-the-moon-look-so-huge-on-the-horizon/>

Or... <http://io9.com/5976983/a-new-theory-on-why-the-moon-looks-bigger-on-the-horizon>

AND, if you turn with your back to the moon, bend forward and look at it through your legs, because you see everything upside down and different to usual, your distance clues are all gone, and the moon looks its normal size....

I did this (pulling off the motorway one night, to the surprise of passing motorists!). It's true. ... *Penny Douglas*

C3A Gardening Group trip to Athens

14 - 19 March 2019.



ATHENS - The Flowers, the Gardens, the Antiquities, the People, their Hospitality, and the Fresh air ! We searched and we found! We were in a group of mainly C3A and some MGS folk, 19 strong, led from Cyprus and around Athens by the intrepid John Joynes, C3A and Mediterranean Garden Society Member extraordinaire, and his Team. We all had the previously planned and meticulously prepared comprehensive itinerary, Hotel B&B accommodation, the exclusive use of Patricia, our main Guide and factotum, a coach and driver, lunches, more Tour Guides, and pre-paid ticketing to some of the best treasures of Athens and the MGS.

After landing at Athens Airport on Thursday 14th March, and unpacking for the 5 nights at either the Byron 2 star or nearby 3 star Philippos Hotels, we rested a while within a marvellous view of the ACROPOLIS and Old-Town Athens. On the showery Friday 15th. we took the coach to the most beautiful and least visited *Athen's KERAMEIKOS archaeological valley site*. Ancient pottery was once produced and painted here. The river valley site later became an important cemetery in ancient Athens. Sculptures of Gods, a Bull and carved Vases decorated tombs and their stones along one of the avenues. On this one pearly day, we then moved on to gaze at the exquisite surviving treasures in the Acropolis Museum. Following lunch at the Nautical Club in Flisvos Marina we drove to the *new SNFCC [Stavros Niarchos Foundation Cultural Centre]*, that houses the National Theatre and National Library, with its gardens, including an enormous one that covers the entire roof. The architect Jean Nouvel himself said,

'Like every library this is a space of knowledge and expression, but it's also a witness to the country's history. I wanted this project to be like poetry, a work of art.'

This multifunctional flat-angle roofed facility, spread over five concentric rings with a panoramic view of the surrounding plateau, is stunning. We walked down gradual steps from the Library's eighth floor out to the developing plateau gardens, past mature olive trees, scarlet poppies and blue lavenders among the many shrubs and plants, pulling on our coats and hoods against the occasional light drizzle. We soon headed for the ground floor coffee shop and returned to the Hotels. Many of us then explored Athens by ourselves and some of us chose to eat out at a recommended Restaurant, or just have an ice-cream while browsing the lovely old-town Athens shops.

Friday was quickly followed by several brilliant days of bright duck-egg blue skies, interspersed with stiffer or lighter breezes giving a wholesome daytime temperature in double figures towards 20 degrees Celsius. Early Hotel breakfasts and astounding Taverna lunches every day fed us mightily for our walking excursions and coach trips.

Saturday 16th. found us in the *MGS Sparoza Gardens*, created in the 1960s by Jacqueline Tyrwhitt, a former Professor at Harvard and British Town Planner. During the morning we met and were shown round the magnificent Gardens and house by custodian Sally Razelou, an experienced gardener herself, and one of the founders of the MGS. No pesticides, herbicides or fertilisers are used in Sparoza, and among the naturally carpeted green ways under trees we saw flowering tulips, orchids, irises, and a host of terraced shrubs and herbs, many of which were blooming.

At the *Marathon Museum* our young, enthusiastic Guide put us through some short breathing exercises before taking us into the small galleries of local burial artifacts and past the larger-than-life Egyptian sculptures and a carved column marking the ancient battle between Athenians and Persians. A hearty lunch followed at the *Leonidas Taverna* by the sea. Then we drove into the valley housing the *Ioannis Gryllis Nursery*, to be astonished by the Gryllis' family hospitality, and their endeavours to reproduce biomes of the world, as well as to keep the widest variety of aquatic, tropical and Mediterranean plants for sale. Water Lilies on ponds of goldfishes, and the Horse-tails [Equisetum spp.] were some of my favourites. After such a hearty lunch we were hard-pressed to do justice to the groaning table of delicious local home-baking Ioannis Gryllis' mother had generously provided for afternoon tea.

