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GROW BOLD



CHRISTMAS 2019

C3A COMMITTEE

2019 -2020

Chairman:

Thanasis (Dan) Tsirikos

Secretary:

Claudine Snell

Treasurer:

Mimmo Chille

Groups Coordinator: Cleo Kyriakidou **Membership Secretary:** Barbara Johnson

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

Publicity Officer: Jane Webster

Pat Boden

MESSAGE FROM THE CHAIRMAN

In line with our Constitution the chairman has to stand down after three years of service. Therefore, I did not stand for re-election. The membership was informed in advance and members were urged to nominate new candidates for the post. Sadly, no one came forward, so, reluctantly I agreed to stand for a further year as provided for by the Constitution – in the absence of any other candidate.

I stood for two reasons only: Firstly, because I could not see the Association floundering leaderless and secondly because I wanted to complete the Erasmus+ project, which will be completed in 2020.

I want to pay tribute here to our retiring Secretary, Nigel Howarth, for his work on behalf of the C3A including his important help in drawing up our updated Constitution, liaising with our lawyers and the Ministry of the Interior. I thank him also, along with C3A member Koula Papadopoulou, for helping me draw up our Erasmus+ project. Nigel stood down as Secretary but remains on the Committee.

Here I must welcome our new Secretary, Claudine Snell who also leads our Photography Group and edits our magazine “Grow Bold”. I am sure she will ably discharge her new duties.

Welcome too goes to Cleo Kyriakidou, our new Group Co-ordinator replacing Joyce Willett who has left Cyprus after the sad loss of her husband. Cleo is well known to the C3A and once was the Group Leader of the Greek Conversation group. New to the Committee is Pat Boden, Group Leader of the Family History Group. I welcome her and also Pamela Calver who, at the AGM, volunteered to assist me in my duties as required.

I am very optimistic for the C3A and its future! Our various groups are offering great value to their members, our reputation within Cyprus is growing, we are expanding our links with Cypriot organisations (mostly, but not only, within the Environmental NGOs) as well as abroad (Greece, Malta, Slovenia). My thanks, as always, to our tireless team of Group Leaders who do a sterling job delivering their subjects to their members. Our main weakness remains the reluctance of members to come forward to serve in Committee positions. We must find ways to address this.

Meanwhile, in the spirit of the approaching Christmas and New Year holiday may I wish all of you Seasonal Best Wishes and a prosperous New Year. **Dan**



As we bid farewell to one decade and look forward to the next, we reflect back on celebrations from a century ago and the years following World War 1.

Christmas in the 1920

The world has changed a lot in the last 100 years. In December 1919, average life expectancy was about 54, no one owned a television and Britain was preparing for its first proper post-war festive celebration. While Christmas 1918 had been tinged with the recent end of World War 1, 1919 promised to be a different affair, filled with hope for the future. *Grantham Journal* reported: 'Christmas 1919 will rank as one of the most noted in the annals of the world. It will be a Peace Christmas realised as never before.' The festive season would be a time for family, friends and fun, and this celebratory spirit continued through the 1920s. As we reflect back on Christmases from this era, it's remarkable to see how little has changed today.

During World War One up to 12 million letters a week were delivered to soldiers, many on the front line. The wartime post was a remarkable operation, writes ex-postman and former Home Secretary Alan Johnson. When a soldier on the Western Front wrote to a London newspaper in 1915 saying he was lonely and would appreciate receiving some mail the response was immediate. The newspaper published his name and regiment and within weeks he'd received 3,000 letters, 98 large parcels and three mailbags full of smaller packages. Had that soldier had the time to respond to every letter he could have done. Wherever he was fighting, his reply would have been delivered back to Britain within a day or two of posting.



Father Christmas drops by the London Maternity Home. They all share the special birthday of December 25th.

**May your home be filled with joy and love
This Christmas season.
Wishing you a wonderful holiday!**

ENVIRONMENTAL GROUP



We had a most informative and interesting talk from Mr. Theopemptou, MP from the Green Party and a previous European Commissioner.

His talk on Global Warming and how it is expected to affect Cyprus started on a general Worldwide view of the problem. First scientifically there is absolutely no doubt that Global warming is happening, the reduction in size of the polar regions as the glaciers melt and less snow falls is already giving a big problem to the polar bears.

CO2 emissions are growing rapidly and the mean air and sea temperatures are rising.

Sea levels are rising by up to 3mm a year and the Polar caps melting. The Mediterranean is not too much of a problem at the moment, but the most significant rise is in the Eastern Med (where we are!)

Predictions for Cyprus over the next 3 years will be reduced rainfall, higher temperatures, which will cause more fires. Forecasts for 2012-2050 will be a rise in temperature of 3.4°C and for 2071-2100 at least a 5% increase.

