

# AD LIB

The magazine of  
Paphos Third Age



[www.paphos3rdage.org](http://www.paphos3rdage.org)

Editors: Keith and Marian McEwen

September 2021



## **KEITH ADAIR**

### ***Sends his message from the chair***

Dear Members,

Welcome to the September 2021 edition of Ad Lib in which you will find promising and interesting news on the restarting of many of our groups. Of course, some groups have remained active throughout our long hot summer, although at a slower pace.

Inside you will see which new groups are starting and which groups are no longer able to operate. We wish the new groups every success and a big thank you to the retiring group leaders and their assistants for their hard work and dedication.

To comply with the current law, we can meet indoors in groups, at tavernas, hotels and other public places, so long as:

*Individuals are in possession of a SafePass or valid Rapid Test  
The number of attendees does not exceed the maximum allowable for the space.*

Some establishments choose not make checks, however on the day, the Group Leader will be asking attendees, "do you have a SafePass or valid Test", before allowing entry to the meeting.

To enable group organisers to comply on numbers of persons allowable, please always reply to the meeting invitation, making it clear that you wish to be included.

*Be prepared to wear a mask when moving around the venue.*

For those planning to meet at the Coral Star, enjoy the newly refurbished environment.

The annual group leaders meeting and lunch, which was originally planned for November 2020 and postponed due to Covid restrictions, will take place this month at Minthis Hills. This is the time when the club can formally thank all the group leaders and assistants for their hard work and commitment to the groups.

Do take some time to click on the P3A website, as many members do at the beginning of a "new term", where you can explore a new interest or perhaps rekindle an old one.

[www.paphos3rdage.org](http://www.paphos3rdage.org)

Best Regards  
Keith Adair  
Chair

# **P3A committee members**

<b>Chair</b>	Keith Adair
<b>Vice Chair</b>	Keith McEwen
<b>Treasurer</b>	John Harper
<b>Secretary</b>	Karen Ikin
<b>Membership Secretary</b>	Dale Ikin
<b>Groups Coordinator</b>	Simon Welch
<b>Magazine Editors</b>	Keith and Marian McEwen
<b>Website Officer</b>	Ros Sparrow
<b>Events Organiser</b>	Marian McEwen
<b>Co-opted Member</b>	Sue Lourensz

Contact details: <http://paphos3rdage.org/committee.htm>

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## **MEMBERSHIP NEWS**

Membership is now at a very healthy total of 851. Since September 2020, we have seen a total of 63 new members and 10 re-joining members. Joining P3A has never been easier. Details are on the "JOIN US" page on the website.

The membership year runs from 1st September to 31st August and the annual subscription remains at €5. Renewals are due now and members should renew by no later than 31st December 2021 or memberships will lapse.

To assist with joining or renewing annual subscriptions, we have 4 dedicated post boxes located:

- a. Inside Angelikas Restaurant in **Paphos**
- b. Outside the lecture room at the **Droushia Heights Hotel**
- c. Inside the Olive Tree Taverna in **Polemi**
- d. Mailbox 275 at the **Kamares Club**.

P3A also now have a dedicated postal address where members are able to either personally deposit or post mail. This is:

**Paphos Third Age  
Mailbox 275  
PO Box 60156  
Kamares Club  
8101 Paphos**

Dale Ikin  
Membership Secretary

# NEWS FROM THE GROUPS

## New and Closed Groups



It is very encouraging that so many of our P3A Groups are re-starting, joining those who found legitimate ways around the Covid restrictions.

The good news is that we have three new Groups starting this Autumn:

**Film Group**

**History Group**

**Sign Language for Beginners**

Details of the first three Groups and all our Groups are available on our website <http://paphos3rdage.org/our-groups> together with contact details for each Group Leader, who will be happy to tell you more.

Plans for the Sign Language for Beginners course are slightly less advanced, but we will circulate details in due course.

Sadly, three of our Groups are no longer operating:

**Mosaic & Sculpture**

**Sketching**

**Baking**

We thank the Group Leaders for their time and commitment.

A third Group the **P3A Quiz Group** is no longer operating under the P3A banner, but we are happy to say that it continues under the title of "Mick's Quiz". We thank Mick for his contribution and wish him continued success.

Steve Catchpole has decided to allow the **Foraging Group** to become dormant, but with a view to possibly reviving it in the future. Steve would be very happy to hear his members' views and perhaps hold a small farewell meeting, so please call him on 97671718.