Visiting the *Botanic Garden of Julia and Alexander Diomidis* and the *Goulandris Museum of Natural History* were our Sunday 17th. March delights. Some of us bought the coffee-table but academic book - 'Browsing Nature' by Dr. N. S. Christodoulakis and Dr. A.L. Stefi, a photo-album with text, depicting the 1,860 acre memorial *Diomidis Botanical Garden*, with donations to the Social Welfare Institution of Athens. Quietly shaded by fully mature trees and carpeted in early Spring woodland flowers, the gardens seemed entirely natural - "one of the very few naif 'green areas' in a rural environment", says Prof. Meletios - Athanasios Dimopoulos in the book preface. After our guided walk, it was nice to see that Sunday was also being enjoyed by many families in the children's gardens and cafe near the gate. Taxidermied birds and Greek wildlife were all labelled among worldwide exhibits in the *Natural History section of the Goulandris Museum*. A modern *Gaea exhibit*, Museum Shop and outdoor Terrace were also well frequented by families. We then had a fabulous lunch at the *Tzitzikas & Mermigas Restaurant*.

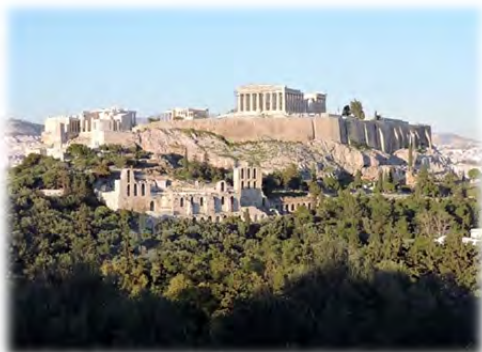
Monday 18th found us being guided round part of the renowned Mt. Hymettus *Philodassiki Botanical Garden* next to the maintained ruins of Monastery Kessariani. Founded in 1964, the 8000 sq. metre mountainside *Philodassiki Botanical Garden* grows 78 endemic Greek species, 196 indigenous species to Greece, 74 Families and 450 Taxa of plants, many of which are for sale. After the walk, several of our group pondered plants in a nursery at the front of the house, and then bought. Back in Athens, the *Arcadia Tavern* served us a delightful lunch.

That evening, sunset over *Cape Sounio and the Temple of Poseidon* was spectacular as, in awe, we gazed up at the pillared remains of the Temple, resplendent as the last rays of the sun dancing across the water and bouncing off a nearby island and the bay below, turned the stones golden.

A great C3A and MGS break in Athens was over all too soon. Gratitude and thanks go to John Joynes and his wonderful Team, both here in Cyprus and based variously in Greece [and round the world].

Find the Limassol Cyprus C3A at [C3A Cyprus | University of the Third Age \(U3A\) in Cyprus](#) [10 euros pp.per year to join], and the Mediterranean Garden Society at [http://www.mediterraneangardensociety.org/.](http://www.mediterraneangardensociety.org/) [from 45 euros pp per from Jan.to Jan. to join.

John Joynes



The ever-present Acropolis



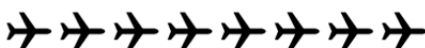
Kerameikos archeological site with guide Kiki



The ever-present Acropolis



Kerameikos archeological site with guide Kiki



Last month I flew over to Perth, Western Australia to be with all my family, children, grandchildren and Great—grandchildren, also many life-long friends.

I stayed with one of my sons in my home town of Mandurah. Several months before leaving here I was in contact with group's President Christine Norman, a very nice lady who made me so welcome, as did the entire group. At one of the meetings I showed a Power Point presentation of many photos taken by our camera group depicting our beautiful Island. This would not have been possible if not for Mimmo Chilli who gave up many hours putting it all together. During and after the presentation I was inundated with questions as they wanted to know more about Cyprus. I look forward to joining their meetings when I return to Mandurah.



PHOTOGRAPHIC GROUP

Although we are not large in numbers, we are a very happy and friendly group. You don't have to have a State of the Ark camera, or for that matter a camera, as so many really good photos are taken with your phone these days. It is the love of photography that brings us all together and personally for me, making some wonderful friends and at the same time following my passion. Photography.

I would like to welcome Luc Matthys who has very recently joined us, and also Ben Cooper.

We meet in Limassol every Tuesday morning and once a week we go on a Field trip. So, if you think you might like to join us please get in touch with me for more information. claudine@snell.wyenet.co.uk

HANDS



Bill Hamberg



Mimmo Chilli



Chris Price



Peter sheldrake

Four images taken by members for our monthly competition in March

EASTER LUNCH

Thirty two members attended the Easter Lunch held on Wednesday 10th April 2019 at the Pastos Restaurant in Episkopi. C3A Chairman Thanasis (Dan) Tsirikos in his welcome speech thanked the organisers Sue Tsirikos and Jane Webster (assisted by Sue Leach) for their work organising the lunch and decorating the tables with wild flowers and little baskets of mini Easter eggs. He also paid tribute to the C3A Group Leaders, whose hard work and dedication make the Cyprus Third Age Association such a vibrant organisation.

