

GROW BOLD

LEARN, LAUGH AND LIVE

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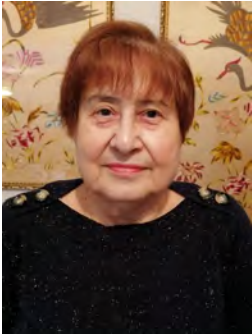
C3A Magazine

Winter 2022

Message from the Chair

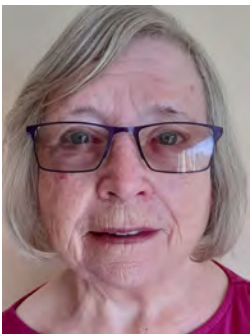
Your Committee Officers

Chair



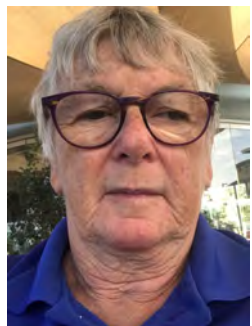
Cleo Kyriakidou

Secretary



Pat Boden

Treasurer



Sandra Wilkes



Dear Fellow Members,

I hope you are all keeping well and are in good spirits.

As you know, the AGM was held on 18th November and I have already written to you about that. Here, though, you can see that the Committee remains unchanged except for Nigel Howarth, who will act as Groups Coordinator this year. We still need a Social Secretary and an Editor for Grow Bold so, if you are interested, just contact a member of the Committee to find out more.

It seems hardly any time at all has passed since I wrote my letter to you in the Christmas issue of Grow Bold last year. Apparently, this is a sign of ageing! It is due to several factors such as the fact that twelve months is a relatively small portion of our age and experience (compared with, say, a child of seven), our memory becomes more fallible and we're also less likely to try new things, which makes for fewer memories.

However, I know that many of you have travelled quite extensively this year and done interesting things and many of you have enjoyed the activities of the Groups you belong to. In this issue of Grow Bold, for example, you can read about the Archaeology Group's visit to a remote Medieval monastery in the Paphos forest as well as a selection of book reviews by members of the All About Books Group, who get to experience the world in a sedentary way! John Joynes has written about the Mediterranean Garden Society, which held their AGM in Athens recently and which was attended by John and several other C3A members.

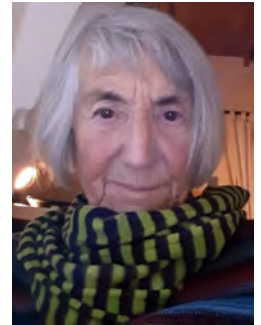
I know some of you will be going away for Christmas to be with family or friends, while some will be having visitors from abroad and others just enjoying a quiet Christmas at home. Whatever you will be doing, I wish you all a Merry Christmas and Good Health and Happiness in the New Year.

With best wishes,

Cleo Kyriakidou
Chair

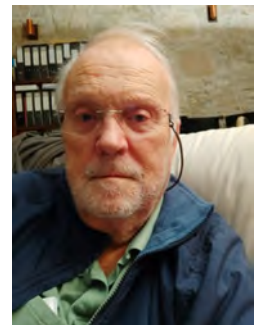
Your Committee Other members

Membership



Barbara Johnson

Communications



Paul Costerton

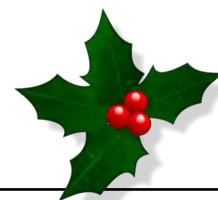
Groups Coordinator



Nigel Howarth



How bridge changed my life in Cyprus



I remember meeting Julian at an open day event for group leaders and encouraging him to start a Bridge Beginner group. (He may not remember this, it was somewhere around 2013/14)

SUCCESS a group of us of about 8 - 10 met weekly and he gently taught and encouraged us.

New people joined, some left and some joined us when on holiday from the UK. We formed a good friendship and support group as well as learning bridge and keeping our minds alert. For the six years we were in Cyprus Bridge became very much part of our lives. My husband joined us when he retired from the RAF and we made him very welcome.!! Also, we had a romance and resulting wedding.

Coming back to the UK in 2020 we had the Covid break but when we could we immediately started again with U3A and formed a new friendship group.

I believe social bridge as part of C3A really changed my life for the better and helped us settle on Cyprus and back into the UK.

