



**GROW BOLD**

**OCTOBER/NOVEMBER  
2019**

## **C3A COMMITTEE**

**2018 -2019**

### **Chairman:**

Thanasis (Dan) Tsirikos

### **Secretary:**

Nigel Howarth

### **Treasurer:**

Mimmo Chilli

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

**Communications:** Paul Costerton    **Editor** Claudine Snell

Jane Webster

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## **THE C3A NEEDS YOU**



Our Annual General Meeting is less than three months away and the C3A needs volunteers to stand for the Committee if the C3A is to continue.

Our Chairman, Dan Tsirikos, will be standing down having served 3 years in office.

Our secretary, Nigel Howarth, will be standing down after seven years serving on the Limassol and Association Committees.

Following a personal tragedy our Group Co-ordinator, Joyce Willett, stood down and Sue Tsirikos held the fort until last year's AGM in November. But we now need a volunteer to take up the reins.

Last year the Limassol Branch was merged into the Association due to a lack of volunteers to run its Committee. Members are happy to enjoy pursuing their interests in the various groups on offer and attending social activities but seem reluctant to get involved further. Please consider putting your name forward for vacancies on the committee and help take your C3A forward in the year ahead.

To whet your appetite, there are a few exiting things going on at the moment:

- A visit from a group from Greece who are looking to set up the first U3A in Athens next year.
- Visits by a number of our members to study U3As in Malta and Slovenia. This is being funded by the European Union's Erasmus+ programme for education, training, youth and sport.

Don't worry, you will not be dropped in at the deep end as both Dan & Nigel plan to be on hand to help and advise the new committee members.

# 50%

## ARE YOU ONE OF THE 50 PER CENT?

**Are you one of the 50% of the British nationals resident in Cyprus who does not have the required documents to enable them to remain in Cyprus post-Brexit?**

If so, it is imperative that you are correctly registered with the immigration authorities with either MEU1 or MEU3 if you wish to remain in Cyprus post-Brexit

*Brown Alien Registration (ARC) books, stamps in passports & old Immigration Permits issued before Cyprus joined the EU are obsolete and no longer valid.*

If any of your friends/acquaintances are not correctly registered, please encourage or help them ensure they are correctly registered.

In the event of a **No Deal** the Cyprus authorities have given a grace period until the end of December 2020 for British residents already in Cyprus who have not yet registered and those that arrive in Cyprus before 31st October 2019.

Despite the grace period, the British High Commission recommends that people formalise their residency status at the earliest opportunity and reiterate the fact that *old brown ARC books, stamps in passports & old Immigration Permits issued pre Cyprus joining the EU are obsolete.*

After 31 December 2020, existing MEU residency documents may be replaced by a smaller residency card or other form of documentation.

In the event of a **Deal**, the previous agreement on Citizens Rights will stand, with a transition period up to the end of December 2020; this also covers new arrivals into Cyprus up to the end of the transition period (originally published in August 2018, albeit based on EU Exit being 29th March 2019): [See Citizens Rights in a deal scenario](#). The Cyprus Civil Registry and Migration Department has published [guidance concerning residence rights in the Republic of Cyprus in both Deal and No Deal scenarios](#).

The High Commission has published guidance at '[Living in Cyprus](#)' which covers [Brexit](#), [residency](#), [healthcare](#), [driving licences](#) etc.

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## USEFUL WEBSITES

**The Retirement Advice Centre** - 'Taking care of tomorrow today'

**Webopedia** - Extremely useful site if you are struggling with computer jargon

**Age UK** - The UK largest charity working with older people

**Citizen Advice** – For a wealth of very useful information

**The Old Farmer's Almanac** – If you love Gardening you will love this site

**Arthritis Research UK** – Useful website helpful and informative

**Osteoarthritis** – Good informative website

**Glaucoma** – The international Glaucoma Association

**Stroke** – NHS Choices

**Action on Hearing Loss** – The statistics

**Tinnitus** – NHS Choices

**Bowel Cancer UK or NHS UK** – Bowel Cancer

**NHS UK Dementia Guide**

**Prostate Cancer**

**Resources for Older People** – Provide useful leaflets and advice

**Virus Total** – Free online services that analyses *suspicious files and URLs* and facilitates the quick detection of viruses, worms, trojans and all kinds of malware

**TrueKey or LastPass** - sign in without passwords

**Everplan** – How to handle the digital life that you'll leave behind, very informative. Citizens Advice has help on this subject

### MISTAKEN IDENTITY?

A young lady walks into a supermarket and on her way around she sees the bloke who had his wicked way with her the previous evening, after they had met in the pub. He was stacking washing powder boxes onto the shelves. 'You lying toad' she yells 'last night you told me you were a stunt pilot.'

