



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

Editor: Marian McEwen

June 2023



## Message from the Vice-Chairman Keith McEwen



**Hello and welcome to another edition of Ad Lib.**

Don't worry, our Chair David Sparrow has not changed his appearance. He has asked me, as Vice Chair, to write the Chairs Message on his behalf due to his time currently being taken up with the Dragonfly Congress he is organising here in Cyprus this year.

This time last year, many members, including your Committee, wondered if P3A could survive the dreaded pandemic with all its regulations, politics and divided opinions. However I am pleased to report that we are continuing to flourish this year with 75 new and 12 re-joining members since 1st January. This makes our current total 845. Certainly one of the largest organisations in Paphos.

I am always pleased to hear about how P3A has helped so many people get involved in our activities and meet new friends. I know how much it helped my wife and I when we came to live in Cyprus six years ago so appreciate the benefits it brings. With over 40 Groups the choice of activities on offer is impressive to say the least. Many of the groups are flexible in their activities meeting the wide range of interests of their members. It is also encouraging to hear of new Groups being set up or proposed for the future. At least one is mentioned in this issue. It is also encouraging to see an increasing range of Nationalities within our membership.

Again this issue of Ad Lib highlights the variety of activities on offer. It is amazing how many Groups are already 'full' or having to limit numbers. In this respect the search for new venues continues so please keep your eyes open and let us know if any suitable new venues are found.

Many of our members will probably be swallowing back to cooler climates over the summer months but hopefully all our Groups will be waiting for your return. I hope you all have a good summer wherever you may be and look forward to your continued involvement with P3A

Keith McEwen  
Vice Chair

# P3A Committee Members

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| <b>Secretary</b>            | Sue Lorensz      |
| <b>Membership Secretary</b> | Dale Ikin        |
| <b>Groups Coordinator</b>   | Ros Sparrow      |
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The screenshot shows the homepage of the Paphos Third Age website. The header features the logo "P3A PAPHOS THIRD AGE" and a navigation menu with links to Home, News, Groups Calendar, Committee, Constitution, Ad Lib, Join Us, and Group Leaders. Below the menu is a large photograph of a coastal marina. The main content area includes sections for Welcome, Saturday Talks, Our Groups, Additional Learning Opportunities, Facebook, and Data Protection Policy. A sidebar on the right lists various activity and interest groups.

**ACTIVITY & INTEREST GROUPS**

- Aerobics
- Archery
- Around the World Doing
- Kelvin (Advanced Canasta)
- Book Group - Fiction
- Book & Film
- Books
- Bridge Journeymen - Mondays
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- Card Making
- Computer Technology
- Cosplay Group
- Current Affairs - Group 1
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- Discover Cyprus
- Dragonfly Study Group
- Earth Sciences
- Family History
- Film Group
- Gentle Souls 5 Keg
- History
- Lunch Club (the last Sat.)
- Mahjong
- Media Discussion Group
- Natural History
- Pottery
- Photoheads
- Quilting
- Quiz Nights
- Scrabble
- Sign Language
- St Andrew Group
- Sunday Lunch Club
- Table Games
- Tennis & Olympic for Beginners
- Walking Football
- Walking, Elder Walking (EWG)
- Walking, Happy Wanderers
- Walking, Mander Walking group

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# NEW! P3A Snorkelling Group



## ***Do you enjoy snorkelling with like-minded people?***

I am considering forming a snorkelling group.

The idea is simply to bring together people who enjoy snorkelling in the sea.

Initial thoughts include:

- During Summer months, either mid-morning or early evening, snorkel in attractive destinations in Cyprus
- Probably snorkelling from the shore, rather than boat
- Snorkelling in group or with buddy for safety
- Choosing destinations/leading would ideally be shared, similar to a walking group
- Social coffee or drink afterwards, meal if you wish
- Non-snorkelling partners welcome
- Not necessarily initially affiliated to any wider group

If you or friends are interested in participating, please let me know.

Feel free to share details with your network.

The next step is to form a mailing list of those interested.

Thanks

Alf

[alf.oldman@gmail.com](mailto:alf.oldman@gmail.com)

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# Earth Sciences Group

The Earth Science Group met at the beginning of May for a field meeting led by Professor John Malpas, to study the rocks of the Troodos/ Mamonia Suture, in an area just north of Paphos.

Firstly, at sites around the Kritou Marottou region, we examined the unstable bentonitic Kannaviou and Kathikas clays and other debris from a Troodos/Mamonia terrain collision of this group of rocks millions of years ago.