Submitted by Fizz Matthews

Aging is inevitable, but, as Dylan Thomas said, that does not mean you must “*go gentle into that good night.*” Recent research has shown that brain cells don’t necessarily die off as you age. In fact, your brain can actually form new cells, as well as make new connections among existing cells, given the right environment. And the C3A provides that right environment in many ways through its various study groups, but one way that has received a lot of attention from researchers lately may surprise you – it is playing the game of bridge. You may be doing it for fun, but the brain exercise you get is special.

Julian is particularly keen to teach beginners, but prefers to have a session or two privately before throwing them into the deep water. And he doesn’t get cross if they make a mistake!

[Contact Julian via his page on the C3A website](#) for more information.

All About Books



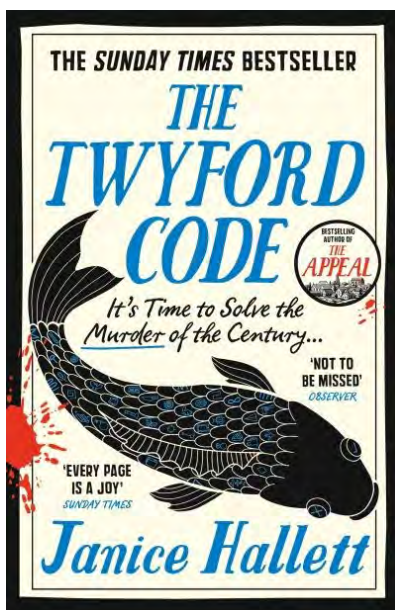
I took over the 'All About Books' group in March this year. We are a small group of keen readers, but unlike a more traditional reading club we do not all read the same book and sit around to discuss the finer points of style or content. Instead, we each present a book (or sometimes two) that we have read during the previous month.

As we are all very different people, and our tastes and interests vary accordingly, the books we talk about range from fact to fiction, from modern writers to the classics. Our discussions arise from our reading and cover a wide variety of subjects in a completely unscripted way. I am constantly humbled by the breadth of knowledge our members bring to the table, and always come away having learned something new or a new fact about something I thought I knew about.

At the end of each meeting each group member writes a short review of their book and the reviews are compiled into a single document, which is circulated to members so they have a reference enabling them to follow up on anything they have found interesting during the meeting.

To give you a flavour of our tastes, some of our reading this year has included:

The Twyford Code - Janice Hallett



This much lauded book, a Sunday Times bestseller, concerns the quest of an ex-con, Stephen Smith, to find out what happened to his remedial English teacher, Miss Isles, on a school trip to Bournemouth 14 years previously.

Stephen, a dyslexic who struggled with reading and writing and who came from a difficult family background, found a book by children's author Edith Twyford and took it to class. It was a very non- pc book written during the second world war and was thought to contain a code which led to.... treasure? aliens? another universe? Theories abounded. But it was the finding of this book which lead to Miss Isles' disappearance and Stephen's subsequent hunt for the Twyford Code. What follows is very much a story along the lines of Enid Blyton's Famous Five or Secret Seven books.

So far, so good.

However, the story is told as a series of transcripts from a phone owned by someone who has disappeared. The phone recordings are transcribed by a machine that doesn't always transcribe accurately. For instance, Miss Isles is often written as 'missiles', and 'gun a' often substitutes for 'going to'. That is confusing enough, but the machine dislikes expletives and deletes them or misses what's said or wrongly transcribes them so trying to read and understand the plot is challenging, especially as the various voices on these tapes are not always identified by name but simply as 'voice 1' or 'voice 2'. There are inevitably gaps in the events, which the reader has to fill in for themselves. It was hard work to even begin to get my head around it.

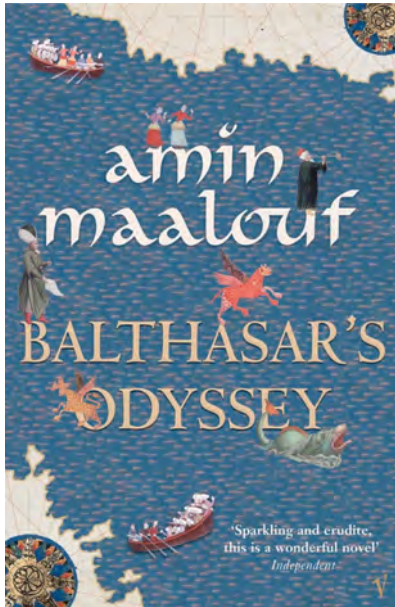
It is undoubtedly a very clever book, and once the transcripts (all 200 of them) were finished and replaced by plain text emails between an alleged police inspector and Stephen's son, reading and understanding became much easier. The ending was, in some small measure, the one I expected but the detailed explanation of it as recorded in the emails, was exceptionally good, not to mention devious.