'No' he says, 'I told you I was a member of the Ariel display team.'

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### FRIENDSHIP GROUP

Although there were only six of us for this month's meeting, as you can see, we had a very enjoyable visit to the Olive Museum just outside Anogyra village, with very friendly and knowledgeable staff on hand to answer all our questions. A cold drink followed by a video presentation on the history of the Olive left us convinced that from this day forward we are going to improve both our health and our looks by introducing it more into our diet! Luckily, the weather was kind and we had a pleasant and instructive wander around the museum and the grounds. Then followed lunch on the terrace, with a glass of wine and a satisfactory end to a really interesting day.

We are all looking forward eagerly to next month's outing which will be what has become the annual Spy-Drive. Organised, once again, by Paule and Derek Dunnachie who have already mapped out the route which, since they have only just returned from a long holiday in the UK, is no mean feat. Who knows where they are planning to lead us this time!

I will end out a reminder nearer the date, but members should put Thursday 19<sup>th</sup> October in their diary.

*Mair*



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### THE BRIDGE GROUP



The Bridge group has lost a few members during the course of this year and we would really like to welcome some new faces.

We are a very friendly mixed group of some who joined as complete beginners, knowing nothing of the game, and others who wanted to play without any pressure, just for the fun of it. Thus, some just get on with it, but there is a table for the 'improvers' who like to be able to ask for help at times.

Anyone interested in learning the game from scratch will have a couple of private lessons at a time and place mutually convenient and definitely not be thrown in at the deep end!

Julian Kirkup

## SEA 3 A

May I start by thanking everyone who arrived in good time. You got my day off to a stress-free start. You also got the best of the seating!! Before the tourists arrived.

We were welcomed with drinks of our choice. No "Sangria or Mocktails". We sailed on time and headed out into a fresh breeze with pleasant background music played throughout the cruise.

There was a slight swell, but the catamaran is so stable that the only spilled drinks were knocked over!!

The crew were very attentive, and drinks were offered all day. Very acceptable wines, beer, soft drinks and spirits for those who wanted them.

We headed out to Ladies' Mile and anchored for swimming and snorkelling. The crew floated out guide lines to indicate the safest area and the water was deep enough for a couple of brave souls to dive off the top deck!!

The skipper let us pose for photos by the wheel. (But not while we were moving!!)

Next, we moved to a very sheltered cove and lunch was served. Buffet style. Bread, salad, fish, pasta, chicken, roast potatoes and mixed veggies, followed by water melon and honeydew. There was plenty and some had second helpings. When everyone had finished, I begged a bit of leftover chicken to take for my cats!!

While we were eating, we were entertained by the RAF. I do not know if it was several jets coming in to land, or the same one doing circuits, but we enjoyed seeing it. We were also scanned by a helicopter. Some of us waved!!

We then went along to another safe place to swim and finally back to the Old Port.

I would like to thank all the people who told me how much they enjoyed it. Makes the work worthwhile.

Barbara Baikie







**ENVIRONMENTAL GROUP  
MEETING  
MONDAY 21<sup>ST</sup> OCTOBER 2019  
To be held at  
Akrotiri Environmental &  
Education Centre  
1pm - 3pm**

I am delighted to welcome Member of Parliament Mr Charalampos Theopemptou, from the Cyprus Greens-Citizens Cooperation party to our meeting on Monday 21<sup>st</sup> October who will speak, and discuss, with us **Global Warming and the effects it will have in Cyprus**. Also, his views on all things Environmental including sustainable building development on the Island and in particular the amount of high rise building development taking place in Limassol.

The proposed golf complex at Limni and the building of a Pafos Pollis Motorway – are they necessary and will they go ahead? His views on the tree planting initiative in Cyprus being talked about at the moment.

Mr Theopemptou has been the representative of the Nicosia district for the Green Party since 2016. He is Chairman of the House Standing Committee on the Environment. Also, a Member of the House Standing Committee on Agriculture and Natural Resources. He was the Commissioner of the Environment from July 2006 – February 2013.

This meeting is open to all C3A members. If you would like to come along, please contact me by e-mail.