Then, nearer the Kannaviou Dam, we saw basaltic lavas of similar appearance to pillows and further along the side of the reservoir, more basalt pillow lava and a hillside of "sheeted dyke" lava where Roman age people had dug horizontal adits (horizontal tunnels), looking for copper-- unsuccessfully it is assumed.

We then came down to the "Spring of Life" Taverna (with the wood carvings) at Amargeti, for a much needed and very good, meze.

After lunch we drove to the Nata area to examine the Pakhna chalks followed by crossing the Xeros River to view outcrops of 200-million-year-old "Dhiarizos" Group lavas and more recent Troodos Serpentinites. Further on, towards Phasoula, we saw more Dhiarizos Group basaltic pillow lavas.

Lastly, we examined outcrops of Ayia Varvara Formation - metamorphic (reconstituted) rocks of Troodos and Mamonia Dhiarizos Group lavas.

Dave Bowler



# Around the World Dining Group

We continue to enjoy our dining around the world and in February we visited the cuisine of Myanmar (Burma).

We started with the Pegu Club cocktail; interestingly, The Pegu Club was the British Officers Club in Rangoon and its house cocktail was called the Pegu Club. This was a combination of gin, lime and curacao and very nice it was too! We then enjoyed starters of lamb/goat puffs and Burmese eggplant curry. This was followed by chicken and sweet potato cooked in coconut milk with spices and a Burmese pork curry, served with noodles. We then found room for a slice of Burmese Banana Cake.

As our next meal was at the end of March, we decided to celebrate Easter early and prepare Easter dishes from around the world. We sipped delicious 'Easter Bunny' cocktails, which was a combination of advocaat and chocolate, before enjoying Polish white borscht soup and "special" Easter Eggs, which were devilled eggs presented as Easter chicks. Our main courses were Roast Lamb and a Honey-glazed Ham joint, served with asparagus and boiled baby potatoes and we finished off with Capirotada (Mexican bread pudding) and a French lemon tart.



## Around the World Dining Group cont.

In April, we had an Italian meal. After enjoying a delicious cocktail, we dined on Minestrone soup with Italian sausage, Arrosto di Mailale al latte (Italian style braised pork) and Griddled Sirloin with borlotti beans, baby plum tomatoes and salsa verde, followed by desserts of Tiramisu and Panna Cotta.



We next meet at the end of May when we will be enjoying an Argentinian meal.

Carolyn Hart  
Co-Ordinator Around the World Dining  
Tel: 97 762371

# P3A Photography Group

## 2nd Quarterly Report

Summer has finally arrived with evidence of this all around us – the meadows are full of wild flowers, with the ‘yellow crop’ now being superceded by the lilac and purple species, the birds are singing in full throttle – the returning bee-eaters competing for top place in the volume stakes and a proliferation of red registration plates on the road and in car parks would indicate that the tourist industry is now thriving again after the devastating Covid lockdown.

The Photography Group has been getting a spring in its step during the last few months, with record attendances at our weekly Monday morning meetings at Coral Star Restaurant and high numbers of entries from members for our 2nd quarterly competition. Each quarterly competition invites members to submit one photo related to a ‘theme – March’s theme was ‘Urban Architecture’ as well as submitting two photos of the photographer’s choice. This competition attracted a record number of entries of which the following photos are a selection:



3. Avanuzzer Unlamped!



8. Carnivale



19. Love at first sip

Andrew Hogg

Steve White

Chris Scorer

Our Group Leaders – Tom Brown and Chris Scorer have presented a series of lectures at our Monday meetings. Topics have included painting with light, smartphone photography, panoramas, what makes a good image, suggestions for good photo printing and how to produce good black and white photographs – all designed to increase our photographic skills.

One of the most popular activities for our Group is to get out and about on a field trip, giving members to further hone their photographic skills, combined with the opportunity to chat about all things photographic over refreshments at the end of the trip. During this quarter we have been on two visits – one of which was to the deserted village of Vretsia. On this trip I was a passenger in the car of Patricia Sainsbury – one of our members, who very skilfully drove her car up and down incredibly bumpy tracks before getting us safely to the village. In spite of this hair-raising journey she also managed to take some great photos, one of which is included here: ----->



## The Photography Group Cont.

Another recent field trip was to the village of Salamiou, organised by our member Glyn Edwards who is a never-ending source of ideas for field trips.

These are two of the images he took on this trip.



