

GROW BOLD

LEARN, LAUGH AND LIVE

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C3A Magazine

Autumn 2021

Letter from the Chair

Dear Fellow Members,

I hope you are all well and in good spirits. Welcome back to those who have been abroad and, especially to those of us who have spent the summer here, here's to enjoying some cooler weather and regaining our energy.

The All For One Friendship Group got the ball rolling with their second Catamaran Trip this year on 9th September, which was thoroughly enjoyed by all. The Gardening Group has also met and they have planned a visit to a garden in Galata later this month. The Archaeology Group is meeting in Larnaca on 7th October to visit the Viaduct and the Committee have had their first meeting since the summer break. Things are happening!

There's a lot going on in Limassol for those who want to resume going out. Both the Pattichion and Rialto theatres are open and they have full programmes planned. The ISFFC (International Short Film Festival Cyprus) is on at the Rialto from 9th to 15th October. Entrance is free, but you must book in advance. The Kypria Festival continues and the Wine Festival is on from 8th to 17th October. Things are getting back to normal and we need to forget the isolation imposed by Covid and get out more.

The C3A AGM will be taking place on 5th November. Details will be sent out later, but I would encourage you to attend and also consider whether you would like to join the Committee in some capacity. We need a Groups Coordinator and a Social Secretary, but you can also be co-opted so as to help out and get experience of how things are done.

I wish you all a happy and healthy Autumn.

Cleo Kyriakidou

Chair

Disclaimer

While the C3A Grow Bold editorial team has taken reasonable care when accepting articles for publication, any action taken by its readers on the basis of the information provided is entirely at their own risk.

A highly productive lockdown for a composer



Some of you may know of the C3A Music Appreciation Group's first live piano recital in June 2015, at which the Russian pianist friend of mine, Tatiana Stupak played, at my suggestion.

That led to her turning professional and opening a music school in Limassol. We have worked closely together since that first recital, inspiring each other to greater things.

She has performed at more than 80 events, and I have been inspired to compose more piano music; although I began in a very small way in 1999, the bulk of my work has taken place since 2015, when effectively a second major career started for me at age 75.

2020 was notable, in that the lockdown for me was not much of a disadvantage. In fact it 'forced' me to write more music. During that year, I published 27 works, out of my current total of 57.

Also during 2020, I was persuaded to have some of my compositions recorded and published. This presented some apparent difficulties, because of Covid, because the theatres were closed.

However, the Pattihio Theatre was allowed to open, not as a theatre, but as a recording studio. So we took advantage, and Tatiana recorded 16 of my compositions. I did not want to be left out of my first music album, so I recorded just

A highly productive lockdown for a composer

one token piece as composer. I would have liked to have played more of the works myself, but some arthritic fingers made that impossible.

After four recording sessions, we had enough material to make an album. I did the sound recording myself, after buying a good sound recorder. The most difficult tasks for me were then to follow: how to edit sound recordings, how to do mastering, and how to get the recordings on a computer into a form suitable to send to a CD manufacturer.

Tatiana and I decided on the content of the booklet to accompany the CD, and I used the CD manufacturer's designer, to transform our design into a form ready for printing.

Having done so much myself, I then considered establishing a record label for myself. But then, I thought that there would be not much point in doing this, at my age. It would be better for Tatiana to have a record label, which she could use for decades to come.



So I set up Stupak Records, with a lawyer's help, and I also established www.stupakrecords.com.

Then I created four 2-minute promotion videos on YouTube, of the 17 tracks on the CD, with extracts from each composition, and I arranged for these to be available to listen to, from the above website.

We fixed on an official launch date for the album: 22nd September, to coincide with Tatiana's next concert on that date - the first ever concert at the Limassol Marina's Heliport.

I can hardly believe what I have done since age 75, and now at age 81, I have produced my own first music album. I wonder if there will be more: there is enough unrecorded music to make two more albums, but it is an expensive and time-consuming process. If we make more albums, I shall not be able to compose much more music – a dilemma with which I must grapple.

David Pentecost

A life on the ocean wave



On Thursday 10th June, the "All for One Friends Group" organised what has now become the annual Catamaran Trip. The event is open to all C3A members and friends. €40 including all food and drink!!

The day dawned, as days do, bright and sunny with a fresh breeze.

Thanks to Paul Costerton for advertising the details, 19 of us gathered on the dock.

When I phoned on Monday to finalise the details Maria said they could not sail.

I said "I've got 20 people looking forward to this." "If you have 20, we can do it!" So there we were!