Simon Welch

Groups Coordinator

## PHOTOGRAPHY GROUP

Is it really time for this edition of 'Ad Lib'? It seems hard to believe that three months have elapsed since I was writing my last report. As I have been very busy doing nothing all day (well, for most of the time anyway!) I can't believe how quickly the time has passed – a sentiment endorsed by many people to whom I have spoken. In spite of the ever changing and confusing Covid restrictions and the searing heat we have been enduring for several weeks, the days still seem to fly by.

However, the Photography Group has soldiered on regardless. In mid-June an evening field trip to the Harbour took place. There are always photographic opportunities in that area and we weren't disappointed. Although there were less tourists around than normal, due to Covid restrictions there was still plenty to focus on (pun) and one little fella made the most of the empty chairs outside one of the hotels to have a bit of R and R.



The new Antasia Beach Club restaurant was almost ready to open and with its futuristic design would have provided some good photographic opportunities. It has since opened so I think that gives us a good excuse for another field trip to the Harbour area, finishing up at this venue to enjoy a few bevies, photograph its architecture and make the most of the views it offers from its balconies.

During the hot weather the Group has been meeting twice a month at Coral Star Restaurant instead of every week, with a sizable number of members braving the heat and humidity to attend. One of our meetings featured a presentation by David Walker of BirdLife Cyprus who is also a member of our Group. He talked to us about his hobby - birdwatching - and his very interesting and informative talk was illustrated by some stunning photographs of bird life in Cyprus – all taken by David. This talk certainly inspired me to visit some of the sites David mentioned to see what I could discover. David also gave us plenty of information on how, when and where to birdwatch, as well as what not to do to scare off the birds!

Another member, Michael Watts, recently gave a presentation on why he enjoyed taking photographs and viewing particular photographs taken by other photographers. Photography is a very subjective occupation and what appeals to one person may not appeal to all, but it was interesting to discover what appealed to Michael in the photographs he displayed.

This presentation was followed by one given by our Group Leader Chris Scorer entitled 'My Photography'. He described the equipment he uses for his photographs and the software used to edit them. The quality of his portfolio is reflected in the high marks he achieves in the quarterly competitions!

## *Photography cont'd*

So, assuming Covid restrictions continue to ease and the weather cools down in the coming weeks what can we look forward to in our Group's activities?

In early October a group of us are setting off for Ayia Napa, for a short field trip based at the Napa Mermaid Hotel. This will provide a good opportunity to have a welcome break away from home and to hone our photographic skills on the opportunities available in that area – the Sculpture Park and newly resident birds on the Salt Lake at Oroklini to name but two.

In November we will stage our long awaited Photographic Exhibition and Competition at The Makers Space Gallery by the Agios Neophytos Monastery, Tala. We have tried previously to put on this Exhibition but Covid has intervened and we have been forced to postpone it. All members of the P3A (not just the Photography Group) are invited to submit their photos for this Exhibition.

It will be divided into two Sections - Competitive and Non-competitive - and the photographs themselves assigned to various named categories. The dates for viewing this Exhibition are from Friday evening, 5<sup>th</sup> November until Sunday 7<sup>th</sup> November. Light refreshments will be offered. Further details regarding the Exhibition can be obtained from Chris Scorer - [crscorer@gmail.com](mailto:crscorer@gmail.com).

So, lots to look forward to in the Group, all of which will, I am sure, enhance the very friendly atmosphere which pervades all our meetings and excursions. If you are not a member of the Group but would be interested in meeting up with like-minded people and finding out more about what we do, you would be most welcome to come along to one of our meetings at the Coral Star, Peyia (opposite Phillipos Supermarket).

As from the beginning of September we will be meeting every Monday morning from 10am – 12noon, with a nominal charge of €3 for refreshments (plus 50c per person for the air conditioning, but hopefully that will not be needed for too much longer!).

After this difficult year we are looking forward to expanding the Group and our activities within it with renewed enthusiasm for the subject which we all enjoy so much.

Liz Unwin

# NEWS FROM THE GROUPS

## Back to Business for Earth Sciences

To keep the Earth Sciences Group connected during the pandemic, one member, Ken Jones is putting much of his time into producing his “eNews”, a newsletter sent by email to all the group’s members on topics ranging from volcanic eruptions and seismic activity to NASA’s latest observations and adventures, plus a sprinkling of geology text book stuff for good measure.

Our wait to resume some form of group activity had seemed endless, until the suggestion of a field trip and lunch changed that. Rob Harris began receiving places of flip-flop friendly geological interest and not too far from a favourite eatery of ours in Polemi. Support from the members was fantastic and on July 6th twenty-one eager folk met and headed off in convoy for this our first field excursion since March 2020. Rob had put together maps and some details of interest and he was our guide for “The Geology of Cyprus in a Morning”.



