



GROW BOLD



JUNE/JULY
2019

C3A COMMITTEE

2018 -2019

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Thanasis (Dan) Tsirikos

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Nigel Howarth

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Domenico Chille

Groups Coordinator: Joyce Willett **Membership Secretary:** Barbara Johnson

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Jane Webster



STOP PRESS - ERASMUS+ SUCCESS

Your Association Committee takes great pleasure in announcing that our project application to the European Union's *Erasmus+* programme has been approved.

You may remember that the C3A proposal involved sending a delegation to two other Universities of the Third Age (U3A), one in Malta and the other in Slovenia. Unlike us, both these U3A organisations are operated under the so-called "French model", in other words they are part of, and run by, local Universities.

Many of you will remember the very successful visit last year of the Slovenian U3A (Ljudska Univerza Rogaska Slatina) colleagues who took part in a number of our Group activities.

In the coming weeks the C3A Association Committee will be releasing more detailed information how this project will be rolled out and will be inviting group leaders and committee members who may be interested in taking part to put their names forward for inclusion into this exciting project. Selection of participants will be on the basis of strict criteria (to be announced) and under a fixed timetable.

Thanasis (Dan) Tsirikos Chairman

C3A's **NEW FLAG**



FAMILY HISTORY GROUP

From....Chris Price

One of the newer groups within the C3A, which was started by Janet Bureau and Pat Boden, has been popular and is attracting new members. The television programme "Who do you think you are" has reignited interest in finding out more about our own ancestry. The group benefits from members who are experienced researchers and they are able to help newcomers like myself

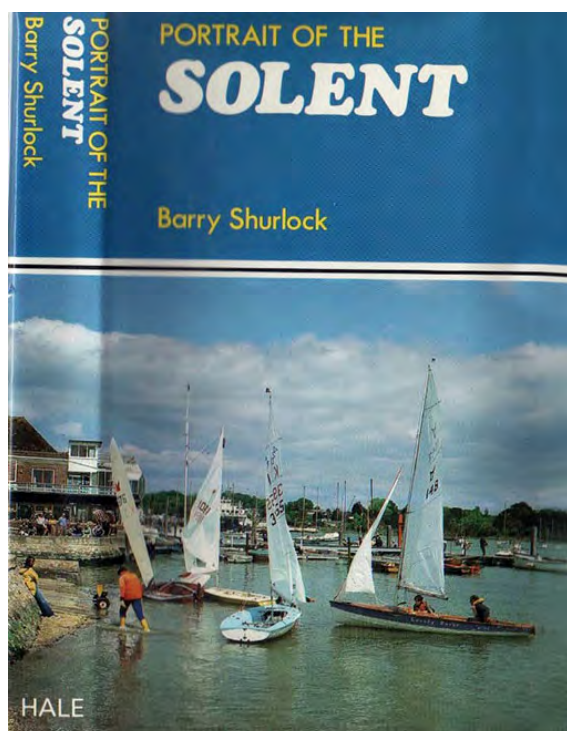
My own route to finding interest in this subject stemmed from a chance acquisition of a book, published in the 60s, showing the landing stage at Lymington with dinghies being launched. I would have been about 10 years old when I was first allowed out in a boat on my own. I wasn't in the book wrapper, but I could have been. I launched from that spot thousands of times. It turned out that my grandfather was a merchant sailor and by the time of the 2nd world war he was too old to fight but he wasn't too old to run a ferry from Keyhaven to Hurst Castle, presumably taking supplies. This little ferry, skippered by my grandfather, was requisitioned as part of the "little ships flotilla" rescuing the troops from the beaches of Dunkerque.

All of the members of the group are uncovering such stories within their own family history. Sometimes the twists and turns of our background take us to other countries and can also uncover unsavoury content. My wife comes from Ipswich, 3 generations back however, she comes from Norfolk and you can't create more controversy as that!

Under the tutelage of Pat, the attendees have received sources of information, and methods to tease the truth of our backgrounds. The UK has been surprisingly good at documenting its past and this means that Cyprus, India and Ireland for example, all have good records. Initially, much of the record keeping stemmed from religion- births marriages and deaths, steadily it was supplemented by taxation and the need to know who was where and when. Censuses take place periodically in the UK and elsewhere and these provide invaluable snapshots of complete families, although they are not always immediately accessible. Pat prepares handouts on specific topics for each meeting.