[Sue.tsirikos@cytanet.com.cy](mailto:Sue.tsirikos@cytanet.com.cy)

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#### **APPLYING TO VOTE BY PROXY**



If you're a British citizen living in Cyprus and entitled and registered to vote in the UK, you can apply to vote by proxy for a particular election or referendum.

Voting by proxy will overcome delays in voting by post, which resulted in many postal votes arriving too late to be counted at the last election.

If you wish to vote by proxy, information and forms may be found on the GOV.UK website at [Apply to vote by proxy if you're living overseas](#).

Note. To be entitled to vote in a general election or referendum you must be resident at an address in the UK (or a British citizen living abroad who has been registered to vote in the UK in the last 15 years).

## MEETING OF TWO CULTURES

Four artists from Cyprus and Turkey join in a musical journey and coexist through works of Greek, Cypriot, Turkish and Russian composers, demonstrating that the power of music is stronger than our differences. Manolis Neophytou-piano, Orfeas Hiratos (Cyprus)-clarinet Canan Kocaay Camurtas-piano (Turkey-Switzerland), Ayse Karaoglan (Turkish-Cypriot) violin , give a joint concert that unites cultures.

They are going to present music from the greek movie ***Politiki Kouzina***, works by Mikis Theodorakis, Manos Hadjidakis, Stamatis Spanoudakis, Kostas Kakoyiannis, George Karvellos, Michalis Andronikou, the 2<sup>nd</sup> suite for two pianos by Sergei Rachmaninoff, the valse no2 by Dmitrii Schostakovitch, Ballades by the great Turkish pianist and composer Fazil Say and other works.

**Meeting of 2 cultures**

**NICOSIA, PALLAS THEATRE**  
Wednesday 16<sup>th</sup> October  
at 20:30

**LIMASSOL, PATTICHIQ THEATRE**  
Thursday 17<sup>th</sup> October  
at 20:30

**The programme includes music from the greek film Politiki Kouzina, ballades by the Turkish composer Fazil Say, Suite no2 for two pianos by Sergei Rachmaninoff and other works**

Four artists from Cyprus and Turkey join in a musical journey and coexist through works of Greek, Cypriot, Turkish and Russian composers, demonstrating that the power of music is stronger than our differences

**Manolis Neophytou**  
PIANO

**Orfeas Hiratos**  
CLARINET

**Canan Kocaay Camurtas**  
PIANO

**Ayse Karaoglan**  
VIOLIN

ENTRANCE: **12.00** ADULTS **10.00** STUDENTS UP TO 18 DURATION: **90** MINUTES

TICKETS & INFORMATION:  
**SOLDOUT TICKETS**  
99580982

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'DO YOU ENJOY SINGING BUT THINK YOU'VE NOT GOT 'A VOICE'?'



Would anyone like to join a group just to sing, with no pretensions to being good, just to have fun?  
And singing is good for the body & soul.....

Mornings, Wednesdays or Fridays in Limassol somewhere (or at my house in Parekklesia) Penny Douglas

[penny@cyprusmagic.com](mailto:penny@cyprusmagic.com)

25634487 99304237



By staff Medical references reviewed: August, 2018

Music is an art, entertainment, pleasure, and ... medicine for the body and soul. Playing music is one of the few activities that involve using the whole brain. Music is intrinsic to all cultures and has surprising benefits not only for learning language, improving memory and focusing attention, but also for physical coordination and development.

Not all types of music have favourable effects, however. Too loud or too jarring music can be distracting, and can compete for our attention with what we're trying to do. But for the most part, exposure to music, specifically classics, has beneficial effects:

#### **Music heals**

#### **Pain relief**

Overall, music does have positive effects on pain management. It can help reduce the sensation as well as distress of both chronic pain and postoperative pain.

It may be difficult to believe, but music can help to reduce pain, chronic actually, resulting from several conditions, like osteoarthritis, disc problems or rheumatoid arthritis, by up to 21%.

Music therapy is increasingly used in hospitals to reduce the need for medication during childbirth, or to decrease postoperative pain and complement the use of anaesthesia during surgery.

There are several theories about how music positively affects perceived pain:

- 1. Music produces revulsive effect
- 2. Music may give the patient a sense of control
- 3. It causes the body to release endorphins to counteract pain
- 4. Slow music relaxes by slowing breathing and heartbeat

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### **OCTOPUS STIFADO**



Although live octopus is a delicacy in some parts of the world, like South Korea and Japan, I prefer to eat it cooked. Grilled octopus with fresh salad makes an excellent meal during the hot summer months, while an octopus stifado/χταπόδι στιφάδο makes a tasty warming meal in the cooler months of the year.