All About Books



Did I enjoy it? That's hard to say because at times I was completely lost and confused by the story and had to go back through several transcripts and read them again to try and recall where the story had got to. In some ways the ending made the effort worthwhile, but I can't help having a sneaky feeling that the story, told in a plain and simple fashion would have been just as interesting and far easier to make sense of. It felt as if the author was being clever for the sake of being clever and for me, it somewhat detracted from the whole.

Balthasar's Odyssey - Amin Maalouf



I chose to read Balthasar's Odyssey because it had been nominated for the Booker prize and I was curious. I have always been interested in history and travel.

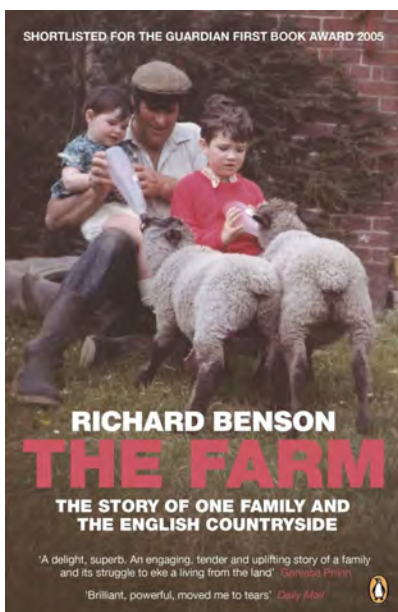
I cannot recommend it.

I deemed it heavy going and in many ways rather inconsequential.

This may be due to translation problems. It was originally written in French. The Thesis around which the book is written is the search for the 100th name of God and the avoidance of the then prophesied end of the world in 1666.(The year of the beast, the antichrist) Numerology has never been an interest of mine.

The main character experiences the great fire of London and deems that it is a premonition of the end of the world. It got wonderful reviews by people who ought to know but in my opinion a very clear case of trying too hard.

The Farm - Richard Benson



This is a first novel by the author, published in 2005, reflecting the sad demise of a family farm in the Yorkshire dales, and much praised by literary critics.

I found it particularly evocative as the main character recounting the factual story, reflects what happened to me and to many old established farming families of the UK during the closing years of the 20th century and early years of the 21st.

The book is written with a deep feeling of insecurity and misplaced personal remorse of letting the family down by breaking away from the norm of following in the footsteps of generations of ancestral farmers.

Richard's younger brother Guy follows the family tradition and joins his father on the farm, but comes to realise it is a pointless pursuit and its future is doomed. This causes a degree of resentment

between the brothers but it is Guy who readjusts his life through force of circumstance and Richard who questions his station and where he belongs, after a successful course at University and early career in journalism.

All About Books

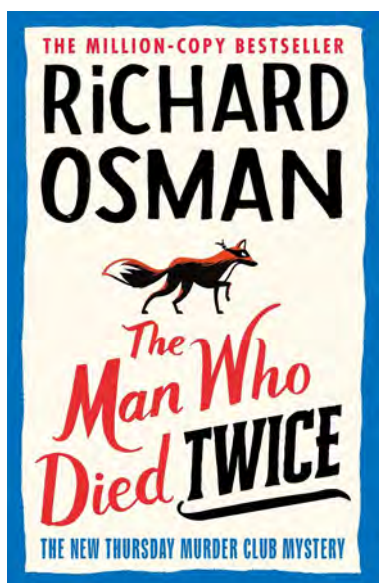


He is reminded of his happy childhood when he returns to help with the sale of his past home and the sad circumstances of his parents, who are forced to change their way of life, for which they are ill-prepared.

However, Benson relates many amusing interludes, one of which recalls trying to recapture an escaped pig marauding in a neighbour's garden. If you have ever tried to catch a pig, you will be in stitches reading this episode. He also considers entrenched social and political views - anyone owning a Volvo is a capitalist - and provokes the reader into considering opposing views and attitudes.

