

GROW BOLD

LEARN, LAUGH AND LIVE

In This Issue

- Message from the Chair
- Bon voyage, thank you, best wishes
- History of marriages in England and Wales
- Meet my sister
- Kitchener's survey of Cyprus
- Travel
- Tips for living well - Alone
- The friendship group
- A third-ager's version of Facebook
- St Barnabas Anglican Church
- A gardening book with a difference
- Exploring the cultural heritage of Limassol
- Gardening in Cyprus
- Recipe

C3A Magazine

Spring 2022

Message from the Chair



Dear Fellow Members,

I hope you are all keeping well and able to relax more now with longer days and warmer weather.

Those of you who travelled abroad for Christmas or afterwards returned with varying stories to tell of your travel experiences, ranging from everything going smoothly to missing a flight because of incomplete paperwork due to constantly changing requirements! Let's hope for better days in this respect.

Since the last issue of *Grow Bold*, most groups have been meeting normally, though the very cold wet weather was not suitable for any outdoor visits. The Archaeology Group made up for it by holding a session in which we reported back on some individual research we had done and the Environment Group has just had a very interesting meeting with representatives from Bird Life Cyprus at the Akrotiri Environmental Education Centre. Now that the weather has improved, the Gardening Group will be visiting a project in the Skouriotissa region in March.

Janet Bureau, who founded C3A in 2003 together with a small band of committed associates, will be leaving the island permanently in early March. Janet has lived in Cyprus for many years and she has continued to play an active role in C3A since its inception. We had a farewell lunch for Janet to show our appreciation for all she has done. She was presented with a commemorative gift and a certificate making her an Honorary Member. Without her, I wouldn't be writing to you and you wouldn't be reading it.

As you all know, the pandemic severely restricted our activities, but we have survived and are gradually meeting up again. You may be interested in a subject which is not on offer at the moment, such as photography or chess. If so, please let us know and, if there is enough interest in a subject and a Group Leader can be found, the Groups Coordinator will help to set up a group for it.

Easter Sunday for the western churches is on 17th April and for the Greek orthodox church on 24th April, just a week different this year. It is a time to remind us to hope and strive for love and peace in the world. On that note, I wish you all a very Happy Easter!

Best wishes,
Cleo Kyriakidou

Bon voyage, thank you, best wishes



Janet Bureau, the driving force who established the C3A twenty years ago and who continues to support the C3A as a group leader will shortly be leaving Cyprus.

Janet's lifelong love affair with Cyprus began more than 50 years ago when she first visited the island with a friend.

Her career in nursing took her to many countries, including USA, Canada, and Uganda.

Following her marriage to Peter and the birth of their two children, Janet took up her career again but this time in the field of Occupational Health.

She was a school governor and subsequently worked with the British Red Cross where she was responsible

for training, fundraising and recruiting volunteers; she also worked with refugees and asylum seekers.

In 1995 Janet and her late husband Peter retired to Cyprus. Seven years later, as a member of the International Women's Association (IWA), she started their Book Group and while chatting to a French friend she learned about the University of the Third Age (U3A), which had started in France in 1972.

After discussing the idea of U3A with her friend, Janet picked up the baton and ran with it. The Cyprus U3A's original steering group were members of her IWA Book Group. A public meeting to announce the U3A was organised, which resulted in many enthusiastic offers of help.

The first U3A group - The Age of the Vikings - was led by Else Pedersen from Denmark and by the end of 2003 thirteen groups were up and running.

In 2008 the U3A registered as a Non-Governmental Organisation (NGO) with the Interior Ministry, but we had to rebadge ourselves as the C3A as the Interior Ministry would not permit us to use 'University' in our name.

The C3A has had its ups and downs over the years, but members have continued to help it prosper by volunteering their services as committee members and group leaders.

I'm sure we all wish Janet happiness in her new life in the UK and who knows, maybe there's a U3A in Shoreham, where Janet will be making her new home.

Main contributor Jane Webster

History of marriages in England and Wales



It is surprising what you find out in family history. The history of your family helps you look more at social history rather than royal and government history. Most people are surprised by what they find.

Rules and regulations have changed over the years; here are a few to show this and how some people avoided them.

1600 – 1653 Marriages ruled by Anglican canon law under Elizabeth I.

After the English Civil War, Oliver Cromwell changed the rules, the local Justice of the Peace performed marriages.

1653 – 1657 during the Commonwealth, only civil marriages were recognised; any others were void.

Wedding ceremonies returned to the church when Charles II became king.

Evasions

There were rules for consent, age, bans and licences prior to marriage ceremony but there were ways to get around this by going to churches where clergymen could ignore the rules.

One such church was St Peter's Collegiate Church Wolverhampton, West Midlands (Staffordshire until 1974). The church was a collegiate church because it had a religious college attached to it. The church is located in centre of Wolverhampton.