On 19th to 21st May the Group, in conjunction with the Natural History Group, will be holding a photographic exhibition at The Makers Space Gallery in Tala. A record number of entries have been submitted by Members for this event which we expect will attract a lot of interest both locally and from visitors to the Island. More about this in our next quarterly Report.

Liz Unwin  
May 2023

# Polis & Latchi Lions Walking Football Team



We had a wonderful Christmas celebration at our host premises, Propileia, with the usual annual awards for best player, most improved player, etc.

Then the winter months were quite lean for training, what with poor weather and the 'swallows' affect having an impact. However, on a positive note, we focused on expanding and improving our female squad, with a view to participating in the Chase Buchanan Cup in March.

This was a tournament involving all three Cyprus walking football teams, plus visitors from the UK, with nine teams competing in total. This was our ladies first taste of tournament football, and they did themselves proud!



The male squad continued to train hard, with greater emphasis on 'drills and skills' rather than just having a kick about.

There have been various friendly games played between the Cyprus teams, (Four teams in total now) and also fixtures against visiting UK teams too, notably Colchester WFC with Thames Valley in May.

Our annual meeting with Titans from Kalyves in Crete takes place in mid May, with a massive party of twenty four people (Including partners and supporters) from Polis and Latchi Lions alone. Plus this year, we're joined by Aphrodite Hills WFC and their partners and supporters too!

Our social events away from football are on the increase, especially going in to the summer, with plans for the manager's barbecue at our sports centre, Propileia and a Blue Lagoon boat trip.

We're always keen to invite new players to join us, so if you are a male over fifty years of age, or a female over forty, get in touch and come along and have a go it is great fun. No previous football skill or ability required. Contact details are on our P3A page, plus we're on Facebook. We'd be glad to welcome you. Our Ethos is and always will be Fun, Fitness, Friendships and (of course) Football.

Steve Whitcombe.

# The P3A Quiz Group



***Hello everyone***

Our Quiz still thrives but always looking for new members. The quiz is pure general knowledge and trivia with lots of categories covered in haphazard order! For example some recent questions were:

- 1. What Colour will my hydrangeas be if growing in acid soil?***
  
- 2. Seven teams in the league play each other once.  
How many games played altogether?***
  
- 3. Is an Ibex an Antelope, Deer or Goat?***

Answers below

We meet on the first and third Mondays of each month at the Coral Star opposite Phillipos in Coral Bay.  
The actual quiz starts at 8pm but come earlier if you would like to eat.

We have serious quizzing but done in a very light hearted enjoyable atmosphere. There is a 2 euro pp fee.

Please come along either as an indoor team whatever. You will be made most welcome.

Mick  
[mickcotton20@hotmail.com](mailto:mickcotton20@hotmail.com)

Quiz answers  
Blue, 21, Goat

# Saturday Talks

The Saturday Morning talks are held on the first Saturday of each month between 10am - 12 noon at the Annabelle Hotel, Pafos.

The Ariadne Conference room in the hotel is very comfortable, has technical backup and allows the presentations to be enjoyed by both the speaker and audience. Refreshments are taken about half way through the talk, and as you might expect of a 4-5 star hotel, are very good.

Your support is essential for this group to flourish, so please come along to the advertised talks.

Also, if any one of you has a burning desire to talk about a subject close to your heart, please let the organisers, Alan and Angie Nicholls know, email: [alnics99@outlook.com](mailto:alnics99@outlook.com). We are always on the lookout for speakers and if you wish, as we do, for the talks to flourish, let us know of anyone you know who might fit the bill.

There are no meetings in the months of July, August and September (summer break) and also none in January (too close to Xmas/New Year).

Below is a brief description of the forthcoming talks, a fuller synopsis will be sent to you 3-4 weeks before each presentation is due.

July/August/September summer recess.

## October 7th THE FUN GUYS

Come and be entertained by 2 members who will educate you in some Mycological adventures (or facts you might not know of)!

This will be a joint Mycological adventure. Brian (Mr Bridge) Twigger will guide you through the forest as you search for edible fungi. Brian will point out the bad guys as well as the fun guys (pun intended). Brian has spent many years foraging for his favourite mushrooms and was an associate member of the British Mycological Society. Want to hear about magic mushrooms? Brian will tell you! Brian has made several presentations about this subject during his time in the UK and has also served as a Kennett District Councilor for Ramsbury in Wiltshire.