I must thank and congratulate everyone for being in good time. Makes my life easier. Also thanks to Nigel for the photographs.

The catamaran is a very stable vessel and the slight swell caused by the wind was no problem.

We sailed along the coast past Ladies Mile and along the Akrotiri peninsula. We pulled into a sheltered bay and the brave ones went swimming, while the rest of use chilled out with drinks and conversation.

There was discreet background music.



A life on the ocean wave

The captain gave us a choice of staying in the sheltered bay or moving along the coast where it would be breezier. The decision was unanimous and we stayed at anchor.



Lunch was a very generous buffet of salad,ourgouri, coleslaw, Cyprus' answer to burgers, chicken and roast potatoes. Second helpings were available and I think I can safely say that everyone had enough to eat.

It was so good to be able to socialise and catch up with people after so long. It was very relaxing and enjoyable.

People's reaction was so positive that I offered to repeat the event in September.

The second catamaran trip took place on Thursday 9th September.

As in previous trips we went along the coast to Akrotiri peninsula where we anchored in a sheltered spot for swimming.

This trip we had the additional treat of an RAF helicopter on an exercise. They landed and 2 people got off and climbed up the "hill". Then they were winched up back to the helicopter. Through the clouds of dust thrown up by the rotor blades. Spectacular!!

With the swimmers back on board we moved up the coast a little way to a sheltered spot for lunch.

A buffet of salad, coleslaw, crabstick salad, chicken, fish, sliced pork bread. And melon and grapes for dessert. There was plenty and some people went round twice.

All the drinks were included and I am proud that no-one overdid it!! I really enjoyed the white wine!!

After a reasonable period, people were able to swim again for another hour.

Then it was a leisurely sail back to port at 4 pm.

The general consensus of opinion was "Same again next year"



A protest song

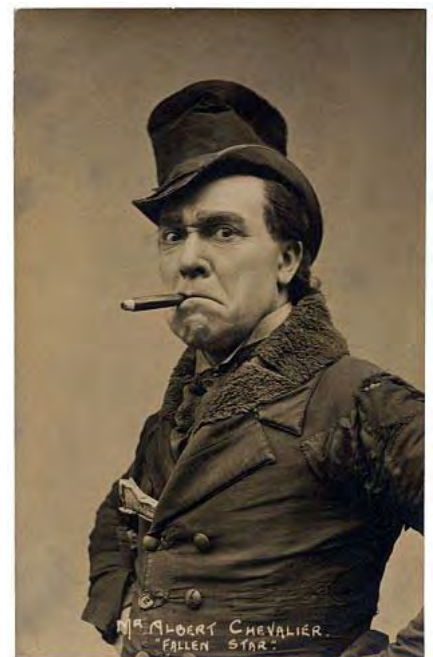


There were many protest songs in the 1960s but did you know that one from an earlier age was at one time regularly on the radio; Peter Sellers even made a comic version of it in 1959.

In the words of My Old Dutch there is reference to being together for forty years and the song was often asked for on Housewives Choice for fortieth wedding anniversaries. It was quite a surprise to find out that the story behind the song was about a tragic situation.

In 1892 Albert Chevalier wrote the words and his brother Auguste, the music of My Old Dutch. Albert Chevalier 1861 – 1923 was a famous music hall comedian, singer and actor, his comedy was based on the cockney costermongers.

For My Old Dutch he came on stage dressed as a poor old man with one of the female artists dressed as an old woman, across the stage was an official of the workhouse who took the woman away. Chevalier would then face the audience and sing the song; it was protesting about the way couples and families were separated in the workhouses.



A protest song

I was aware of workhouses as I researched my family history. I was surprised when I found several births and deaths of ancestors in them until I looked into the history of workhouses and visited one.

Every workhouse had an infirmary attached to it and anyone could have medical treatment there. It was the local free hospital so expectant woman and people with medical problems would use it.

The problem for the family historian comes with the registration document to the hospital; it's the same ledger as those being placed into the workhouse. Hopefully the length of time the ancestor stayed there is in the ledger and you can judge whether your ancestor was in the infirmary or a resident in the workhouse. Many workhouse ledgers are now online.



During my visit to the National Trust workhouse in Southwell, Nottinghamshire, I saw the different sections of the workhouse and the exercise yards for male and female adults and the ones for the children, all separated so they did not meet. From the outside it looks a lovely, large country house but inside it's a cold unfriendly place. The stone stairs were very worn which makes you realise how many people this workhouse housed since it was built in 1824.

It's surprising what you learn about when researching family history, to understand your ancestors it helps to research a little social history to see what was happening in their lives. Come and join us if you are curious about your ancestors, plenty of help given for those just starting or anyone with brick walls to knock down.