History of marriages in England and Wales

For many centuries it was a chapel royal and from 1480 a royal peculiar, independent of the Diocese of Lichfield and even the Province of Canterbury. The collegiate church was central to the development of the town of Wolverhampton, much of which belonged to its dean. Until the 18th century, it was the only church in Wolverhampton and the control of the college extended far into the surrounding area of southern Staffordshire. No banns were required and rules about underage marriages were ignored at St Peter's. Many arrived in Wolverhampton from nearby areas due to pregnancy or parents not wanting to give consent to underage marriages. Couples living together for some time and who already had children would want to keep their late marriage quiet, also bigamous marriages were performed. All a couple had to do was enter the church, pay a clergyman and answer a few questions – perhaps not always truthfully.

In the early 1700s many travelled to London for Fleet marriages, often referred to as clandestine marriages. It was not always for clandestine reasons as many rich people travelled from all parts of England and Wales to get married here. In 1690 a tax was put on marriage, it was a sliding scale tax ranging from 6d (almost £3 today) to £50 (almost £5400 today) according to your wealth.

The immoral behaviour of the non-segregated inmates in Fleet Debtors Prison, London, caused consternation so an area in and around the prison came under what were termed the Fleet Rules. There would be no banns required and only a small payment for the ceremony. Clergymen in Fleet Prison for debt were allowed to marry the people in the prison and also visitors to the prison. Some of the nearby streets around the prison came under Fleet Rules; marriages were performed in this area under the rules. This avoided paying the tax and they were legally married, although clergymen could find themselves in trouble with the Church of England for marrying a couple who were not in the prison.

Lord Hardwicke's Clandestine Marriages Act 1754

This act tightened and strengthened the rules but in some churches the act was ignored.

Religion and marriage

After the Gunpowder Plot of 1605 tighter controls over Catholics were passed in 1606. Marriages, baptisms and funerals were to be held in Anglican churches although Catholic priests were still able to marry people and the marriage was legal. This loophole was corrected by an act in 1694 stating Catholic marriages were pretend marriages.

History of marriages in England and Wales

When the Anglican Church started to fracture and Baptists and other Independent churches and Chapels formed, they were treated the same as the Catholics. Most couples married in an Anglican church to have a legal marriage. Exceptions to this were the Quakers and Jews who were allowed to have their own marriage ceremonies.

Marriage Act 1836

Civil marriages and the rites of other religious denominations were now permitted as well as Anglican marriages. This is the start of Registry Office weddings.

Bigamy

Many find an occasional case of bigamy in their family tree. Couples parted and both may officially marry again, which would be illegal. They did so by stating they are single or widowed. Divorce was too difficult and costly to obtain for the general public. The couple would often only be deceiving officialdom.

Pre 1837 documentation of marriages

The information on couples marrying in parish documents prior to registration in 1837 was dependant on the incumbent at the time.

Age of Marriage Act 1929

Before the act

Without the need of consent age was 21yrs and over, with the consent girls age 12 yrs and boys 14 yrs.

Marriages were valid if the children were under this age if they were living together when they reached 12/14. If the couple parted prior to being 12/14 then the marriage would be void.

After the act

Without the need of consent, the age was 21 yrs and older (later 18 from 1970) with consent 16 yrs for both.

Do you have bigamous ancestors or perhaps the odd Fleet marriage in your family? Want to find out? Join us at the Family History Group; find the details on the monthly information sent out by the Groups Coordinator.

Pat Boden

Family History Group Leader

Meet my sister

Her name's Heather and she lives near the seaside. The love of her life is a rather dignified coloured gentleman called Mo. They can often be seen walking along the sea shore picking up litter or, in warmer weather, floundering in the water.



Heather is somewhat wary of modern technology.....hence the protective headgear whilst using the confuser, the telephone in her hand is for when she remembers who she was going to call when she picked it up!

The light bulb is for that "moment".....you know the one that everybody has in their lifetime. She hasn't had hers yet but likes to be prepared hence it's on the table 'just in case'.

The money was just a little something she found in her knicker drawer. Should you rummage through Heather's drawers you'd be amazed at how much cash you'd find, all hidden donations to her rainy-day fund, so well hidden that she's forgotten them herself!

I'll tell you more about my sister another time but, should you fancy a cup of Hot Chocolate, I have it on good authority that she has some of the Blue Peter blend waiting.....here's one I prepared earlier.

PS. As you will have noticed the 'telephone' is in fact a pair of sunglasses which were left next to the phone and she mistakenly picked them up instead of the phone!

Susie Nowell

Kitchener's survey of Cyprus



British Field Marshal Horatio Herbert Kitchener (1850-1916), later 1st Earl Kitchener, is probably best known for his WWI recruitment poster. But he was also a surveyor and cartographer and undertook archaeological work in Palestine, Cyprus and Egypt.