After lunch Sue stood up and mentioned the word “entertainment”, which was to follow lunch she had tried to get a choir, or even a singer – a poet or a ventriloquist – or perhaps an 1 ½ speaker on the current state of brexit!! (huge groans and laughs followed) but she decided instead on a talk by Cleo Kyriakidou, who gave an informative and amusing talk about Easter customs and traditions in Cyprus and explained some of the differences of celebrating Easter in Greece and Cyprus, the significance of decorating a bier representing Christ's burial and other aspects of the Orthodox Easter.

She also brought some red-dyed Easter eggs, explained their significance, the red colour representing the blood of Christ while the egg is a symbol of re-birth and demonstrated how Greek children try to crack each other's eggs. She duly proceeded to crack the Chairman's egg. Chocolate Easter eggs and other such western “delicacies” were later arrivals in the Cypriot home thanks to a more commercialised society. *Sue Tsirikos*



THE ART GROUP

The following is the Quiz that was in the previous issue.

'Can you beat the Art Group at their own game?! The winner at our Christmas meeting got 6 out of 10"
Answers on the last page ____ . No cheating!"

1. Name the 3 primary colours.
2. Name the artist whose work began to self-destruct when recently sold at Sotheby's for just over a million pounds.
3. What is the technical term for a colour mixed with white?
4. Name the artist born in 1840 famous for painting water lilies.
5. Name the 3 secondary colours.
6. What is the name of the only potter to win the Turner prize?
7. Which 3 colours would you mix together to achieve black?
8. Name the English 18th century painter, printmaker and satirist whose work includes A Rakes Progress and Marriage a la Mode.
9. What is the technical term for a colour mixed with black?
10. What is the name of the artist now in his 80s who returned to the UK from California to paint his native Yorkshire?

C3A Music Appreciation Group



On Sunday 24th March 2019, we met at the home of our member David Pentecost, a pianist and composer, who gave an illustrated talk about how he and the Russian pianist Tatiana Stupak have worked closely together since 2015.

Their co-operation began at a lovely C3A Music Appreciation event 'Music on a Summer Afternoon' organised by David, in June 2015. Tatiana delighted us with her brilliance, performing a recital of classical piano music. That recital was the first of a series of events which soon led to her career as a professional performer, playing at an increasing number of public and private events, some of them for charity.

Since then, she has performed on more than sixty occasions in Cyprus. Special events, which she organises, are her birthday charity concerts, held annually in June: in 2017 at Limassol's Pattichion Theatre, and in 2018 at the Kourion Ancient Amphitheatre. This year, she will play at the Presidential Palace in Nicosia.

In 2017 she founded the Tatiana Stupak School of Music in Limassol and in 2018, at a ceremony at the Cyprus Hilton Hotel she received the award of Russian Cultural Woman of the Year!

The talk was illustrated with photographs of Tatiana's career and some of her videos. Many of Tatiana's video recordings, including a few of David's compositions, can be seen on YouTube at https://www.youtube.com/results?search_query=tatiana+stupak. Soundtracks of more of David's compositions can be heard at <https://soundcloud.com/user-20687011-491031002>. RIK 4 Classic. Tatiana's sound recordings, including some of David's compositions, are played from time to time on CyBC's radio channel RIK 4 Classic.

David then went on to demonstrate examples of different methods of modern composition, with a computer linked to an electronic piano. He showed how sheet music can be created slowly, note by note, as by the old masters, and also by the immediate capturing of an entire work by improvisation. It was fascinating to see a manuscript appear before our eyes and to hear what he had just composed. Our afternoon concluded with a beautiful performance of 'Lara's Theme' (Dr Zhivago) by violinist Olivera Rialas.

I asked David what this journey had meant to him. He says that his co-operation with Tatiana has led to the last four years being among the most enjoyable and rewarding of his life. He has had to learn many new skills and revive some old ones. He still finds it amazing that most of these new experiences and skills began after more than three-quarters of a century; life begins at 75

BUTTERFLY MIGRATION



Last week Sue Tsiriko was kind enough to share the following website with us.

The other morning I saw hundreds of butterflies flying over our garden between Kalo Chorio and Louvaras - watched them for a couple of hours - what an amazing and very special sight.

Millions of painted lady butterflies made a stopover in Cyprus on Friday during their annual migration, [kitasweather](#) reported.

Elli Tzirkalli, a doctoral student at Ioannina University and a butterfly researcher told, [philenews](#) that the mass migration of the Vanessa Cardui or Painted Lady starts from North Africa, passes through Israel and Cyprus, over the Mediterranean and then to Central Europe.