In philosophical mood, Benson reflects upon how out-of-touch the modern public is with Nature and the countryside, which they insist they love, but, in fact, are destroying through their love of the motor car, ignorance and self-indulgence. In visiting his old home, now centrally heated and double glazed and entering the old barn, a modernised, refurbished residence he reflects upon its previous use as a recuperation bay for sick pigs. Gentrification of the countryside is a trend that started back in the 1980's, 20 years before *The Farm* was written.

The Man Who Died Twice - Richard Osman



This is the second book about the Thursday Murder Club. The four main characters are Joyce an ex-nurse and the diarist, the mysterious Elizabeth, Ibrahim an ex-psychiatrist and Ron, who was a leading union leader in the 70s/80s when he was known as Red Ron.

This book starts with Elizabeth's ex-husband, Douglas, turning up at the retirement village; he is in hiding with a minder named Poppy. Elizabeth goes to see Douglas and the reader learns that Elizabeth is an ex MI5 operative who had a very senior role and had also been made a Dame. Douglas is still an MI5 operative and had recently been involved in breaking in and placing cameras and listening devices into the home of a criminal banker. Whilst there Douglas helped himself to a bag of diamonds worth twenty million pounds. Douglas denied it to his MI5 boss but admitted it to Elizabeth.

The criminal banker knows who broke in so is the one they think will try to get the diamonds back or kill Douglas. Martin Lomax, the banker, has had to tell the mafia in the USA that their diamonds have been stolen from his house. Lomax is threatened and the mafia don's son arrives in the UK and expects the diamonds to turn up or he will kill Lomax.

An attempt is made on Douglas; Poppy shoots the assassin dead and the two of them are taken to a new safe house. Douglas has left clues for Elizabeth to decipher to help her retrieve the diamonds; there is a treasure hunt with others also hunting for the diamonds.

Ibrahim drives from the retirement village to the local seaside town of Fairhaven. He has decided it's time to stop being so careful and enjoy himself, but unfortunately it ends with him being mugged. The muggers were on bikes and snatched his phone as he was paying for his car parking with it; one kicks him in the back and the head. The kicker is told to hurry up by the others in the group and they call out his name. Police know exactly who Ryan is and arrest him, but as there is no incriminating evidence against him they have to let him go. The other 3 members of the Thursday Murder Club plus Bogdan, a Polish friend of theirs, swear to get even.

All About Books



The Thursday Murder Club members are friends with two of the local police, Chief Inspector Chris Hudson and PC Donna De Freitas. They, with other police, are staking out local drug dealer Connie Johnson, who becomes aware of them. Connie is thought to have murdered the two brothers who were the local drug barons; the role has now gone to Connie. Connie threatens Chris and Donna, she also tells Chris she knows about his girlfriend Patrice, who is Donna's mother, and intimates she knows where Patrice lives.

These are the main stories interwoven throughout the book and they are cleverly brought together for the finale.

Very enjoyable book. I loved the characters and the humour and their ability to be part of every story in the book. Bodies pile up again and like Midsomer Murders you feel it's not safe to live in the area. One moan I had about the first Thursday Murder Club book was Joyce's diary was repeating a lot of what had already happened. In this book the diary has smaller amounts of what has already happened and contains some information to advance the plot.

I really enjoy Richard Osman's stories about a group of retired people trying to be detectives. I am looking forward to the next book in this series.

As I said, our reading tastes vary quite considerably, and it is this constant variety that helps both challenge and satisfy us. If you've read a good book lately, why not come along and share it with us? We'd be pleased to see you.

The 'All About Books' group meets the first Monday of the month at 10.30 at La Croissanterie in Episkopi. It's easy to find as it's opposite the Episkopania Hotel and has plenty of available parking.

Submitted by Jan Colebrook

Mediterranean Garden Society



The Mediterranean Gardening Society (MGS) is an international society and some members travel long distances from a variety of countries to attend. In order to make their journeys more worthwhile a Programme of Events is organized for the 2 days prior to the General Assembly, and this year was no exception.

The first visit was, inevitably, to the Society's HQ Sparoza, in Peania.

The house and garden were built and created by Jaqueline Tyrwhitt (architect, town planner and horticulturist) after she acquired the property in 1962. She never married or had children and on her death in 1983 it was discovered that she had bequeathed Sparoza to her good friend Nicky Goulandris, matriarch of the Goulandris Foundation and Museum of Natural History. Initially it was rented out to a few people, including a widow named Sally Razelou.