In 1878 the British High Commissioner of Cyprus, Sir Garnet Wolseley, requested a rough map of Cyprus from the Foreign Office. Kitchener, a junior officer at the time, was borrowed by the Foreign Office and instructed to make a Survey of Cyprus.

Kitchener reached Cyprus in September with a party of Royal Engineers and equipment – and submitted his proposals to Wolseley for a comprehensive survey of the island. But Wolseley saw no need for a detailed map and ordered Kitchener to map a number of villages that

could be pieced together.

Kitchener protested but Wolseley insisted; Kitchener had no option but to appeal to the Foreign Office. The Foreign Minister, Lord Salisbury, wanted a detailed survey to be carried out on the model of the trigonometrical Ordnance Survey in England.

The trigonometric survey was constructed around a baseline proposed by Kitchener to the north of Nicosia. This baseline was accurately surveyed and constructed in October and November 1878. Piles of whitewashed stones were built at each end of the line. Measurement of the baseline was carried out using a 100-foot chain supplied by the Ordnance Survey.

But within a few months Wolseley recommended that the survey should be discontinued due to the dwindling revenue of the island. Kitchener ceased operations on 13 May 1879 and returned to England. He was then seconded as a vice-consul to Anatolia, where he remained until early 1880.

But Cyprus, now under a new High Commissioner, Colonel Biddulph, was pressing for an accurate Survey on which to base a measure of land registration, and the choice of Survey Director again fell on Kitchener.

In March 1880 Kitchener wrote to his friend Walter Besant in Palestine saying:

Here I am back at my old work of surveying. I think I was wrong giving up the diplomatic line, but I could not let another pull my points about here, so when the General offered it me again I could not well refuse, as he put in increased pay and better position. I have now been gazetted Director of the Survey, and hope soon to get my men out again.

(Kitchener was reportedly paid £672/annum – equivalent to £76,843 in 2017.)

Kitchener's survey of Cyprus



A small section from one of Kitchener's maps showing the Limassol area (Edinburgh University)

On his return to Cyprus, Kitchener picked up from where he'd left off. From each end of the baseline he'd constructed earlier, observations were made of clearly defined adjacent triangulation points. A network of triangles was constructed outward from the baseline and over time the whole island was covered with a series of 137 linked and angularly measured triangles.

The project faced many difficulties. The mountainous areas of the island and the unexplored areas in Paphos were particularly difficult sections to record. The piles of stones that the crews set to mark trigonometric points were often destroyed by the locals so that measurements had to be repeated and this caused great delays. Kitchener was allegedly shot at on two occasions by suspicious locals.

The maps, which were completed in 1883, were the first full triangulated survey of Cyprus. They are very detailed, marking roads, tracks, and telegraph lines, and locating vineyards, monasteries, ruins, sheepfolds, springs, wells and aqueducts. Towns and villages are identified as being Christian or Muslim, and are given both their Greek and Turkish names.

The set of maps consists of a title sheet and 15 map sheets at a scale of one inch to the mile, and are supplemented with a single-sheet index map at a scale of five miles to the inch. The 15 map sheets were engraved on copper plates; when mounted together as one map it measured 12 feet 6 inches by 7 feet. Its accuracy is estimated below 200 metres.

Kitchener's trigonometric network has been used in subsequent surveying work and formed the basis for the development of the geodetic network still in use today.

Kitchener's survey of Cyprus

Kitchener left Cyprus at the beginning of 1883 and two years later, in a Memorandum, he referred to the conditions of the Island under British rule:

Cyprus was handed over to Great Britain by Turkey in a thoroughly exhausted and ruined condition. The system for centuries had been to take as much as possible out of the Island, giving nothing in return. All public works and every institution in the Island were in the last stage of decay.

Every department of government has been thoroughly reorganised, and it only requires a glance at the map to see that money has been liberally expended on much-needed roads, bridges, piers, etc. Doubtless some result is already being reaped from these increased facilities of communication, and much more may be confidently prophesied for the future.

Justice is now impartially administered by most competent magistrates, and the re-organisation of the Land Registry Department has been a boon to all landed proprietors. The system established in Cyprus might indeed be adopted with advantage as a model for what is much needed in England - a registration of titles and mortgages, and a complete arrangement for the immediate transfer of landed property without the intervention of the conveyancer.

(The Department of Lands and Surveys of Cyprus, which is also known as the Land Registry, started operations in 1858 and is considered to be the oldest governmental department of the public sector in Cyprus.)

Nigel Howarth

Travel



You may have chosen to travel a lot since the 16th March 2020 Cyprus lockdown, or maybe not at all, and this is my blog on it.

Having spent much of 2020 and a lot of 2021 under the duvet in Cyprus, I was getting desperate, and thought I might travel to meet up with my Essex and Hampshire (in England) relies (Australian for relatives), in September 2021. Was that only last year? The virus prevented that, because when I asked if I could stay, my relies said, 'No, we might give it to you, or you might give it to us. We don't want that.'