I learnt how to make the stifado (stew) several years ago at a C3A cooking group run by a Cypriot woman in Ypsonas. I expect some of our longer-serving members will recall how we sat around her kitchen table while she showed us how to cook numerous local dishes.

Here's how to cook an octopus stifado – enough for two people.

#### **Ingredients**

- 1 kg frozen Octopus (sounds a lot but there's a lot of liquid in an octopus)
- 2 bay leaves
- 1 tablespoon tomato paste
- 2 tablespoons red wine vinegar
- 1 glass red wine
- $\frac{1}{3}$  glass olive oil
- 1 teaspoon ground black pepper
- 5 small onions finely chopped
- $\frac{1}{2}$  teaspoon allspice berries crushed

#### **Method**

Defrost and clean the octopus. Remove the hood (head) turn it inside out and remove any undesirable looking parts. Cut the hood into three or four parts and separate the tentacles and cut them into bite-size pieces and wash thoroughly.

In a saucepan add the olive oil and the finely chopped onions and sauté for about 10 minutes until soft.

Turn the heat up, add the octopus and sauté for about 5 minutes or until the octopus starts to release its juices. Add the tomato paste and garlic and sauté for another minute.

Add the red wine vinegar, bay leaves, black pepper and allspice berries and turn the heat down, put a lid on the saucepan and allow the stifado to simmer on a VERY low heat for 30 minutes or until the octopus is tender.

Check and stir it regularly. If it thickens and starts to stick to the saucepan, add a little water.

Thank you  
Nigel



## THE PHOTOGRAPHIC GROUP



CHRIS'S BEACH BAR - CURIUM

During the summer break several of our group got together at different venues, Curium, Ladies Mile, Pissouri and Avdimou. A few of us would sometimes stay for lunch. It meant that those of us who did not go away for the summer season or were entertaining visitors could still enjoy spending time together.

### A VISIT TO LATCHI

Six members of the Photography Group (group leader Claudine Snell, Dan and Sue Tsirikos, Peter and Irmi Sheldrake and Eileen Sandford ) visited Latchi on 17th - 19th of September. It was a trip combining a visit to Lara Bay to see newly hatched turtles, photo opportunities galore both there and at Latchi. There was also a visit to the site of the planned, controversial, development of a hotel and golf course plus houses at Limni, adjacent to a turtle beach. We also celebrated Peter and Irmi Sheldrake's 66th wedding anniversary. All diets went out the window when everyone devoured a delicious chocolate cake! At Lara Bay we were met by Andreas from the Ministry of Fisheries who turned up complete with a bucket containing 5 turtle babies, 2 of them the endangered green turtle and 3 of the Caretta Caretta variety. We were allowed to handle them and Andreas explained that after the majority of hatchlings had dug their way out of the nests and headed for the sea, the staff of the Ministry searched the nest sites, take a count of the empty eggs and often find baby turtles that were too weak to dig their way out. The latter are hand-reared (they are fed chopped up squid) and released to the sea when strong enough. Four of our group took a boat trip from Latchi port to the Blue Lagoon where more photos were taken, and our chairman Dan Tsirikos actually took to the water for a quick swim.



THE TURTLE CONSERVATION STATION AT LARA BAY



BOAT TRIP TO THE BLUE LAGOON



CELEBRATING PETER AND IRMI'S 66TH WEDDING ANNIVERSARY

### ON THE GREEN LINE – SCHOLARS & SAINTS

Dodging National Guard exercises Dr. Despina Pilides and her team from the Dept. of Antiquities continue their six year quest to understand the archaeology of the Bronze Age buildings and fortifications in the vicinity of Agios Sozomenos near the Green line south of Nicosia.

Close by; the ruined village of Agios Sozomenos lays testament to the 10<sup>th</sup> century Saint, the mixed community and the eventual abandonment after the 1964 intercommunal strife, stoked by outsiders, which eventually forced the inhabitants to leave.

The Archaeology Group's September meeting was led by Dr. Despina at the Bronze Age site followed by a picnic at the village of Agios Sozomenos.

The current excavations focus on a line of forts on a plateau overlooking two sites. One of the forts known as Nikolides overlooks the entire valley in all directions and was of strategic importance in the control of resources. A circuit wall surrounds the big hill and the fort was double walled with a tower and built with huge ashlar stones. Below, two sites have been identified.