When the MGS was founded in 1994 and the original members were looking for an HQ it was considered to be an ideal candidate, with Sally as its custodian. A post she held until her death last year.

The Society was fortunate to have a young lady, Lucinda Willan, step into the post. Her qualifications are impressive, her CV including a spell in a senior post at Monk's House, the home of the author Virginia Woolf, among others.

The property is situated on a slope with a hillside area above the house, which was originally devoid of trees, Jacky Tyrwhitt resorting to using dynamite to create planting holes for those now in evidence. Below the house are terraces and to one side is an area designated as Phrygana.

Jacky Tyrwhitt's plan was to include as many Greek native plants in the garden as possible. An ethos carried on by Sally Razelou, and now Lucie Willan has taken up the same baton. She is in the process of extending the nursery area in an attempt to propagate a larger number of these plants for offering to members in Greece.



Part of the nursery area



Group of members on the hillside



Members on the terraces



Members in the Phrygana with Lucie

Mediterranean Garden Society



Following lunch served in a courtyard of the Vorres Museum, also in Paenia, members were given a guided tour of the Museum and gardens by Nektarios Vorres, the current President of the Foundation and grandson of the founder. This is an unusual Museum and has a surprise in store for visitors on their first visit.

After being shown through several rooms belonging to two reconstructed village houses displaying antiques and household objects from around the Greece of yesteryear, the visitor passes through an old doorway to find themselves in a vast, open modern art gallery.

Nektarios is also a keen gardener and the various courtyards and garden areas are worth the visit alone.

In the evening we had an illustrated talk by Jennifer Gay, MGS member, respected gardener and landscape designer, and author of the book 'Greece, garden of the gods'. Jenny has worked in the Botanical Gardens of Jerusalem and Jericho, overseen the development of a new botanical garden on Cephalonia, and now designs and maintains gardens all over Greece but mainly on the Ionian and Aegean Islands.



Church in the monastery grounds

Gardens and Architectural Monuments in Europe.

The garden is on a steep slope and the pathways through it follow the contours of the hill.

The uphill climb can be quite challenging for ageing leg muscles but what goes up must come down. It is difficult to imagine that this is not a naturally occurring landscape but was totally artificially created.

The garden also has a nursery and a dedicated area that is used as an educational asset for school visits.

The last visit was to a different mountain, Mount Penteli, and the private garden of a long-standing MGS member. This large garden stretches along the side of the mountain with a variety of 'garden rooms' leading off it and down the slope.

Parts of the garden were damaged by the horrific wildfires in July but the majority and the house was, fortunately, saved.

A lesson in just how vulnerable we can be to the vagaries of Nature.

The following day saw the group on Mount Hymettos in the Kasariani area for a short visit to the 11th Century monastery adjacent to the Philodassiki Botanical Gardens and Nursery. The ravages of history had stripped the mountain completely bare of its forest cover. Then The Philodassiki Society, Friends of the Trees, began a mission to reforest the area. Today some 500 hectares of native trees reflect their success.

In addition the Society has developed an 8,000 square metre botanical garden that contains hundreds of species of plants indigenous to southern and central Greece, the Aegean Islands and Crete.

In 1994 the European Union designated the garden and monastery one of the 58 most important Historic



Educational area in the Philodassiki

Submitted by John Joynes

Reality Holiday with a Press Gang



(John Elfick took advantage of the Royal Navy's new offer of a week with a Press Gang for 15 guineas)



HMS Aeolis is a three masted frigate of 32 guns. I was welcomed aboard on the Monday morning by the leader of the gang, Lieutenant James Fitzjames. Lieutenant Fitzjames briefed me on the operations of the Press Gang, emphasising that it was necessary to impress twenty men to bring the crew of HMS Aeolus up to full complement.

Our first ports of call, no pun intended, were the public houses in the Dockland Area of Portsmouth.

The first pub, the Lamb and Flag, sounded very busy as we marched up the road. But when we burst through the doors, the place was empty.

Lieutenant Fitzjames was not fazed by this. HMS Aeolus had been moored in the harbour roads for some three days, and any able bodied man would know that the Press Gang would be abroad sometime soon. I think he only did the 'marching up the road and charging in bit' to give me some excitement on my first day.