Some dedicated students of the science.

From Polemi the trip took us through Letymbou towards Lemona where road emankments of glistening gypsum give witness to a period when

there was extreme evaporation of the Mediterranean Sea some 5-7 million years ago. Between Choulou and Pentalia we stop to observe a large red/brown mudstone block dating back to around 100 million years. The view into and across the valley behind us shows the succession of all the sediment types which form SW Cyprus. Their ages range from present day to around 130 million years ago. Our route then takes us in a loop via the villages of Pentalia, Pano Panagia and Kannaviou where we can observe the colours and textures of the different formation types. At each stop we gather around Rob, clutching our field notes, intently listening to his interpretations of how and when the rocks of SW Cyprus were first laid down, how most of the rocks were formed over millions of years in a sea, long before the Troodos emerged above water 20 million years ago and how the Paphos/Polis area did not emerge until around 7 million years ago.



100-million-year-old mudstone block between Choulou and Pentalia

Back at the Olive Tree the smell of meats cooking over charcoals was a sure sign that lunch would soon be ready, but not before that first cold drink, so welcome having been in the field all morning. Time now to catch up. The overwhelming feeling about the trip was how great it was to get out of the house, meet friends not seen for sixteen months and to feel that P3A is getting back to business as usual.

Our group restarts on Tuesday October 6<sup>th</sup> 10.00 – 12.00 at the Axiothea Hotel by the Muse Café. Our interests are in the oceans, the weather and the geology of Earth, plus that of our neighbours. Please join us, you will be made most welcome.

<http://paphos3rdage.org/Earth-Sciences>



Lunch at the Olive Tree

## Natural History Group

Living in the Paphos area gives us many opportunities to study and appreciate the natural world. Nature gives us a sense of place - reminding us that we are on an eastern Mediterranean island, with date palms, olives, carobs, and a unique assemblage of wild flowers. An island inhabited by chameleons, skinks, antlions and praying mantises, and visited by Greater Flamingoes, Hoopoes and Glossy Ibis.

David and Ros Sparrow have been studying and photographing fauna species in Cyprus for 15 years, and have worked closely with many expert scientists. On plants, the group benefits from the wide knowledge of botanical enthusiast Chris Morgan.

We resume in September and will offer an alternating mix of talks and field trips during the 2021/22 season. Our main focus will be on the nature of Cyprus, though other topics may be covered. Talks will be given at the Coral Star restaurant, and most meetings will be followed by a social lunch. New members are welcome.

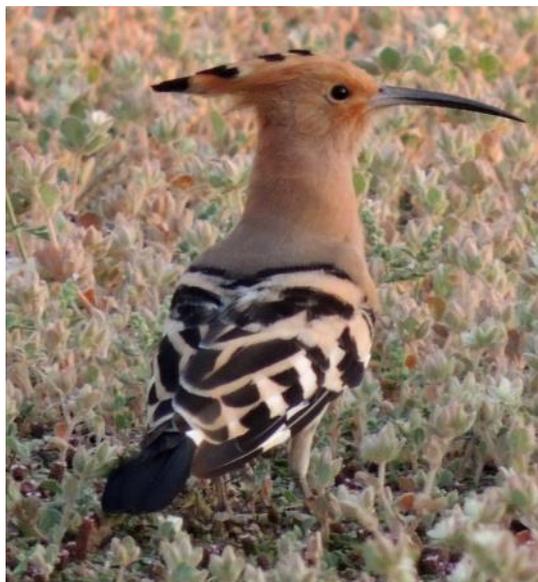
Our autumn programme is as follows:

Thursday 30 September: Talk entitled "These are a few of my Favourite Things". Ros will give a taste of the variety of animal species found in Cyprus. Cyprus is important for birds as it lies on a key migration route between Europe and Africa. It has a rich reptile fauna with 11 lizard species and at least eight snakes. There are three amphibians and some interesting mammals. But the greatest diversity is of course among insect species: globally insects make up around 90% of all known animal species. Although small they play a fundamental role in most ecosystems and have a great range of lifestyles, reproduction and survival strategies.

Thursday 28 October: Field trip in the Ezousa valley, with Ros Sparrow and Chris Morgan.

Thursday 25 November: Talk on the Birds of Cyprus and their amazing migration journeys, by Colin Richardson.