According to [kitasweather](#), around ten million butterflies passed through Israel yesterday to reach Cyprus.

This is the second mass migration recorded in two weeks. Millions of butterflies also made their appearance in Cyprus on March 22 as part of an annual migration from North Africa, to the delight of hundreds of people across the island captivated by the beautiful sight.

<https://in-cyprus.com/millions-of-butterflies-visit-cyprus-again-during-migration-video-kitasweather/>

SILENT WITNESS



Fans of the TV series Silent Witness will have seen how the team apply sophisticated systems to biological remains and materials to investigate a death. Many of the same techniques now apply to research into Archaeology going way beyond excavation or visual observations.

The Archaeology group's visit to the Cyprus Institute in Nicosia provided us with a privileged insight into the techniques available to researchers on the Island. The Cyprus Institute is a non-profit research and education institution. We visited STARC (Science and Technology in Archaeology Research Centre.) This was launched in cooperation with the French in 2009 with international teams creating a digital library to include Cypriot antiquities in Foreign Museums as well as research into art, monuments and archaeological material.

Our visit began with a talk in which we heard about research at two sites in Paphos with the aim of comparing the life, health and burial customs of ordinary citizens in urban and rural areas during the Hellenistic to Roman eras. This is being achieved by connecting laboratory science to even the earliest stages of excavation and then pursuing analysis further back at the laboratory. A significant number of individuals were suffering from osteoarthritis and tests are being made to establish the incidence of malaria.

We saw the state-of-the-art equipment which is taken to Museums, Monuments and Archaeological sites for non-invasive chemical and physical analysis and heard about the way polychromy can trace colour in statues, artefacts, paintings and frescos.

In the bioarchaeology lab we were told how researchers identify the age, sex, traumas and disease suffered by individuals. Reference materials help this identification made especially through the skull, pelvis and teeth and limbs. We also heard about the research on animal bones and the way species are identified.

This was a very enjoyable visit for the group and, we are told, by the research team as well. Cyprus is fortunate to have these facilities which exhibit a high level of collaboration not only within the Institute but with the wider world.

Pat Haywarth



ONE FOR THE LADIES

One day my housework-challenged husband decided to wash his Sweat Shirt. Seconds after he stepped into the laundry room, he shouted to me, 'What setting do I use the washing machine?' 'It depends,' I replied. 'What does it say on your shirt?' He yelled back, 'Arsenal.'
And they say blondes are dumb.....

WANTED TO BORROW OR HIRE....

Can you please ask if anyone has a machine that will enable me to put colour slides onto my computer - it must be compatible to windows 10 - and I would just like to borrow/or hire it.

Sue Tsirikos - sue.tsirikos@cytanet.com.cy

FOR SALE

Tripod – offers accepted, with the proceeds going towards Cancer Research.

Sue Tsirikos

FOR SALE

Stainless Steel ABU Fish smoker - never used €45



Stealey Air Power – 6 ltr – as new €85



Fishing Rods, Rod Stands, Reels and bags with fishing lines etc.



Prices to be discussed when seen. claudine@snell.wyenet.co.uk

ART GROUP QUIZ

ANSWERS

1. Blue, red, yellow
2. Banksy
3. Tint
4. Claude Monet
5. Purple, orange, green
6. Grayson Perry
7. Blue, red, yellow
8. William Hogarth
9. Shade
10. David Hockney

Easter Symbols and Traditions



You won't find them in the Bible, but many cherished Easter traditions have been around for centuries. The most prominent secular symbol of the Christian holiday, the Easter bunny reportedly was introduced to America by the German immigrants who brought over their stories of an egg-laying hare. The decoration of eggs is believed to date back to at least the 13th century, while the rite of the Easter parade has even older roots. Other traditions, such as the consumption of Easter candy, are among the modern additions to the celebration of this early springtime holiday.



Easter Bunny

The Bible makes no mention of a long-eared, short-tailed creature who delivers decorated eggs to well-behaved children on Easter Sunday; nevertheless, the Easter bunny has become a prominent symbol of Christianity's most important holiday. The exact origins of this mythical mammal are unclear, but rabbits, known to be prolific procreators, are an ancient symbol of fertility and new life. According to some sources, the Easter bunny first arrived in America in the 1700s with German immigrants who settled in Pennsylvania and transported their tradition of an egg-laying hare called "Osterhase" or "Oschter Haws." Their children made nests in which this creature could lay its colored eggs. Eventually, the custom spread across the U.S. and the fabled rabbit's Easter morning deliveries expanded to include chocolate and other types of candy and gifts, while decorated baskets replaced nests. Additionally, children often left out carrots for the bunny in case he got hungry from all his hopping