I soon discovered that the Lieutenant had some very cunning plans up his uniform sleeve. At the next pub, the Schooner, he and I went in for a quiet drink, and began buying pints all round. I noticed that, as he handed the pots out, he had slipped a shilling into each one. As soon as the locals had supped the ale, up leaps Lieutenant Fitzjames shouting, "These men have taken the Sovereign's shilling." Whereupon the rest of the gang, who had slid

Reality Holiday with a Press Gang



into the pub unobtrusively, sprang up and pinioned the 'volunteers' arms. Four of the five were so drunk they could hardly stand, let alone resist. The fifth, one John Tappin, a carpenter by trade, objected most strongly. Lieutenant Fitzjames had another cunning plan for this situation. He merely whacked Mr Tappin on the head with a marlinespike, and a burly matelot hoisted him on to his shoulder and carried off to the waiting warship.

The 'shilling in the pint' trick didn't work in every pub, though. Some landlords, fed up with losing great tranches of their trade, provided glass bottomed tankards so the customers could check for shillings before quaffing the ale. Lieutenant Fitzjames comments on this practice are unprintable!

Most of the week was taken up with trawling round the pubs of Portsmouth getting likely looking lads very drunk, then carting them off to HMS Aeolus, where they woke up next day, fully fledged members of His Majesty's Royal Navy and with a massive hangover!

But, as Lieutenant Fitzjames explained when I noticed how tightly he was hanging onto his sword, it wasn't always 'easy peasy'. Apparently a brother officer lost his sword during an affray when impressing some men. The Admiralty had finally paid up for a new sword, but it was 'one hell of a hassle', he moaned.

And sometimes, he said, it was necessary to go further afield to find volunteers. But our leader decreed that he hadn't got enough time this trip. Also he told me that many men were impressed at sea, the Press Gang boarding a merchantman just before it entered harbour. Our leader did not approve of this. "In any case," he said, "there were not any merchantmen due in before the Aeolus was due to sail."

One of the more unsavoury aspects of the Press Gangs, but not the one led by Lieutenant Fitzjames, was to use the marlinespike to the head first, and pocket the shillings!

By dint of these and various other dirty tricks, we recruited nineteen new crew members for HMS Aeolus. "Not a bad week's work" proclaimed Lieutenant Fitzjames. "Cheers to that," I say, "His Majesty's Royal Navy ships need to be fully manned".

For more information on joining a Press Gang for a week, visit the Royal Navy website www.royalnavy18century.rn.org and click on the 'find a press gang' button. Click on the black 'Life at Sea' button for details of conditions on board one of His Majesty's men o' war.

If you wish to make a career move into the Royal Navy, just go drinking in the Lamb and Flag in Portsmouth any time.

Editor's Note. As Lieutenant Fitzjames was reluctant to return to HMS Aeolus with less than his full quota of impressed men, there will be no more travel notes from John Elfick until HMS Aeolus returns from the Caribbean in two years time.

Submitted by Geoffrey Wallington

Not all thieves are stupid



Long - term parking

Some people left their car in the long-term parking at the airport while away, and someone broke into the car. Using the information on the car's registration in the glove compartment, they drove the car to the people's home and robbed it. So, I guess if we are going to leave the car in long-term parking, we should not leave the registration/insurance cards in it, nor your remote garage door opener. This gives us something to think about with all our new electronic technology.

Satnav

Someone had their car broken into while they were at a football game. Their car was parked on the grass which was adjacent to the football stadium and specially allotted to football fans. Things stolen from the car included a garage door remote control, some money and a Satnav, which had been prominently mounted on the dashboard. When the victims got home, they found that their house had been ransacked and just about everything worth anything had been stolen. The thieves had used the Satnav to guide them to the house. They then used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the football game, they knew what time the game was scheduled to finish and so they knew how much time they had to clean out the house. It would appear that they had brought a truck to empty the house of its contents. Something to consider if you have a Satnav - don't put your home address

Not all thieves are stupid



in it. Put a nearby address (like a shop or garage) so you can still find your way home if you need to, but no one else would know where you live if your Satnav were stolen.

Mobile phones

I never thought of this! This lady has now changed her habit of how she lists her names on her mobile phone after her handbag was stolen. Her handbag, which contained her mobile phone, credit card, wallet, etc., was stolen. Twenty minutes later when she called her husband, from a pay phone telling him what had happened, her husband said, "I received your text asking about our Pin number and I've replied a little while ago." When they rushed down to the bank, the bank staff told them all the money was already withdrawn. The thief had actually used the stolen mobile phone to text "hubby" in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account.