For more details contact Ros Sparrow: [rosalyn250@gmail.com](mailto:rosalyn250@gmail.com)  
Or visit our group webpage <http://paphos3rdage.org/natural-history>



Eurasian Hoopoe, *Upupa epops*.

Photo by Mark Easterbrook.

## The Friday Walking Group (FWG) Moves the Boundaries

With twenty-five people off to Transylvania, Romania in a few weeks, the FWG offers an archetype of a 'third-age' organization, constantly crossing new boundaries. The theory of the 'third-age' was first described by Peter Laslett, in his 1989 book – interestingly, he later founded U3A, and was a pioneer of the Open University. The 'third age' is generally described as the period between retirement and age-imposed physical, emotional and cognitive limitations.

First and foremost, the FWG is a very active walking group. Being very fast out of the starting blocks when Covid regulations permitted, we established an excellent working relationship with the Ministry of Health, obtaining written conditional approval to restart activities, with pods of ten people segregated a minimum of one hundred meters apart – thanks to the boundless energy and enthusiasm of our members, we quickly adjusted to running up to four pods of ten people – our model was truly scalable.

Being a strong intermediate hiking group, with Winter walks of 12km+ with 450m of ascent, our members need to be fit and active. We have two classes of membership, 'active members' who walk regularly and recovery members (a category for those recovering from injury, illness, bereavement or similar).

With an active group, there's a constant churn of members – trying to cap walk numbers at circa thirty, our membership is currently closed to new members, with a waiting list – each year we bid farewell to 'old members' and warmly welcome a slow trickle of new faces - it's a bit Darwinian really.

More a group of friends, with a common outlook, than a club, we are very light on rules, preferring to fully empower walk and event leaders. Events currently include four streams or activities – hiking, social activities, group travel and more recently, Zoom.

We walk every Friday throughout the year and try to organize one social activity a month. Currently, FWG organizes two foreign trips a year, with regular short trips to the mountains or the North. Boundaries in terms of activities are simply limited by our members' imagination and enthusiasm, with participation being restricted to FWG members and their partners.

Social activities are an important part of the FWG. We managed a Christmas lunch at Gustoso Restaurant in Paphos for nearly forty people, literally the last sitting before the lockdown – seating was random, truly 'out of the hat' mixing old and new members. When regulations permitted, we had a popular lunch and wine tasting at Kolios – this year wine tasting events have been vogueish. One new and well attended event was a Blue Lagoon cruise, with swimming and barbeque, chartering a boat out of Latchi, exclusively for the FWG. In the Autumn, minigolf followed by dinner generated some fun. But simply lunch or dinner at a popular restaurant works well for us too.

### *Friday Walking Group cont'd*

The Zoom stream became very popular in the heart of Winter with most of Europe in lockdown, with members joining from different countries – normally there was a subject lead, ranging from village history, unusual travels, local flora, insect life etc.

Whilst hiking is core, local culture and history are important ingredients for an FWG foreign adventure. Our trip to Transylvania, will hopefully be fully described in the next issue.

In 2022, we have two major foreign trips planned, Zakopane, Poland in June and the Turquoise Coast, Turkey in October.

Further afield, both in time and distance, in February 2023, FWG is hoping to go to Bhutan, in the Himalayas, wedged between China and India.

Once again, an enormous thank you to all our members for organizing and supporting our diverse events.

Alf Oldman

## THE NEW FILM GROUP

The new Film Group will be commencing on Tuesday 14th of September and thereafter on the second Tuesday of every month.

Rod and Linda McGregor are the new coordinators of a small team who have put together a wide selection of films covering many different genres which we hope members will enjoy.

The films will be shown at the newly refurbished Coral Star.

Due to current Covid rules we are restricted to a maximum number of attendees. Therefore, bookings for a place to see a film will be on a first come first served basis, with a waitlist if required.

All members of the Film Group will be notified in advance of the next film to be shown so they can book their seat in time.

If you would like to join our group or would like more information please contact:

Rod and Linda at: [p3afilmgroup2021@gmail.com](mailto:p3afilmgroup2021@gmail.com)

## CURRENT AFFAIRS GROUP (2)

The Current Affairs Group (2) is seeking a few more members who want to spend one afternoon a month talking about the important issues of the day.

This is a discussion group of about 15-20, so members should be willing to join in with their own opinions.

We ask members to propose agenda items in advance, and usually cover 4 or 5 topics in each session.

We aim to cover politics (UK, Cyprus, the world), topical social & economic issues, public affairs in general.