Pat Boden, Family History Group leader.

Postscript

The school of the Belvedere Workhouse in Burton-on-Trent became the Belvedere Centre. It is still used by the Urology department of Queens Hospital where I received treatment a few years ago.

I'm possibly the only C3A member who can claim to have been sent to a Victorian workhouse! (Nigel Howarth)



Simple changes can enhance overall health



Many have probably heard it before - good nutrition and exercise are important - but even to a greater extent for older adults. While it may be difficult, even small, simple changes can prove beneficial.

It's never too late to start on the road to a healthier and better quality life. The best time to start good diet and daily exercise is today! Commit to caring for yourself by taking these steps.

Physical Activity

Daily exercise is important for individuals of any age, and people age 65 and over can see significant health benefits. Regular exercise improves overall immune function, muscle strength and can help prevent or manage issues such as heart disease and diabetes. It can also decrease a person's risk for falls by improving balance, flexibility and coordination. Because exercise produces endorphins, which act as a stress reliever, it can help a person's mental health, sleep and energy level.

Experts suggest adults should aim for 150 minutes of moderate aerobic activity weekly.

"A simple goal is to be physically active 30 minutes a day, spread out throughout the day," said Jean Ann Fischer, Nebraska Extension Human Sciences Program Leader. *"Being physically active 10 minutes at a time may be a good way to establish a schedule."*

For those who are not currently physically active, they should start slowly.

"Think about how you can move more naturally throughout the day," Fischer said. *"Maybe set a timer so you don't sit more than 20 minutes at a time. Get up and move around purposefully - dance for a few minutes or walk the dog around the house. Start slow and small, gradually building up over a period of weeks to months."*

Simple changes can enhance overall health

She adds exercise can also be a good way to engage in social events, which is important for aging adults to feel a sense of purpose and avoid feelings of loneliness and depression.

Fischer notes people should find a form of exercise they enjoy and is appropriate for their fitness level, such as walking, gardening, dancing, water aerobics, swimming, biking, jogging or an indoor stationary bike. Strength-building exercises such as lifting small weights can help improve balance and reduce the risk of falling.

Heading into cooler weather, many individuals may not be able to exercise outside or be comfortable attending a gym or class. However, there are many fitness or strength-building exercises people can do from the comfort of their own living room.

Aging Partners has more than 40 exercise programs available on LNKTV Health YouTube at youtube.com/LNKTVhealth.

Good Nutrition

Healthy eating becomes even more necessary as we age, due to a slower metabolism and difficulty absorbing nutrients such as vitamin B12, calcium, iron and magnesium. It's important to look at how to add these into a diet to enhance overall health.

"B vitamins help decrease the risk for developing anemia," Fischer said. "It's important to eat fruits, vegetables, whole grains and vary the type of protein you eat. This can help maintain your strength, energy and improve how your body metabolizes different compounds."

Simple tips to increase nutrition include:

- Eat more fresh, frozen or canned fruits and vegetables, especially dark green and orange vegetables such as leafy greens, broccoli, carrots or sweet potatoes.
- Vary protein choices with more fish, beans and peas.
- Eat whole grain cereals, breads, crackers, rice or pasta.
- Eat low-fat or fat-free dairy products fortified with vitamin D to help keep bones healthy.

**This article was first published in the fall 2020 edition of the
[Living Well Magazine](#)**

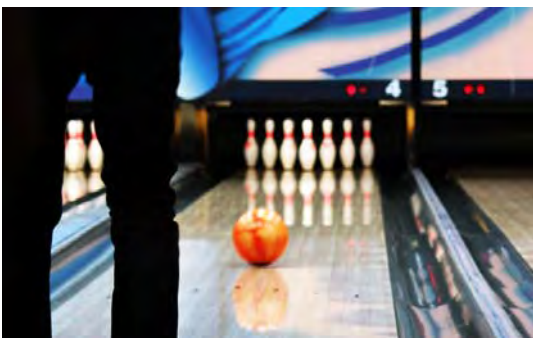
C3A physical activity groups

As you will have read in the previous article, physical exercise is important for individuals of any age, and people age 65 and over can see significant health benefits.

Regular exercise improves overall immune function, muscle strength and can help prevent or manage issues such as heart disease and diabetes.

The C3A has three groups that help members improve their health through physical activities:

Ten pin bowling



The ten pin bowling group meets at the bowling alley in the Limassol Mall at Zakaki on the last Friday of every month at 11:00.