Purse in the shopping trolley scam

A lady went shopping at a local supermarket and left her handbag sitting in the children's seat of the shopping trolley while she reached something off a shelf.....Wait 'til you read the **whole** story! ...Her purse was stolen, and she reported it to the store personnel. After returning home, she received a phone call from the supermarket security to say that they had her purse and that although there was no money in it, it did still hold her personal papers. She immediately went to pick up her wallet, only to be told by security that they had not called her. By the time she returned home again, her house had been broken into and burgled. The thieves knew that by calling and saying they were security, they could lure her out of her house long enough for them to burgle it.

Lessons

Do not disclose the relationship between you and the people in your contact list. Avoid using names like Home, Hubby, etc.

Very importantly, when sensitive info is being asked through texts, confirm by calling back.

When you're being texted by friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet "family and friends" who text you.

Lancelot 'Capability' Brown



Famous for his innovative style of 'landscape gardening' that drew the wider vista into the gardens he created. This approach was scorned by many of his contemporary rivals, and also others in later years. His detractors accused him of destroying existing old gardens, and even entire villages, in order to achieve his results.

The aristocracy and upper classes evidently did not agree with this assessment and he rode around England working on literally hundreds of commissions, some in the most prestigious estates in the land.

His nickname was apparently acquired due to his habit of assuring potential clients that their property had 'great capabilities'. However, there is no evidence to show that it was used during his lifetime. It is more likely to have been coined by a later generation of detractors, and was not intended as a compliment.

As is often the case for that period little is known about his early life. He is recorded as being baptized on Sunday 30th August 1716 in Kirkhale church in Northumberland. His father was William Brown, a steward/estate manager to a member of the local gentry, but his mother is not mentioned, nor is his date of birth.

It is believed that he stayed at school until the age of 16 and then did a 7 year apprenticeship in Kirkhale estate workshops. This extension beyond the normal leaving age of 12 may have been due to the fact that, although his father had died, his 2 older brothers were well placed in employment on the estate.

Lancelot 'Capability' Brown



Not much detail is known about his life from then until he began work at Stowe House, in Buckinghamshire, in 1741, beyond that he had met the woman he was to marry and had gained experience in water engineering and the creation of lakes.

Among the many great estates he worked on during his life are:

Burghley House in Lincolnshire,

Syon House in London,

Alnwick Castle in Northumberland,

Harewood House in West Yorkshire,

Blenheim Palace in Oxfordshire,

Chatsworth House in Derbyshire,

Hampton Court Palace, where he was Master Gardener to George III.



Blenheim Palace ©www.prestigiousstarawards.com

In 1783 while walking back to his daughter's house, where he was staying, after dining with an old acquaintance, Lord Coventry, at his home in Piccadilly, he collapsed in the street. He was taken to his daughter's house and his wife and lawyer were sent for. He died that evening, Thursday 6th February 1783.

There is some speculation as to the actual cause. Had the lifetime of stress and pressure of work taken its toll on his health as he is believed to have suffered from asthma. He was a big man so had he hit his head in the fall?

His abiding legacy is as a gardener not a plantsman so he was never associated with any particular plant, nor does he have a genus or species named for him.

Submitted by John Joynes

Hidden Gem in the Paphos Forest



What a delight to welcome back members from their post covid blues with a visit to the beauties of Chrysochou Bay, famous as a turtle nesting area, and the Paphos Forest.

The occasion was a visit by the Archaeology Group, led by Frank Haggerty, to the remains of a Medieval Georgian Monastery. The site is tucked away in the forest and as such is little known except to the Georgian residents of Paphos who regularly attend services there. A new monastery is planned on a 13,000 square metre plot nearby for services in Georgian, thereby preserving the heritage of the site.

The Monastery of Panayia Crysogialiotissa was founded in the 10th century by a Georgian King David 111 and was well looked after by his successors until the late 16th century when it was mostly destroyed by an Ottoman invasion. An earthquake in the 1930's finally saw its end.

The ruins were rediscovered in 1981 by a US-based Georgian scholar but not excavated and studied by a team from Georgia until 2006 -2010. They found the tri-conch domed

Hidden Gem in the Paphos Forest



church typical of the period in Georgia. The interior was painted with scenes from the baptism of Christ and descent from the cross. It was a very wealthy monastery and is mentioned in Greek, Latin and Georgian sources. It held an extensive library and established a workshop responsible for translating books from Greek to Georgian.