There will be less snow in the winter and a faster melt with a 25 day increase to summertime as well.

We need to take on board that with the predicted hotter night temperatures there will be a higher rush of tropical insects, mosquitoes carrying Dengue fever and West Nile disease. New invasions of unwanted sea fish including Lionfish and rabbit fish and an increase of jellyfish.

Of course, with the decrease in rainfall we will start to see the deforestation of the Island due to loss of trees and vegetation (lack of water and more fires), serious problems for farmers and local food production and a reduced water table and more salinity of the water.

We must ALL now start to think seriously of what we as individuals can do to help reduce and slow down the effect of global warming - most importantly –plant trees – collect what rainwater we can to water new trees we plant etc.

We ran out of time to discuss the very many questions that Mr. Theopemptou wanted to answer, and we will be asking him back again early next year, probably to an Open Meeting where we can have a larger audience and most importantly a bit more time.

Sue Tsirikos, October 2019



Paddy McCoy, an elderly Irish farmer, received a letter from the Department for Work & Pensions stating that they suspected he was not paying his employees the statutory minimum wage and they would send an inspector to interview them.

On the appointed day, the inspector turned up.

"Tell me about your staff," he asked Paddy.

"Well," said Paddy, "there's the farm hand, I pay him £240 a week, and he has a free cottage.

Then there's the housekeeper. She gets £190 a week, along with free board and lodging.

There's also the half-wit. He works a 16 hour day, does 90% of the work, earns about £25 a week along with a bottle of whisky and, as a special treat, occasionally gets to sleep with my wife."

"That's disgraceful" said the inspector, "I need to interview the half-wit."

"That'll be me then," said Paddy!



All 4 One Friendship Group

On Thursday, 21st November, members of the "All 4 One" friendship group went to Vlasides winery just south of Koilani village. The trip was organised by Deirdre Grant-Bjorgo and was very successful. It is a pity more members were unable to join us as we had a super time. We sampled 4 wines. A white, a rose and 2 reds. The wines were accompanied by platters of assorted cheeses with dried apricots nuts and figs. The young lady who was our tour guide was knowledgeable and helpful. The winery is state of the art, modern and in a beautiful location.

Barbara Baikie



PLASTIC PROBLEMS!

Penny Douglas

None of us can be unaware of the 'plastic problem'. Deciding to go 'all out' to avoid plastic, these are some relatively easy things I found (& that you too can do) to avoid the stuff. More and more people are joining the anti-plastic 'bandwagon', so:

Buy:

Loose tea (are you aware of the plastic in the tea bags?).

Shampoo bars (which are actually more economical than that stuff in a bottle) (see websites below).

Soap in plain paper wrapped bars (not the shiny paper).

Water in glass bottles or buy a water bottle to fill at home (see websites below).

Herbs in brown paper bags (not those plastic boxes/bags), or, better still, buy loose...even better, gather them yourself!

When you have to use a pot (eg buying olives) take your own & re-use.

Fetta, anari, cheddar etc: buy from a 'deli' (see websites below), not plastic-wrapped packets.

Toothbrush: a wooden one (see websites below).

Toothpaste: powder, which is very pleasant (see websites below). Or a Miswak stick (see websites below).

Milk (goat's): buy the cartons from Greece (OK, I know that 'costs' in transport) as opposed to the plastic bottles (why, oh why did they stop selling all milk produced here, in cartons?).

Soap-powder: in cardboard boxes, not the heavy-duty /plastic bags or buckets.

Olive oil: get from producers, take your own glass bottle (I know a producer of olive oil if anyone wants some, €5/litre).

Chickpeas, louvi, lentils, etc.: buy loose (they are often locally grown and better quality than the ones in plastic packets anyway). Many fruitarians sell these in bulk.

And what I do:

Try harder to persuade my guests to use a refillable bottle & take water from the mains (& it's cleaner).

Use pencils instead of biro's.

Make my own yoghurt in a glass/china container (it's easy).

Takeaway coffee: carry my own mug in the car (see websites below). The takeaway cups look like paper but are not recyclable.

Buy washing up liquid in 4 litre bottles (that is not a solution, just less plastic/litre). A help is diluting it 50:50 with water, as most people use far too much.

Tooth care: use a Miswak stick (see below). Even better is that they need no toothpaste!

Where? Places (in Limassol):

Loose dried lentils, beans, nuts etc.: Limnia fourtaria: up Ayia Phyla from Makarios Av, on the left & a very good range. Also: The fruitopia in the Ay Athanasios Industrial Estate and many more.

'Loose' fetta, anari, haloumi, cheddar etc... plus walnuts, almonds: Food Parade on Grivas Dhigenis (opposite his memorial ground), Limassol.