Modern computer-based systems are available, we all use Google, and there are plenty free of charges sources of information, so laptops are prepped. Once you start on your ancestry line, it becomes compelling to find out more and more. We'll be doing DNA in our family to try to discover the reasons for the unusual blood groups we have.

For those who want to pursue their ancestry, the group meets on the 2nd Wednesday of each month, currently at Episkopi. If you wish to join or, indeed find out more about the group, please contact Janet Bureau via email janetbureau@gmail.com



PORTRAIT OF THE SOLENT

Barry Shurlock

The Solent has been at the heart of British maritime life for centuries. It has been involved in virtually every conflict that the country has ever entered, including the most recent events in the Falkland Islands. It has fostered the Royal Navy, been host to the Merchant Navy and played nursemaid to the city-dweller in search of recreation.

The rich diversity of the life of the Solent is reflected in the wide range of topics which is covered by this book, from the early history of yachting and boatbuilding to hovercraft, from Henrician castles and the sinking of the *Mary Rose* to the growth of the holiday resort. Major chapters are concerned with the Royal Navy at Portsmouth and Gosport, yachting at Cowes and Hamble, and Southampton's dockland, while substantial sections provide a fascinating insight into the life and development of Lymington, Beaulieu, Fawley and Yarmouth.

For the many people who live on the shores of Hampshire and the Isle of Wight, and the thousands of sailors and other visitors who come in the summer, this book will be a companion which will enrich their knowledge and understanding of a unique and fabulous part of England.

Jacket photograph: 'Sailing at Lymington' by J. Allan Cash

Cyprus begins lionfish cull to tackle threat to Mediterranean ecosystem

Voracious fish are bleeding into ocean 'like a cut artery', says top marine biologist.....



Lionfish, armed with venomous dorsal spines that enable them to deter predators, are more normally associated with warm tropical waters. Photograph: Arno Enzerink /www.stockphotogr/Arno Enzerink

Cyprus has held its first organised cull of lionfish after numbers of the invasive species have proliferated in recent years, threatening the Mediterranean ecosystem and posing a venomous danger to humans.

“They’re actually very placid,” said Prof Jason Hall-Spencer, a marine biologist, after spearing 16 of the exotic specimens in the space of 40 minutes in the inaugural “lionfish removal derby” off the island’s southern coast. He added: “The problem is they are not part of the natural ecosystem and we are seeing them in plague proportions.”



Hall-Spencer, of the University of Plymouth, regards the ornamental species as the single biggest threat to the biodiversity of the region.

“I can’t overstate how serious a problem this is for the whole of the Mediterranean,” he said, emphasising the risk of habitat destruction and species extinction. “Lionfish are the **most** damaging invasive fish we have ever seen. If action isn’t taken there will be lasting environmental and economic damage.”

Lionfish, armed with venomous dorsal spines that enable them to deter predators, are more normally associated with warm tropical waters of the South Pacific and Indian Ocean. Almost two decades ago the non-native tropical fish began to enter US waters, appearing in the Atlantic after pet owners started releasing outsized lionfish from home aquariums into the sea.

Now they have reached Europe. In 2012, after initial sightings off Turkey, Israel and Lebanon, they were spotted off Cyprus. Three years later they had appeared further south in Greece, Italy and Tunisia, testimony, scientists say, to their ability to both enter new territories and spawn at record rates



A person weighs and measures a lionfish during a fishing tournament held in the Caribbean town of Portobelo, 90km north of Panama City, Panama. Photograph: Carlos Lemos/EPA

As numbers proliferate, so have fears of the flamboyantly coloured fish posing the biggest ecological setback to ecosystems in the Mediterranean – which is already under pressure from pollution, tourism and over-exploitation. In the EU, Cyprus has become “the first line of defence” against the lionfish invasion.

With mounting evidence of the species’ capacity to outcompete other fish, the Cypriot government has increasingly come around to the idea of organised culls – acknowledging that if the pest is not brought under control lionfish will have an effect on commercial fishing.