So I spent that time sadly, but happily, and almost alone, exploring my old haunts around London's Big Ben, north and south of the river Thames. Masked up I ventured out from my hotel in plain sight of Westminster Bridge and the tall imposing clock. Big Ben was quiet, partly obscured by scaffolding, seemingly a forever-present irritating affliction/attraction these days. A few groups of tourists and odd locals strode or meandered along the South bank pedestrian walk in the September sunshine, (Indian summer as it was), many unmasked. I had arrived ready for rain, but not a drop fell during my 12 day stay.

I kept my distance along the Thames, walking on the wide pedestrian thoroughfare going past the massive circular, white-painted, glistening ironwork of the Eye, and past rather drab South Bank theatres, many inactive. Several entrepreneurial cafes and open air bars and eateries traded edibles and drinkables on and in throw-away plates and cups.

The Eye was actually open, rotating slowly so the odd group could climb into carousels, hoisted aloft to claim special London views. So was the London Aquarium, crowded with

Travel

families the day I decided to pay the horrible ticket price and go inside to visit the stunning floor to ceiling tanks and weirdly-lit fishy inhabitants. I scurried out before I got more than halfway through.

Looking at the river traffic, sparse as it was, there were still ferry boats plying the commuter routes from Westminster along the Thames both ways. Usually taking more than 100 jostling commuters, I embarked, and found myself masked and nicely distanced amongst, say, 8 or 10 brave passengers. The rush hour was long past. Sight-seers we were, enjoying the sunshine. I was going to enjoy gawping at more Art, especially at the Tate Galleries, north and south. Free entry was offered but you had to book a ticket and time slot to enter the Art Galleries. I struggled to book with my new phone. People kindly helped. Together we won and (on most days) I finally passed some enjoyable contemplative hours in the magnificent art-gallery halls.



I bought a new Apple iPad at the Apple store, visited Covent Garden and more Art galleries, walked a little. A friend unexpectedly contacted me and met me to share a lovely lunch and chat together in the sunshine on the London South Bank: Liliya, who was returning from England to Cyprus too.

I first explored local health centres and hospitals to arm myself for my flight back. Not much was on offer. At that time in September 2021, COVID tests were only offered by Harley Street privately, costs a bit beyond my purse! I hesitated, needing a test to fly home to Cyprus.

Fortunately on arrival at Larnaca Airport staff marshalled us all to one side, and then onto a bus, to drive to a Rapid Test Centre within the airport where the majority of us tested negative and did not need to quarantine. Once on the intercity bus, I arrived safely back at Ayios Tychonas, and to my home, thanks to a neighbour, Julian, who ferried me by car to my door.

Travel? I love it!

Lilian Hayball

Tips for living well - alone



Living alone doesn't necessarily mean you are lonely. Over a third of adults in the UK now live on their own.

Some people prefer to live alone, enjoying the freedom and space it gives; others find themselves living alone following bereavement or it may be a result of social or economic circumstances.

Nearly everyone at some point in their life will have feelings of loneliness, from isolated brief moments to long periods of time. When making positive steps to Live Alone Well, it's important to think about yourself and work out what you would like more of – whether its time with family or friends, hobbies and interests, or involvement in your community.

Keeping social contact

Human beings come alive through relationships and we all need meaningful human contact (the amounts vary according to our personality). Social media can be a great way of keeping contact with people and feeling a sense of belonging and Skype, Zoom and WhatsApp can even bring us the face to face contact. But there is no substitute for the physical presence of and contact with another human being.

Living alone often means that YOU are the one who has to take action to ensure social contact happens. Often if you are lonely you think people don't want to visit. This is understandable, but often people will respond to an invitation and will come and spend quality time with you.

Tips for living well - alone

Finding social contact

A move to a new area, a change in personal circumstances, a loss of a relationship can all throw us into a situation where we need to look afresh for social contact. People often advise joining an evening class, a sport, hobby or interest group and this can of course lead to making new friends. But if your confidence has taken a knock or you are naturally shy and find it difficult to initiate a conversation with strangers, making new friends can pose quite a challenge.

Some organisations offer groups to help with building social confidence, assertiveness, coping with anxiety and depression so it is worth considering these as a means of getting some support.

Being alone

For some being alone can be painful, especially when aloneness has been brought about through the loss of a loved one through death, divorce, separation. Taking steps to work through the hurt and pain is important before venturing into another intimate relationship.

Healing takes time and the support of friends, family, faith groups may provide this alongside your own time of coming to terms with what has happened. Sometimes we need additional help, be it from a voluntary organisation or a counsellor. Don't be afraid to seek help when you need it.

Food & nutrition

It can be hard to make an effort to eat decent meals when there is no one else eating with you. Ready meals are OK occasionally but why not use your culinary skills and invite a friend to share a meal? If cost is an issue, agree to share the cost of the ingredients or that one of you provides dessert. Even better, arrange to cook alternate weeks so you get a meal made for you.