We meet on the 3rd. Wednesday of the month, at 2.00pm, in the Coral Star Restaurant.

If you would like to join the Group, please contact Geoff Cosson on [gcosson2003@yahoo.co.uk](mailto:gcosson2003@yahoo.co.uk)

## P3A Angling Group

Now established, Fishing Various Reservoirs, Making Good Catches, Enjoying Ourselves.

Want to Join Us?

I am convinced there are several members who are either still fishing or have done so in the past. Or there are members who would like to try it to see if it is something they would enjoy. Fishing has much to offer. Outdoors, Leisurely, Exciting, Nature, Always Learning, Lakes, Sea. Simply relaxing and chatting to fellow devotees of the sport can be a tonic.

I am proposing a straightforward Fishing Group, where both ladies and gents can meet up, talk about their favourite branch of the sport, find out where the fish are biting, meet new companions to enjoy a day's fishing with. Do the things that make angling such a pleasure. I fish purely for enjoyment. Catch and release. But matches can be held if members wish.

My main angling activity has been coarse fishing, but I would welcome members who have expertise in other areas of the sport. Having the sea close at hand obviously presents new opportunities, and there is fly fishing in the Troodos. One of the big attractions of angling is the variety of species, and the methods of catching them, that the sport offers.

At the least I would hope for monthly meetings, weekly fishing expeditions, making new friends, learning about new species and techniques, car sharing trips to different waters, and continuing to try and actually land the ever elusive 'One That Got Away'  
If this appeals to you simply drop me a line.

Brian                      [brianandjeanincyprus@gmail.com](mailto:brianandjeanincyprus@gmail.com)                      96136047

## Boules Coffee & Lunch Group.

***Looking for something new? Like to be outdoors? Enjoy games that offer something for everyone? Want to compete, but not to be Competitive***

**Boules** Could Be Just What You Need.

Until recently we were simply the P3A Boules Group. However, we now spend more time sipping a frappe and having lunch than just playing Boules. So why not advertise there is more to us than simply a group of friends throwing metal balls around.

Of course, ***we play*** Boules. It is our main activity. But we have drinks breaks between games. Sitting in the shade, having a lot of laughs with friends in a scenic venue, are some of the reasons for coming to Cyprus.

When we do finish playing Boules, most members head for a nearby taverna that specialises in good food at reasonable prices. It makes for an all-round enjoyable morning.

What is so special about Boules?

- You can learn the basics in 5 minutes.
- Most of our members had never played before.
- You can play at any age.
- It is inexpensive.
- Men and women have an equal chance of winning.
- It is gentle exercise in the fresh air.
- Until the final Boule is thrown the result is never certain.

Does P3A Boules have more to offer?

- We are a cheerful group and have just adopted a mascot.
- We play to win, but winning is not at all the main objective.
- We play for enjoyment. Winning is very much secondary.
- We draw cards on the day to determine our partner and opponents.
- Everyone has an equal chance. Nothing is prearranged.

What do you need to do if this sounds like a sport for you?  
It could not be easier. Just get in touch. You will be made very welcome.  
We have spare Boules just waiting for your fingers to caress them.  
Another P3A activity that afternoon? You will have plenty of time.

If you would like to try Boules when no one is around, it is no problem.  
We are very happy to meet you one afternoon for a try out.  
If after all this you feel Boules is a little too energetic for you, you are still welcome to just come for lunch, as some friends already do.

Permanent Resident or Swallow, we look forward to meeting you soon.  
Brian or Angela. [p3aboules@outlook.com](mailto:p3aboules@outlook.com). 96136047

## Discovering and Exploring the Real Cyprus Group

We do just what the title says. We look for and visit the Cyprus behind the Tourist Trappings and Superficialities that are what most holidaymakers encounter during their short stays on the island.

Most members come to live in Cyprus believing it is more or less like the UK, with a lot more sun and a different language. Gradually we realise this is not so, with the culture, traditions, religion, the entire way of life of the island being very much at variance with the culture we were brought up with.

Cyprus has a much longer documented history than the British Isles. It has been ruled and fought over by various races, many of whom have left their imprint and monuments behind them. It gave birth to one of the most revered Goddesses of the ancient world, who for over 1600 years drew worshippers from all the Mediterranean. It has been both a major strategic point of the Eastern Mediterranean and a more or less forgotten back-water.

The Natural History and Geology of Cyprus varies greatly from the UK. The Island's inhabitants are deeply religious, and churches and monasteries, some over 1000 years old, abound. There are many quaint, old stone-built villages tucked away, where life still revolves around the coffee shop. Old wineries, using the same fermenting techniques used by their founders are found in the hills.