Nicholas Michaelides, of the fisheries and marine research department in Nicosia, said: “If culls prove to be an effective tool in managing this problem, we will apply it for sure. It is illegal in Cyprus to hunt using scuba diving equipment but in this case we are permitting it. We can’t say we’re not worried.”

On an island dependent on tourism, the department is taking measures to inform the public ahead of summer. Although there have been no known fatalities caused by lionfish stings, human contact with the venom is horribly painful as fishermen have discovered pulling catches from nets.

The first cull was held in a marine protected area off Cape Greco on Sunday, with prizes handed out for harpooning the smallest and largest fish.

“The plan is for similar culls to take place twice a month over the next two years,” said Periklis Kleitou, a research fellow at the University of Plymouth, which is helping to coordinate the removal project. “We’re keen to encourage local fishermen and divers to get involved [in the hunt].”

Lionfish, he said, not only had no natural enemies, laboratory dissections had proved they were also furnished with ferocious appetites. “They eat everything. Culling this invasive species is the only effective way to reduce their numbers and ensure marine-protected areas continue to regenerate.”

In addition to removal action teams, surveillance platforms to monitor lionfish were being developed as part of the EU-funded programme. Kleitou said: “This is a regional problem and our insights and knowledge will be transferred and replicated in surrounding countries.”

Global warming and the rise in sea temperatures have encouraged the invasion.

A report compiled by the Limassol-based Marine & Environment Research Lab with Hall-Spencer, noted that the Indo-Pacific species had colonised almost the entire south-east coast of Cyprus “within a year ... assisted by sea surface warming.”

But scientists believe expansion works to the Suez Canal have also played a role, by enabling the toxic fish to migrate from native habitats in the Red Sea. The canal, which is one of the world’s most important waterways, was widened and deepened to cater for ever-bigger container ships only three years ago.

“That may have saved time and money but to do it without any biosecurity measures in place was mad,” Hall-Spencer said. “The oceans are bleeding invasive and damaging species into the Mediterranean like a cut artery.”

Lionfish were by far the greatest offenders with the highest impact on marine ecology because they are such voracious and adept predators.

Environmental watchdogs have said invasive species are now among the top five leading causes of biodiversity loss globally. In the western Atlantic lionfish have been linked to the reduction of coral reef fish by about 65%.

Culls have proved highly effective in the Caribbean where the species has been blamed for destruction of coral reefs, diminishing populations of other fish and vast ecological damage.

“In these waters I think we may have missed the chance to eradicate them completely because they will spread as the seas warm,” Hall-Spencer said.

But, he cautioned, all is not lost. There is still time to control the population especially in marine-protected areas. And even better lionfish could be good business. “In all of this there is a silver lining,” he joked. “As firm-fleshed fish they taste absolutely wonderful. There’s definitely a niche market to be had putting lionfish on dinner tables.”

Helena Smith in Nicosia

CATAMARAN TRIP

THURSDAY JUNE 20TH 2019



I have organized a trip on a Catamaran leaving from Limassol Old Port on Thursday 20th June.
We sail at 10-30 and return at about 4-30.

I have negotiated a special price of 40 euros which includes all food and drink. (including wine and spirits)

The people who came last year had a great time and have already booked again. So if you would like to join us do not leave it too late as places are on a first come, first served basis.

Contact me on barbarabaikie@yahoo.com for further info and reservations.

THE ENVIRONMENT GROUP

On the 11th May members from the Environment Group visited G S Ecophysis in Vavla to try our hand at Bee Keeping and Candle Making. It was a really fun morning - Dan and Penny put on all the gear to visit the hives, all in one suit which was taped up round each ankle, separate hat and veil which was zipped onto the suit, along with long gloves (see photo attached) and off they went. They were told how beehives were organised, one queen to every hive + the worker bees. The queen lays one egg per cell and the worker bees feed and look after the grubs until they have hatched. The beekeepers harvest the honey twice a year which is then sold in jars to the public in its totally natural state.



I had a go at candle making using a variety of fresh herbs and of course the beeswax, we kept the candle we worked on to bring home with us. We were treated to home-made cordials including Cinnamon, lemon etc. and Anari Cheese with honey which was so delicious we could not stop eating it! Most of us bought honey home with us.

I would so recommend anyone to go and visit them, lovely treat if you have family and grandchildren to entertain, they hold regular Open Days when you can join in and details can be found on.....