Shampoo, toothpaste powder, soap etc. www.vegenero.com ('pick up' near the Germasogia roundabout).

Not plastic, but did you know there's still a deposit on Keo & Carlsberg beer bottles? What (on/for the earth) are you waiting for?!

THE PHOTOGRAPHIC GROUP



The Photography Group celebrated the end of year having Christmas Lunch at the Hill View Restaurant in Pissouri, which as always was excellent. We also held our Annual photo competition and this year's theme was landscape. We were very pleased to welcome our judge Tom Brown and his wife Ann. Our thanks to Tom as he took the time to explain why he had chosen each photo and also gave us a short talk.

The first, second and fourth week of every month we meet at 10am in the Third Age Observatory, Limassol. The third Tuesday of each month we are at the Community Hall in Prastio, starting at 10.30am. If you are a keen photographer, please come and join us. We are all at different levels of experience and there to help one-another. You will be made most welcome. So why not give it a try.

Contact: claudine@snell.wyenet.co.uk



THE WINNER

Congratulations to Ben Cooper - a very worthy winner



SECOND AND THIRD – CLAUDINE SNELL
GIGANTES PLAKI – OVEN BAKED GREEK GIANT BEANS

Koula Papadopoulou

Gigantes Plaki is a traditional Greek recipe which I adopted from a taverna in Thessaloniki I often visited during my student times (a long, long time ago)!

It consists of “giant” Greek beans baked in heavy tomato sauce along with plenty of oregano, which gives a really unique taste. You can serve it as a main dish or as a side dish, warm or cold.

Ingredients

1. 500g giant Greek beans
2. 1 large (or two medium) onion chopped
3. 1 large clove of garlic
4. ½ cup olive oil
5. 1 tin (400g) diced tomato (in summer I replace with 4 big, ripe grated tomatoes)
6. 1 pack (250g) slightly concentrated tomato juice
7. 1 soup spoon dry oregano leaves
8. 2 vegetable stock cubes
9. ½ teaspoon sugar
10. Salt and pepper

Preparation

- Soak the beans overnight. Bring to boil in a big pan, in plenty of water. Twice discard boiling water to get rid of the foam that causes bloating. Continue cooking in plenty of water. Add 2 cubes of vegetable stock. Do not add any salt at this point.
- Boil until giant beans are tender and well cooked.
- Chop the onion. Put in a saucepan with half the olive oil and cook for a few minutes until onions are soft but not cooked. Add the garlic, the can of diced tomatoes and sugar. Simmer until the sauce thickens.
- Mix cooked giant beans with the sauce in a deep oven proof ceramic dish, add some liquid from the pan, enough to cover the beans. Add the rest of the olive oil, tomato juice and dry oregano leaves.
- Cover the dish with aluminium foil and cook in the oven (180 degrees) for about one hour and fifteen minutes. Remove the aluminium and cook for five more minutes in order to allow for the beans to form a light crust.
- Before serving, add a little olive oil on top. Serve in the plate on its own or you may put a toasted slice of Cyprus traditional bread on the plate and ladle some beans and sauce on top. Serve with salad and Greek Feta cheese.

I love the versatility of this classic recipe as I can change the quantities of ingredients depending on the tastes of my guests and whether it will be served as a main dish or a side dish.

Served as a side dish.

It can be cooked the day before. Highly recommended. Remember that different dishes in Greek and Cypriot tavernas are prepared in advance. Allow for more sauce as beans will absorb most of the liquid until the next day. Serve cold.

Served as a main dish.

You can add some diced carrots and celery before you put them in the oven. Allow for more runny sauce and add less oregano. You can freeze any left-overs and save for another day.

“I hope you enjoy Gigantes Plaki and as much as I do and as much as my local and not local guests do!”



Thank you Koula

Why the tax year starts on the 6th April by Pat Boden

The Family History Group meets in Kolossi the middle Wednesday of each month.

We have people just starting their family tree as well as experienced researchers, we all have something to learn and discuss. Every month we start with a topic which will hopefully help everyone. I give out a handout about the topic; an example of this is about the change in calendars relevant when researching parish documents of the era. I have edited it to take out the references to dating alterations in the parishes, so it is of a general interest.

Change from Julian to Gregorian calendar

The Julian calendar was replaced because it did not properly reflect the actual time it takes for the earth to circle the sun, known as a tropical year. The original goal of the Gregorian calendar was to change the date of Easter.

In 1582, when Pope Gregory XIII introduced his Gregorian calendar, Europe used the Julian calendar, first implemented by Julius Caesar in 46 B.C. The Gregorian calendar replaced the Julian calendar in Catholic countries in 1582, Protestant and Orthodox countries followed later.