Prices vary depending on the number of bowlers. If there are less than 10, bowlers pay €4.00. If there are more than 10 the price is €3.00. Bowling shoes are included in the price.

After we've finished bowling, some members like to stay for lunch and get to know each other. For more information [contact group leader Nigel Howarth](#).

Table tennis (affiliated)

The table tennis group meets at the UKCA at Thermopilon 37 in Limassol town every Monday from 10:00 to 12:00.

For more information [contact group leader Antonio Basile](#).



Walking (affiliated)



The walking group meets at various locations, usually in the Limassol area, on alternate Saturdays. During the hot summer months, the walks start in the late afternoon at 17:00 and at 10:30 in the winter season. There are no joining or walking fees.

We have a meal after each a walk at a local taverna, which is optional if you prefer not to eat. (Or you can choose not to walk and just join us for the meal if you wish.)

For more information [contact walk coordinator Jackie Taylor](#).

Brief update on groups



A full list of groups you can join, including affiliated groups, can be found in the Group Listings on the C3A webpage at <https://c3a-cyprus.org>. It may need updating from time to time, but the contact details of the Group Leaders are there so you can contact them directly to learn more.

Some groups meet in the Group Leader's home and they now find they have room to welcome more members. All About Books run by Janet Bureau (25934506) and Play Reading run by Barbara Baikie (97617423) are two I have in mind.

Due to ill health Sue Tsirikos is no longer able to continue as Leader of the **Environment Group** and Claudine Snell feels she cannot continue with the **Photography Group**. If any of you are interested in either of these subjects and feel you would like to give it a go as leader of a group, please get in touch with any member of the Committee. You will be given any assistance you need and the outgoing leaders will be pleased to give you their feedback.

Have a good year!

Groups Co-ordinator

Recipes

Corned beef and potato pie

A mouth-watering corned beef and potato pie, easy to make and delicious to eat hot or cold. Not particularly healthy, but you can reduce the fat by scraping it off the corned beef. This recipe will make 8 good portions.

Ingredients

The Pastry

- Shortcrust pastry
- 900g/2lb Potatoes (suitable for mashing)
- 340g/12oz tin of Corned beef
- 30g/1oz Finely chopped spring onions
- ¼tsp/1g White pepper
- ½tsp/4g Salt

Method

- Peel, cut, and wash the potatoes. Boil for 20 minutes.
- Dice the corned beef, and finely chop the spring onions.
- Once boiled, drain and mash the potatoes.
- Place the corned beef, spring onions, salt and pepper in the mashed potatoes and roughly mix together with a fork, then finish them off with a masher until you have smooth mix.
- Preheat your oven to 190°C/375°F/gas mark 5.

Making the Pie

- Roll two pieces of pastry big enough to fit a 9 inch pie tin (or a dinner plate if you don't have a pie tin.)
- Place the bottom pastry into the greased tin/dinner plate carefully pushing it down into the corners.
- Add the filling and level it off with a fork, try to dome the mixture so the middle is slightly higher than the edges, Brush water around edge of the rim before adding the top pastry.
- Crimp the edges together and trim off any excess pastry.
- Brush the top of the pie with the egg wash, prick in a few vent holes using a fork.
- Get the pie into the preheated oven and set the timer for 30 minutes, check when the time is up, if it's a golden shiny brown it's done, if it's still a little pale give it another 5 minutes.
- Remove from the oven, let it relax for 10 minutes before serving.



Recipe by [John Kirkwood](#), a recently retired self-taught chef.

Recipes

Hazelnut honey cake

This is a Good Housekeeping recipe from over 50 years ago. Not difficult to make, but delicious and impressive.

Ingredients

- 6oz butter
- 7oz caster sugar
- 4 large eggs
- 1½ tablespoons thin honey
- 4½oz hazel-nuts
- 3oz plain flour

Topping

- 3 level tablespoons thin honey
- Whole toasted hazelnuts
- glacé icing

Method

- Beat the butter until soft but not oily. Add sugar and cream until light and fluffy.
- Beat in the eggs one at a time (add a tablespoon or so of flour if you think it might curdle). Beat in the honey.
- Lightly fold in the hazelnuts and flour.
- Turn mixture into a greased 8in by 2in deep sandwich tin. (I like to bottom line it, too.)
- Bake in the centre of the oven at mark 4 (180 C in a conventional oven or 160 C in a fan oven) for about 45 mins.
- Turn out carefully onto a wire rack. When cold, brush the top with thin honey. Arrange some toasted hazelnuts over the surface. Coat with a net of drizzled glacé icing.