<https://www.ecophysiscy.com/index.php/en/>

THE ENVIRONMENT GROUP

The Environmental Group hosted a further meeting from Kelly Martinou at the Akrotiri Environmental Centre on 29th May. Kelly is an Entomologist at Joint Services Health Unit in Akrotiri who specializes in “alien” invasive species, and in particular mosquitoes.

She was joined by Ioanna Angelidou a post graduate student at Athens University who is very involved with the Pollinator Monitoring Scheme Kypros.

18 members joined Ioanna in the gardens of the Centre to help with her project choosing a plant and spending 10 minutes recording every insect we found on that particular plant.

Although the weather was hot we were all prepared with sun hats etc and all our results were collected by Ioanna for her records. If you want to take part in this project please go to the following website which will give you details of how you can help -www.ris-ky.eu/poms-ky

We all agreed that to take part in this project was fun and extremely interesting. Afterwards we headed back indoors to the air-conditioned laboratory to discuss what we had found, and also to be updated by Kelly on the Mosquitoes situation, following a very wet winter.

Sue. Tsirikos - Group Leader



Where's all the money come from?



Barbara, our Membership Secretary, cannot always identify members who have renewed their membership through a bank.

Although they can see from our C3A bank statement that our account has been credited, the payment reference does not always identify who has renewed. As you may imagine Barbara has to phone around members who may have renewed in efforts to find out where the money came from, wasting her time and your money.

If you pay through the bank, please ask the teller to use your surname/family name as the payment reference so that Barbara knows who's paid.

(And please remember to reply to Barbara's email to let her know that you've paid.)

PHOTOGRAPHIC GROUP



Kelefos Bridge

Our field trip in May we went to Kelefos to see the Venetian Bridge. Although the river was not flowing as much as it would have been a few weeks ago, there was still enough to get some interesting photos.



Every month we have a Theme Competition, June was Tourism.



You're not old enough!



There appears to be some mis-understanding about who is eligible to join the C3A. Some people who are interested in joining have been advised that "you're not old enough", "you have to be over 50", etc. This is incorrect.

There is no lower (or upper) age restriction on C3A membership; anyone of any age may join.

However, it's unlikely that those without free time on their hands during the working day could enjoy the full benefits of membership as most of our groups meet during the day. Nevertheless, this does not prevent them from joining the C3A if they wish.

I hope this clarifies the position on membership.

If anyone wishes further information, please contact the secretary, Nigel Howarth.

I recently came across the following quote by one, John Green.....

"Some of us learn best in the classroom, and some of us don't. But we still love to learn, to find out new things about the world and challenge our minds. We just need to find the right place to do it, and the right community to learn with."



Here's Why People Born in June Are More Optimistic

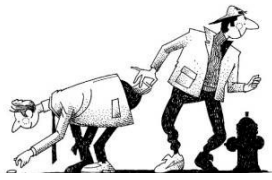


The two zodiac signs associated with the month of June are the Gemini and Cancer. For those born from June 1st to June 20th, they are members of the Gemini zodiac sign.

If your child was born in the sixth month of the year, you already know that June babies are outgoing, charming and creative. And even though they can be more than a handful sometimes, studies show that June babies tend to grow up to be inquisitive, cheerfully optimistic people. Read on to discover more characteristics about June babies.

Born on the cusp of spring and summer, June babies are often outgoing and friendly. Known as social butterflies, charismatic June babies easily draw everyone's attention, making them attractive both inside and out.

Most people born in June fall under the sign of Gemini, which means they frequently see both sides of an argument. As a result, June-born people are forgiving and generous. Their Gemini-ness, however, means that they can also be indecisive.



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 follow the five safety tips below in order to better protect your 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.

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

2006 Renault Grandscenic 7 seats 1.5 dci very good conditions and maintenance

2300€ - 5% to Friendship Hospital Paphos

More info: 96697633 Domenico (Mimmo) Chille

By Mae – Feb 2016

Life is too short to be wasted.

It passes just once, so make the most out of it.

Live life the way you want it to be.

Live it to the fullest, feel free!

Live as the sun shines in the sky.

Live as high as the birds can fly.

Live as the colours of a rainbow.

Live as far as the clouds can go.