"Ampelia", which had been destroyed by fire after being abandoned, was a large building on a small hill with a roof and gypsum plaster floor; also a cobbled courtyard. Part of the building was used to store barley, figs, raisins and almonds in huge pithoi.

"Dizirpoulos" on the other side of a stream, probably part of the same settlement, was a workshop area. Evidence has been found of pottery, textile and metal workings.

Agios Sozomenos of Potamia was a Byzantine Saint believed to have come to Cyprus from the region around Palestine during the Arab raids bringing a flock of other Christians with him. Above the village he created a hermitage carved out of a steep rock which contains his tomb and was decorated with superb murals from his life which have been moved to the Byzantine museum. He is credited with miracles of healing and still venerated today. There is also a small church dedicated to him in the village and another incomplete gothic church of Saint Mamas.

As Curator of Cyprus Antiquities, Dr Pilides is responsible for the island's museums; she promotes the renovation of museums, the creation of new ones and the organisation of periodical exhibitions. She is also responsible for the protection of Underwater Archaeology. For 14 years she was responsible for the excavation on Pasydy Hill Nicosia believed to have been the site of the Iron Age Kingdom of Ledra. The Antiquities Dept. led strong opposition to plans to build the new Parliament building on the site but eventually a compromise has protected the important excavation with a site museum and educational centre on the Hill of Agios Georgios alongside the Parliament Building.

(By Pat Howarth- Leader of the Archaeology Group)



### THE PROFESSIONAL

A woman received a call that her daughter was sick. So, she stopped by the pharmacy to get medication, got back to her car and found that she had locked her keys inside.

The woman found an old rusty coat hanger left on the ground. She looked at it and said 'I don't know how to use this. 'She asked God to send her HELP.'

Within five minutes a motorcycle pulled up. The man got off of his cycle and asked if he could help. She said 'Yes, my daughter is sick. I've locked my keys I my car. I must get home. Please can you use this hanger to unlock my car?'

He said 'sure' He walked over to the car, and in less than a minute the car was open. She hugged the man and through tears said 'Thank you SO Much! You are a very nice man.'

The man replied 'Lady, I am NOT a nice man. I just got out of prison yesterday, I was in there for car theft.'

The woman hugged the man again sobbing, 'Oh, thank you God! You even sent me a PROFESSIONAL!'

## U3A ALLIANCE AUSTRALIA



The U3A Alliance Australia is the national face of the U3A movement in Australia, bringing together the State and Territory networks of U3A groups throughout the country.

U3A (University of the Third Age) began in Australia in 1984, in Melbourne, and spread rapidly to other parts of Australia. U3As were established as autonomous groups, with their own administration and curriculum according to the needs and interests of each group. There are now about 300 U3As in Australia, with about 100,000 members. Over time, these groups began to appreciate the importance of networking, and to form incorporated Network organisations on a State-wide basis. Almost all U3A activity takes place at a local or State-wide network level.

The U3A Alliance Australia was formed in 2010 to foster co-operation and exchange of information between the Networks, and to advocate for the U3A movement at a national level where deemed appropriate and necessary. The Alliance works through a Memorandum of Understanding which recites its Vision, Objectives and Activities.



### Sat nav. A new poem by Pam Ayres

I have a little Satnav, it sits there in my car.  
A Satnav is a driver's friend it tells you where you are.  
I have a little Satnav, I've had it all my life.  
It's better than the normal ones, my Satnav is my wife.  
It gives me full instructions, especially how to drive  
"It's sixty miles an hour", it says, "You're doing sixty five".  
It tells me when to stop and start, and when to use the brake  
And tells me that it's never ever, safe to overtake.  
It tells me when a light is red, and when it goes to green  
It seems to know instinctively, just when to intervene.  
It lists the vehicles just in front, and all those to the rear.  
And taking this into account, it specifies my gear.  
I'm sure no other driver, has so helpful a device.  
For when we leave and lock the car, it still gives its advice.  
It fills me up with counselling, each journey's pretty fraught.  
So why don't I exchange it, and get a quieter sort?  
Ah well, you see, it cleans the house, makes sure I'm properly fed.  
It washes all my shirts and things, and keeps me warm in bed!  
Despite all these advantages, and my tendency to scoff,  
I only wish that now and then, I could turn the !!!!! off.