Cooking a large batch of spag bol, curry or casserole and freezing separate portions can save time and energy, providing you with a quick tasty meal after a tiring day.

Friendship

Sometimes the best way to find a good friend is to be a good friend. Friendships can arise in the most surprising circumstances and with people who at first we think we have nothing in common. Keep an open mind. Take a genuine interest in other people. Listen attentively, remember things from your previous conversation and enquire about these the next time.

Friendships don't happen overnight. Be patient, don't expect too much too soon and don't give up trying even if you do suffer the occasional snub or cold shoulder. There are plenty of people out there looking for the same thing as you; reliable friendship.

Tips for living well - alone

Holidays

Holiday times (especially Christmas) can be very difficult if you are alone. It can seem like the whole world has someone to be with. Plan ahead. Is there someone you know who might love an invite to meet for coffee, go for a walk, enjoy a day out, or see a sporting fixture?

Don't assume that because those you know have partners and or children that they won't want your company. Accompanying the whole family or taking a niece or nephew or a friend's child out for the day can be a great excuse for enjoying the local park, museums, galleries or simply a bit of shopping. There are holidays for singles of all ages to nearly all destinations; it can be an opportunity for meeting others in similar circumstances.

Be yourself

It is easy to succumb to the pressures and expectations of others, (whether intended or perceived) to start dating, find a partner, settle down etc. Many single people live happy fulfilling lives and have no need or desire to be otherwise. Everyone is different so we need to be honest with ourselves about what it is we believe is right for us.

Those with a faith may seek spiritual direction as to what path is right for them to follow and for some this may involve an element of personal sacrifice. We are unique individuals, each with gifts, talents and personality traits. Trying to be someone we are not will never lead to the sense of belonging and true acceptance we desire. If we accept ourselves as we are, others are much more likely to do the same.

Extracts from an article written by Ann Vipond and published on the website of the Virtual U3A.

The friendship group

The Friendship Group met on 17th Feb, and had a lovely lunch.

We were somewhat reduced in number for various reasons but had a great time.

We meet again for lunch on 17th March at Theo's, next to Kolossi Castle at 12:30 for 1pm.

Hope to see you there.

Barbara Baikie

A third-ager's version of Facebook



For those of my generation who do not, and cannot, comprehend why Facebook exists I am trying to make friends outside of Facebook while applying the same principles.

Every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I did the night before, what I will do later and with whom.

I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, cooking dinner, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day.

I also listen to their conversations, give them "thumbs up" and tell them I "like" them and it works just like Facebook.

I already have four people following me:

- two police officers,
- a private investigator and
- a psychiatrist.

Nigel Howarth

St Barnabas Anglican Church



I have been a member of C3A for many years and during this time have joined several groups, enjoyed many discussions and met some very interesting people.

However, I am also a member of St Barnabas Anglican Church in Limassol and thought it might be nice to share with you some of the things we do.

Everyone is welcome to join us for the regular services or for our social events. We usually have refreshments in the church hall following the Sunday morning service and it is a good opportunity to catch up with friends and greet visitors from other parts of the island or overseas. Our Chaplain, Father Ian Nicholson, is always available to talk to during this time.



Father Ian Nicholson

On 27th March we will be celebrating Mothering Sunday, always a special service and an opportunity for families to come along and join us. Following the service refreshments will be served in the church garden, weather permitting of course.

Our craft group have made palm crosses, they will be blessed and distributed on Palm Sunday, April 10th, during the morning service at St Barnabas' and at St Lazarus' at 6.00pm the same day.

St Barnabas Anglican Church

In April we will be celebrating Easter in St Barnabas' Church, and services will be held each day from Thursday 14th until Sunday 17th.

Maundy Thursday	6.00pm
Good Friday	10.00am
Holy Saturday	10.00am Stations of the Cross
Easter Sunday	10.00am

On Easter Sunday the church will be bedecked with flowers after the austere period of Lent and it will be a day to rejoice, the day we celebrate Christ's resurrection from the dead.

Also on Easter Sunday (17th April) a service will be held on the beach in Pissouri at 12.45 with our Chaplain and members of St Lazarus', all welcome to celebrate with them.

We continue to collect "Cans for Kids" in our wire cage by the front gate and each week we are thankful to accept donations of dried and tinned foods to help the needy in our community.

On Wednesday morning we have our midweek communion service starting at 9.30am, this is particularly beneficial to those who still wish to be in smaller groups rather than in large gatherings as is sometimes the case at our Sunday service.