This is the Cyprus that we look for. Not only the wonders and technology of the modern world, but the wonders of the past, that have led to the creation of the Cyprus of today.

So what have we been up to over the past three years? Amongst other things we have;

-

Explored a Battlefield from 498 BC

Seen how Cyprus Delight is manufactured

Been escorted around various wineries and had numerous wine tastings

Have spent an evening learning about the stars and the night sky that are visible from Paphos

Visited an Olive Oil Manufacturing Plant that was operational before the birth of Jesus

Learned about the truth and the myths of the snakes of Cyprus

Had a Flamingo Watching morning.

Visited Wine, Olive Oil, Carob, Weaving, Folk and other Museums

Had tours of Paphos, Limassol and the Archaeological Park.

Visited a 5000-year-old graveyard.

Watched demonstrations of traditional bread and halloumi making, followed by a traditional feast.

Enjoyed a holiday in Protaras and a look around the Cape Greco area.

You may have noticed there is a reasonable amount of variety in the above list. Is there anything consistent in what we get up to? Actually there is. We are normally out and about. Going to see the scenes of the events we are interested in. Learning, experiencing and enjoying.

We also invariably end our trips with a long, leisurely lunch, usually at a tavern that is new to most members.

Have a look at the photos on <https://photos.app.goo.gl/CsyzxiXuFtFQYeEE7> to learn more.

If any of any of this appeals to you contact Brian or Suzanne

[Brianandjeanincyprus@gmail.com](mailto:Brianandjeanincyprus@gmail.com)

96136047 You will be most welcome.

## AROUND THE WORLD IN 80 DISHES

Our group continues to cook and enjoy varied meals each month.

In June we visited Malaysia and enjoyed a delicious meal of Vegetarian curry, Coconut soup and Sambal eggplant to start. Followed by Malaysian Mushroom korma, Chicken rendang with rice, noodles and condiments. To finish the meal we had Coconut cream pie and Sambal rojak.



We thought we would explore Georgian cuisine for our July meal and came up with an interesting and very tasty menu of Kubdari (small pastries filled with meat) and stuffed egg plant rolls, followed by Galupsi (stuffed cabbage rolls), Georgian chicken shkemeruli with Ajapsandali (ratatouille), Nigvzis Sakmazi (walnut paste) and stuffed mushrooms. We finished our meal with Pelamushi (a sweet, jelly-like grape pudding).



We did not meet in July and are currently looking forward to our September meal when we will be visiting Kenya.

Our group is currently full but if you enjoy cooking and dining in convivial company, please contact me and I can add your details to a waiting list to start another group. The ideal/minimum number in a group is six people as we meet in each other's homes and, therefore, need space to accommodate people around a table.

Happy dining.

[Carolyn.hart@btinternet.com](mailto:Carolyn.hart@btinternet.com)

## A Farewell to Denise Holt



Denise was one of P3A's founder members - her membership number was 008.

In the early days Denise was an ever-present figure, she was elected as Events Co-ordinator onto the first committee and served in that role for three years. Throughout her membership Denise gladly assisted with the running of various groups, notably the History group for many years and Natural History group.

One of her early group presentations was on the philosophy of vegetarianism, for which she is a strong advocate. In October 2019 she helped launch the group "Sustainable Planet Earth" and gave its first presentation, "Animal Welfare", also a subject close to her heart.

On behalf of the club Denise, I thank you for your outstanding contribution to the success of P3A and we wish you well in your next venture.

Best Wishes  
Keith Adair  
Chair

**Denise** by Sandra Pope and Terry Spiby

"Denise has been a great friend to us both, in fact Terry introduced me to the History Group and that's how we met. Denise was of great help during the history lessons that Wally gave and I believe she contributed extremely well to the double act. From a social point of view, we got on so well with both Wally and Denise that we enjoyed curry with them on a frequent basis. We also enjoyed talking about our ventures into different countries some of which they had also been to, so we were able to discuss with them in detail especially about Vienna and Hamburg.

Denise took up her own contribution to the P3A groups by introducing her Conservation lessons/classes along with help from Marion Campey and Jean Alston. They gave great presentations encouraging us all do our bit for the community and indeed the ultimate goal - to help the world. Sadly, for the group, Covid intervened, and everything came to a halt and it looks like it's going to be sometime before we can all meet again.

We wish Denise all the best in her ventures in the UK, we know that she is anxious to catch up with family there".