The second, perhaps more serious half of the show, will be presented by Alan Nicholls who has over 40 years experience dealing with the nasty fungal fraternity during his years as a Biomedical Scientist. Alan will give you a brief insight into fungal infections such as, ringworm, thrush and farmer's lung, what causes them and the signs and symptoms associated with them. No gruesome pictures, I promise!

Come and have a fun morning with Alan's and Brian's fungi!

## November 4th

will see a guest speaker, Chris O'Grady from the UK who will entertain you with a talk titled “Fakes & fortunes, art & antiques, dealers and forgers”.

Stories of amazing finds, of money made and money lost in the world of art and antiques. Chris is a professional speaker and at the time of ‘booking’ him for October, had already 51 talks scheduled for 2023!

After the presentation Chris has kindly offered to give informal appraisals of ‘antique’ items that attendees may wish to bring along – however, this is not Flog It!

## Saturday Talks Cont.

This is part of the conversation we've had with Chris:

"I am indeed very happy to provide informal appraisals of any items that people coming to the talk want to bring along. Should any of your colleagues want anything informally appraised, the best way is that they bring their objects to the meeting leaving them on a table for me to consider and after the presentation, we can talk through their articles of interest. My primary specialist areas in antiques cover the fields of oil painting, sketches, engravings and etchings, vernacular furniture, antique metal ware, netsuke and studio pottery.

I am though, able to offer opinions and provide some advice on most antique items that are bought to these events.

It is often the case that for certain items brought along, I offer to take a picture of the object being shown to me and with their agreement, note the members email address or contact details and do some research on their behalf during the days following, to then share with them what I have been able to establish.

I make no additional charges for doing this post meeting work."

So, if you want to know "what's it worth", bring it along on the day.

This talk is likely to attract a lot of requests to attend. Priority will be given to regular attendees as the audience will be limited to 80.

A more detailed description of each month's talk will be sent to all members 3-4 weeks before it is due. Further talks will be advised in the next Adlib issue.

Please do try to support our talks, I know that the speakers spend a lot of time preparing them for you and I think we should all try to support and encourage them. Without our presenters, and you of course, there would not be a Saturday Morning Talk Group. Let's keep it going!

Best wishes Angie & Alan Nicholls

# Friday Walking Group April Social

The FWG did some walking with a difference for their social event in April. Twenty brave souls took on the challenges of Island Cove Crazy Golf where they made up five teams to compete against one another for the prizes. The teams consisted of two ladies and two ‘gents’ plus organisers, Alan and Lynne (golfers) – they were not allowed to win, even though their scores were 45 and 46 respectively.

The ‘Team’ competition was won by Chris, Marion, Phil and Jo - they each received a bottle of wine. The individual ‘Men’s’ with a great score of 48 was won by Chris. The individual ‘Ladies’ prize went to Helen with a score of 54. Two players also managed a ‘Hole in One’ David and Phil, with 2, who obtained their certificates and POLO mints. Sandra was the winner of the ‘wooden spoon’.

Afterwards the group retired to Michaels House Restaurant for a well-deserved meal and prize giving, along with a lot of friendly banter on how this putt went, or ‘didn’t, as the case may be’.

Sandra, in good spirit, is returning to organise a boules challenge and barbecue for PWG in July and will be pleased to pass on the wooden spoon. FWG try to organise one social event each month, providing members an opportunity to meet in a non-walking environment. Another popular fixture is the annual sunset cruise on the ‘Koula’, out of Latchi, with a barbecue at the Blue Lagoon – organised by Marilyn -FWG have exclusive use of the boat. This year, the cruise is in the last week in May, rather than the first week in June because it clashes with an FWG hiking trip to the Amalfi Coast. In October, Jo and Lynne are organising a treasure hunt in Paphos Old Town, followed by dinner and the last week in November, FWG is returning to Tweedies, for their popular Christmas dinner.

Lynne Betchley



# Friday Walking Group - Four Days in Kyrenia

## Walking, Talking and Travelling

People often ask “*Why Cyprus?*” “The beauty of the countryside and the weather” are my immediate answers. When I moved here 4 years ago, a walking club was my first step to meeting people who shared this opinion. I chose the Friday Walking Group; a long established P3A group which focuses on hiking in beautiful locations both in Cyprus and overseas. It’s been great. We’ve been on trips to Cappadocia in Turkey and Transylvania in Romania. Over the next year we have trips to the Amalfi coast in Italy, to Krakow in Poland and to the Gallipoli battlefields and Istanbul. All this while having walks every Friday usually followed by a drink and perhaps a meal in a local taverna. Most of our walks are in the Paphos district. However, we also do walking trips in other districts, for example long weekends in the Troodos for walks and wine tasting.