Regular Events at St Barnabas Church Limassol

Tuesday Prayer Meeting	9.30am
Wednesday Communion	9.30am
Ladies Wednesday Craft Group	10-12 noon
Chinese Bible Study, Monday	10.00-12.30
Friday coffee time via ZOOM	3.00pm
Saturday Tabletop Sales	Next sales March 5th, April 2nd
Sunday Eucharist	10.00am – also available via Zoom

Sunday Eucharist at St Lazarus' in Pissouri

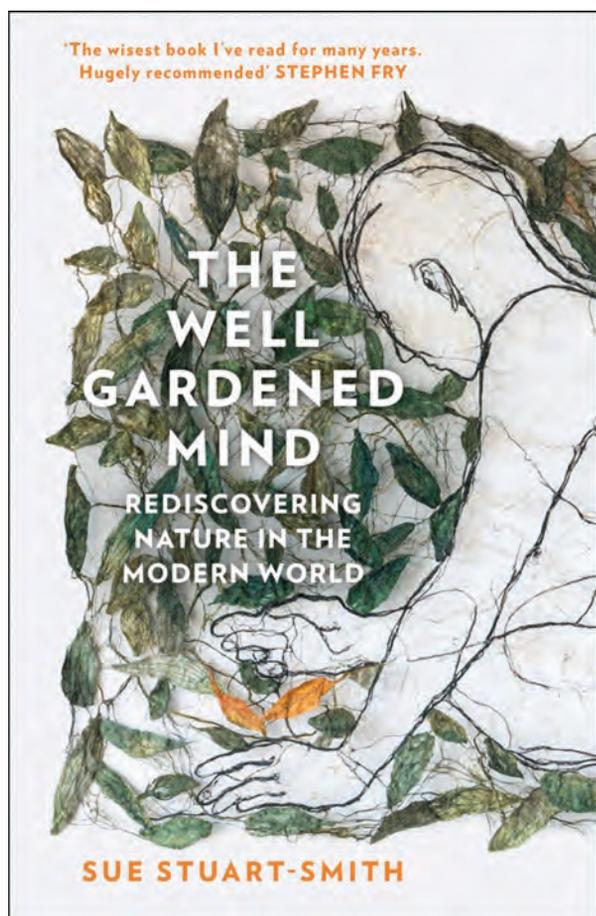
2nd Sunday of each month at 6.00pm in the room under the Amphitheatre.

The next services will be: March 13th and April 10th

www.stbarnabas-cyprus.com

www.facebook.com/StBarnabasAnglicanChurchLimassol/

A gardening book with a difference



I have been an avid reader for as long as I can remember. The small town that I grew up in had a public library and I was a regular visitor. My choice of reading material was, and still is, fairly eclectic, although I do have a tendency to lean towards non-fiction. Novels in particular need to grip my attention very early, for a variety of reasons, or they run the risk of being summarily abandoned.

One of the few things that I miss here in Cyprus is a really good bookshop. One such as Foyles in London, where I have spent many a happy hour lost in its fascinating maze of rooms and departments. Even a Waterstones would be acceptable, just as long as they had a good Gardening Section, my predominant passion of the moment. On a recent visit to

the Kyriakos bookshop in Linopetra I spotted a book whose front cover aroused my curiosity. I found the title to be a clever play on words; *The Well Gardened Mind*; with a subtitle of; *Rediscovering Nature in the Modern World*.

I'm not often swayed by reviews that appear on/in the books themselves but the two excerpts displayed on the front cover tweaked my interest even more. The *Sunday Times* said; 'The most original gardening book ever'; while Stephen Fry was quoted as saying; 'The wisest book I've read for many years'. The author is Sue Stuart-Smith, a doctor specializing in the field of psychiatry, and wife of garden designer, Tom Stuart-Smith. With all that going for it how could I walk away without buying it, and after reading it I'm extremely glad that I didn't do so.

The subject of the book is not so much gardens themselves per se, more the effect that they, and the act of gardening, have upon our psyche, our mental health and awareness. Basically the author in her research investigates the therapeutic benefits offered by gardening, and the natural world, for people who suffer from psychological problems and/or anti-social behaviour. During this research she visited a number of programmes in a variety of locations in various countries. All the projects highlighted use gardening and the natural world as methods of treating those who suffer from these disabilities.

A gardening book with a difference

Prisons were an obvious choice for assessing the results of these attempts to help the inmates to return to society. Prisons such as the notorious Rikers Island in the United States, where the average rate of re-offending by released inmates was 65%, and following the introduction of a gardening programme this rate fell to 10-15% amongst those inmates who had taken part in the project.

The equally infamous San Quentin Prison showed improvement after introducing their Insight Garden Programme.