Later in the 11th Century, on the north side of the church, a Chapel dedicated to Saint George was added. There is a fresco of the warrior saint at the chapel door. A two-storey bell tower was added soon after.

The Georgian language was not written until Medieval times and on one of the abutments on the south side can be seen an early Medieval version of script known as Asomtavruli which continues to be used on stone engravings. Also, on the south side, there is a cistern and storerooms.

Moving on about 200m to the north east of the monastery we came to the small Saint Nicholas church. This has been excavated so that you can see the crypt below the floor which contained the graves of monks. Also close by is the monastery mill and the two roomed cell of a hermit monk who is credited with the translation of psalms between the 11th and 12th centuries.

During the excavations, ceramic and glassware, a bread stamp, a bronze incense burner and cross and coins from the Byzantine and Lusignan periods were found.

On completion of the main church excavation an impressive canopy financed by the Georgian Cartu fund was erected over the site to protect the ruins.

Our visit concluded with a meal at Pas To Kima on the beach before returning to Limassol.



Submitted by Pat Howarth

Using email safely



Viruses, trojans and other malware sent by email accounts for 91% of attacks by cyber criminals. To protect yourself and those you send email to from these criminal elements, it is vital that you follow some simple guidelines:

- *Do not pass contact details of a member to anyone without the express written consent of that member. (Sending someone's contact details to someone else without their express permission is a criminal offence.)*
- *Ensure the operating system on your computers/tablets/mobile phones are maintained with updates and patches provided by their suppliers.*
- *Install and maintain internet security software to minimise the risk of viruses and other forms of malware infecting your computer.*
- *When sending emails to multiple addressees always use BCC (blind carbon copy) to protect the privacy of those email addresses and helps to prevent viruses, trojans etc. that may be lurking on on your computer being sent to your addresses.*
- *Do not open email attachments from an unknown, suspicious, or untrustworthy source. If you're not familiar with the sender, do not open, download, or execute any files or email attachments.*
- *Do not open an email attachment unless you know what it is, even if it appears to come from a friend or someone you know. Some viruses replicate themselves and spread via email. Stay on the safe side and confirm that the attachment was sent from a trusted source before you open it.*

Using email safely



- *Do not open any email attachments if the subject line is questionable.* If you feel that the attachment may be important to you, always save the file to your hard drive before you open it.

There are many antivirus and malware protection applications available for your computer, tablet, and mobile phone. Some of them are free, but for the the more sophisticated ones you will need to pay a modest annual subscription fee.

For those using Windows, Microsoft offers a free Safety Scanner tool designed to find and remove malware from Windows computers, which you can find and download by [clicking here](#).

The Safety Scanner is available for use 10 days after being downloaded and Microsoft recommends that you always download the latest version of this tool before each scan.

Please protect yourself and others from the criminal elements by following these simple guidelines.

Recipe



Mulled wine

A favourite at Christmas, mulled wine dates back to the second century. The Roman soldiers mixed honey with wine and then slowly heated the mixture adding spices like pepper and bay leaves to warm their bodies in the dead of winter.

Over the years the recipe for mulled wine has evolved as tastes and fashions have changed until today it's a Christmas staple.

Ingredients

- 1 lemon
- 2 oranges
- 8 cloves
- 2 cinnamon sticks
- 2 star anise
- 4cm piece ginger, peeled and sliced
- 60g light brown sugar
- 60ml ruby port
- 750ml bottle full-bodied red wine
- 750ml water
- 120ml brandy (optional)

For the garnish

- ½ orange, sliced into half moons
- ½ lemon, sliced into half moons
- 6-8 cinnamon sticks

Method

1. Remove the zest from the lemon and one of the oranges with a potato peeler in thin strips then juice the zested orange. Push the cloves into the remaining orange.
2. Put the zest, orange juice and clove studded orange in a large pan along with 2 cinnamon sticks, star anise, the ginger, sugar, port, red wine and 750ml water.
3. Put over a low heat and stir until the sugar dissolves, then turn up the heat slightly and simmer gently for 20 minutes.
4. Remove from the heat and leave to cool for 10 minutes before ladling into glasses. Garnish with the orange and lemon slices and a cinnamon stick.



Merry Christmas
Καλά Χριστούγεννα





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