In England, Wales, Ireland and British colonies the changeover occurred in 1752 under the British Calendar (New Style) Act, 1750 and the Irish Parliament's Calendar (New Style) Act, 1750.

In Scotland the legal start of the year had already moved to the 1st January in 1600 but otherwise Scotland still used the Julian calendar. In the rest of Britain the 1st January was the New Year Festival, but the year started on the 25th March and was called the Civil or Legal Year, this was on Lady Day.

Lady Day celebrates the day when the Virgin Mary learned that she had immaculately conceived Jesus. Beginning in 1155, 25 March was celebrated as the start of the New Year in England. During the Tudor reign the holiday was called Lady Day.

Through the enactment of the act it was necessary to correct the year by taking away 11 days, Wednesday 2 September 1752 was followed by Thursday 14th September. However, the introduction of the new calendar and the loss of the eleven days in 1752 meant to avoid losing eleven days of tax revenue the tax year needed to start on the 5th of April. The start of the year-Old Style was 25 March would now become the 5th April New Style. A twelfth day was skipped on leap day in 1800 so the tax year was changed to start the 6th April and has remained there since 1800.

'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 Parekkklisia) Penny Douglas

penny@cyprusmagic.com

25634487 99304237



Decanters for sale to save them from cats!!

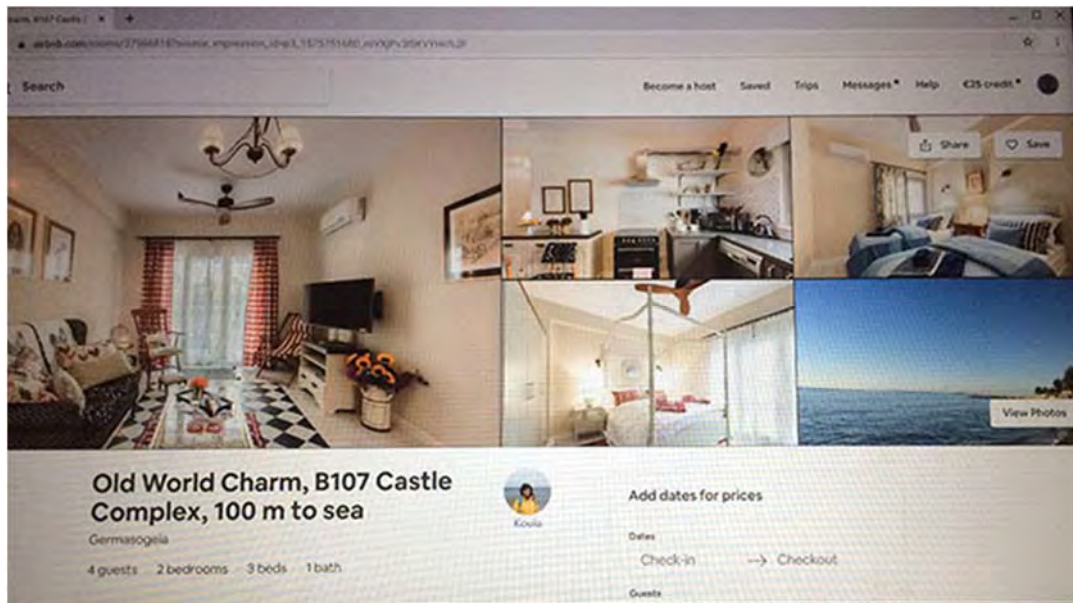
1 crystal decanter 25 euros
2 cut glass decanters 15 euros each
All 3 for 50 euros.
All in perfect condition.

Barbara Baikie Tel. 97 617423.



Airbnb short term rental in Germasogeia, Limassol!

For more information please contact Koula, through Airbnb or directly Koula.papadopoulou@gmail.com



This non-smoking, two-bedroom apartment is situated at a preferential site of Limassol, one hundred meters to the seashore, in the heart of the cosmopolitan Germasogeia tourist area is an easy stroll to a selection of desirable amenities. Just 5 minutes' drive from the apartment or a couple of bus stops along the beach front road, there is a choice of organized sandy beaches.



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.

RULES FOR THE USE OF THE LOO

1. If the lock does not work, please sing loudly.
2. Ladies: please remain seated during the whole performance.
3. Gentlemen: please stand closer – it's shorter than you think.
4. Please use both sides of the paper (one ton of paper = 16 trees)
5. Writing on the walls automatically becomes our copyright.
6. Please do not throw matchsticks down this toilet as the crabs here can pole vault.
7. Theme for mediation: Confucius say, "Swinging chain denotes warm seat."
8. Please don't meditate: evacuate.





**FROM OUR HOUSE TO YOURS WE WISH YOU A VERY HAPPY CHRISTMAS
AND ALL THE VERY BEST FOR 2020**

Claudine and Rosie