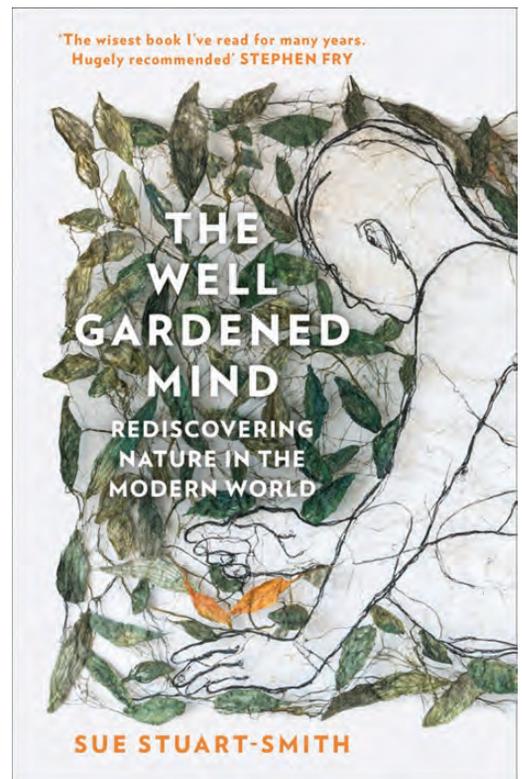
Anti-social behaviour, violent conduct, addiction (for instance drugs/alcohol) can be attributed to low self-worth. Surprising as it may sound recent research shows that each week the average child spends less time outside than a maximum security prison inmate.

Thrive is the largest gardening charity in the UK. Their Growing Options project is designed to work with fourteen-sixteen year olds who have been excluded from school, and consequently have problems with basic subjects such as Maths and English. Working on their own small plots of land and seeing the results of their efforts gives them a sense of accomplishment and boosts their self-esteem.

One project that specifically targets Post Traumatic Stress Disorder (PTSD) sufferers is run by the charity High Ground and is located in the gardens of Headley Court, next door to the Ministry of Defence Rehabilitation Centre.

These are just a few examples of the programmes visited by the author, who quite obviously covers them in greater detail in the book. Personally, I found it to be extremely interesting and inciteful and all I can do is quote from the review attributed to Monty Don; 'An important and timely book.....I urge everyone to read it'.

John Joynes
Gardening in Cyprus Group Leader



Exploring the cultural heritage of Limassol



Architect Sevina Floridou led the Archaeology group on a walking tour of Limassol looking especially at the 300-year period before British rule when the Island was an Ottoman province.

We learnt about the Ottoman legacy, still visible but “hidden in plain sight”, as we wove our way from the old port, past the castle and on to Ankara Street. The tour encompassed both traditional buildings and the activities which were practiced within them.

After seeing where the sailing ships would have landed their passengers and cargo at the warehouses, we moved on to the Piri Ali Dede Tekke and Agia Thekla. These are Muslim and Christian shrines where thanks was given for safe arrival and blessings sought for new journeys. Agia Thekla has a holy underground spring and the Tekke a small area containing the tombstones belonging to the Sufi benefactors of Limassol.

At the castle we heard that the area within the iron gates was an Ottoman graveyard. At two corners of which stand monuments resembling tombstones, from 1900, which have inscriptions written in Ottoman Turkish on one side and Turkish in the Latin alphabet on the other, asking for remembrance.

Passing through the old market area we found our way to the narrow, oldest street in Limassol with its surviving mudbrick building and the hammam. Then back to look at the old Vinegar warehouses and wine merchant’s area, and on to the Jamir Kebir Mosque. Funds for the renovation of this building have just been secured.

Exploring the cultural heritage of Limassol



The Great Mosque of Limassol (Photograph by Christopher Hetzel)



A cemetery originally surrounded the great mosque but the area was reduced by the construction of the women's area in the early 1900's. The remaining graves date from 1758 – 1855. The most ornate is that of Captain-I Derya Suleyman Pasha, an Egyptian Sufi prince, who died young in 1758. The footstone is embossed with ivy motifs and a flag pole.

Opposite the mosque are the arched remains of a grand mansion (Konak) which belonged to generations of one of the most influential families in Ottoman Limassol. Travellers/merchants who arrived in the town would have called at the house to pay deferential respect to the owner before going about their business.

Turning onto Ankara Street we were met with a road lined with buildings of fading historical splendour. On the ground floors are shops, store-rooms and



Konak (Photograph by Silvia Nadoban)

Exploring the cultural heritage of Limassol

workshops with the residential floors above, built sufficiently high to avoid the gaze of passing camel riders. Some had “Kiosks” which allowed a shielded view of the street for the women of the house and allowed a cool breeze to enter the building. Later these Kiosks were abandoned in favour of open-air balconies with ornate balustrades. The shops included a bakery, barber, tailor, upholsterer, tinker, art studio, furniture makers and supplies.

Numerous khans, traditional resting houses for both men and women travellers, can be identified. The stables for camels of the traders have now been converted inside into beautiful arched coffee shops and souvenir stalls.

Our attention was drawn to two particular buildings adjacent to each other. The first was a bridal shop where all the clothing and arrangements for the ceremony could be purchased. This business also acted as adviser to the brides on the facts of life, a subject on which they were to a large extent ignorant, and told what to expect on their wedding night. Next door was what was called the witch’s house. Here potions and spells could be bought by the superstitious.



Ankara Street leads down to the Garyllis River bed. This river has overflowed over the centuries and the 1894 flood was a disaster with large parts of the street damaged. Twenty-three people lost their lives as houses collapsed and first floors were flooded, leaving a deposit of mud and rubble.

Just before the river bed we ended our tour at the Jami Jedid Mosque. This was rebuilt after the flood had undermined the original building. Koprulu Hadji Ibrahim Aga built the original mosque in 1825. He had pledged to build a mosque if he returned safely from fighting with the Ottoman army against Napoleon at Acre. He also paid for the bridge across the river. He is buried in the Mosque courtyard.

This walk transformed our knowledge and understanding of the long period of Ottoman rule in Limassol and I recommend an exploration of the area while it is still possible to see glimpses of the past.

While on this walk the group noticed the Afxentis fish restaurant in Ankara Street and in January we returned for an excellent fish meze.

Pat Howarth
Archaeology Group Leader

Gardening in Cyprus

The majority of people probably don't consider visits to garden centres to be the most exciting of outings. Gardeners, however, often find them to be sources of inspiration. They discover the exact plant(s) they need to solve the problem of a difficult area perhaps, or on occasion new, never before seen, plants may be found that spark the interest and set free the imagination.

The February group meeting saw members gathering for a first time visit to Avenue Plants in Ypsonas. Not an overly large turnout but those who did attend expressed a feeling of release and gratitude to be out and about once more in the company of fellow enthusiasts, after the restrictions imposed by the pandemic.



Helleborus lividus

Coincidentally, this was one of those occasions that a newly seen, unusual plant put in an appearance. In fact this was the first establishment in which I had seen this particular plant on offer in Cyprus. *Helleborus lividus* is endemic to Mallorca and is rare in the wild, largely due to the usual reasons, loss of habitat, over-collection, etc.

(*Helleborus* is from the Greek *helleborus*, being the name given to the Lenten Rose (*Helleborus orientalis*). The specific *lividus* is not associated with anger/livid, but means iron-coloured, referring to the blue-grey colour of the leaves.).

It is a winter flowerer but is not frost hardy. I had in fact bagged a couple of them on my recce trip and the remaining 3 were quickly snapped up by fellow members.

All attending members took something away with them, plants mostly but also a few decorative containers, possibly to hold their newly acquired purchases.

Personally I picked up a climber that my wife had expressed a liking for in the past, a *Pyrostegia venusta*.

(From the Greek *pyr*-fire due to the crimson-orange colour of the flowers, and *steg*-roof, because of the form of their upper lip. The specific *venusta* meaning handsome/charming).

For the March meeting plans are in hand to visit a more exciting venue, an unusual garden close to the Green Line. It is associated with a Training Centre, where the building that once housed the school for the children of workers at a nearby copper mine has been renovated and turned into a museum.

Date and time of the visit are still to be finalized.

John Joynes, Gardening in Cyprus Group Leader



Pyrostegia venusta

Recipe

Greek Orange Pie (Πορτοκαλόπιτα)

I found this recipe while watching an episode 'My Greek Odyssey' where a Greek-Australian property developer (Peter Maneas) visited Nafplio in the Peloponnese and his chef made the pie on Peter's super yacht - the Mia Zoi.

Ingredients (12 portions)

For the syrup:

- 750 grams sugar
- 500 ml water
- 200 ml orange juice
- 1 tsp cinnamon or 1 stick

For the pie:

- 2 oranges
- 750 grams sugar
- 250 ml olive oil
- 1 tsp baking soda
- 4 eggs
- 250 ml milk
- 400 grams filo pastry

Method

The syrup

1. Dissolve the sugar in the water and allow the liquid to boil and the syrup to thicken.
2. Turn down the heat and add the orange juice and cinnamon.
3. Mix well and set the syrup on one side to cool.

The pie

1. Roll out the filo sheets and allow them to dry until they become crisp.
2. Cut the 2 oranges into wedges, being sure to remove any pips, and put in a food blender.
3. Add the sugar, olive oil, baking soda, eggs and milk to the blender and mix until the mixture becomes a smooth paste.
4. Crumble the filo sheets into fine flakes in a mixing bowl.
5. Add the smooth paste from the blender to the mixing bowl and mix well to avoid the filo flakes clumping together.
6. Place the mixture into a baking dish and bake in the oven at 160° C for 30 minutes.
7. When the syrup has cooled completely, pour it over the pie and allow it to be absorbed (this will take 10 - 15 minutes.)

Serve the pie with a scoop of ice-cream.

Health warning

This recipe contains a **huge amount of sugar!** I suggest you reduce it to a more acceptable level or replace it with a sweetener such as Stevia.

Nigel Howarth