## Our trip to Güzelyurt/Mórfou and Kyrenia

In early May, Rod and Jo Mayor, long standing Cyprus residents with good knowledge of the Turkish speaking areas, organised a 5 day trip that started in Morphou on the west coast and extended to Buffavento Castle on the Pentadactyl mountains east of Kyrenia. 31 of our members opted to do this trip.



Rod in Action

### Monday May 8

I had a scenic drive, with my better half as navigator, along the coast road through Polis and Pomos, circumventing the Tyrilleria/Esenkoy area and then driving through Kato Pyrgos to the crossing point.

After the Yeşilırmak crossing, we headed east for our first walk and passed through the village of Yedidalga, also known as the Strawberry Village, where delicious fresh strawberries are currently in season. Then it was on to Gemikonağı/Karpaθostási where the ancient city of Soli, with its mosaics and amphitheatre that seated 4000 people, was starting point of our first walk.

Walkers Finishing in Ancient City of Soli's Amphitheatre ----->



# **Friday Walking Group - Four Days in Kyrenia Cont.**

Rod led us on a 8.5km route through the local farmlands and then along a lovely windswept ridge with sea views. We took time for photos and some kind locals took our pictures in the amphitheatre.

This was a fine start to our trip. Afterwards we went to the Ship Inn in Kyrenia. This is a good hotel with a large, heated pool and very friendly staff. The room was clean with a nice view of the gardens so we were very happy.

On Monday evening we had a group meal, drinks and then we split into 2 groups. One set off for the lounge area and played games. The other stayed in the dining area where a disco playing 70s hits was in full swing. The combination of fit people, music and perhaps more than a smidgen of wine made for a fun evening followed by worried questions of who took photos and can we get them back please?

## **Tuesday May 9**

After breakfast, we set off around 9am to Geçitköy/Πάναγρα where we did a walk around the Geçitköy dam.

The dam itself is an engineering marvel in that it not only gets water from the Mandara river but also from Turkey via an underwater pipeline. The water is a turquoise blue and the scenery is spectacular. This was a great walk - 14km with 400m of elevation gain.



Turquoise Waters Overlooking Geçitköy Dam



Hikers at Geçitköy Dam

Afterwards we retired to Vasilia Bar on the coast road for a well-earned drink or two. In my opinion, if you are in a walking group, have a drink afterwards to make up for perspiring on the hike!



Ezic Peanuts Restaurant  
Kathy Marilyn Patrick Gillian Alf Chris

## **Wednesday May 10**

Sadrazamköy/Λιβερά is a small village on the northwest corner of the island. The landscape is almost lunar with long stretches of pale rock and sand. We walked a pleasant 9.5km circuit all close to sea level so the elevation gain was only 60m. Afterwards, we had lunch at the Vasilia Bar. The staff knew us the day before, service was friendly and the food was excellent.

# **Friday Walking Group - Four Days in Kyrenia Cont.**

In the evening, Lynne Betchley organised a group meal for those who wanted it in Naizi's Grill, an unusual Turkish restaurant with barbeques in the centre from which an endless stream of smoky treats such as lamb chops, steaks and various types of kebab emerged. Not all of us went there but those that did ate and drank till late. In my opinion, if you are in a walking group, eating extra just about makes up for all the calories we burn!

## **Thursday May 11**

Much to our disappointment, our Buffavento walk had to be cancelled due to military manoeuvres blocking all access to the area. Rod Mayor is a very experienced trip organiser and had a "spare" walk prepared in case of such an eventuality. On the outskirts of Kyrenia is the town of Bellapais which features in Lawrence Durrell's "Bitter Lemons of Cyprus."

We did a spectacular walk in the hills above Bellapais which included passing Durrell's house on Aci Limon road. This was a tough walk covering 12km with 600m elevation gain. Meanwhile, Alan Betchley organised a 7km shorter walk below the village for those of us who felt the longer walk would be too much in the hot sun. Afterwards, we had drinks at Kybele in the monastery grounds which have gorgeous views looking over the city and Kyrenia castle.

That evening we wrapped up the trip with a group meal in the Chinese House, a lovely restaurant where some of the very friendly staff are children of refugees from Paphos. Alf Oldman was celebrating a birthday (some number well over 21 but I'm not sure which) so we ended up with cake and toasts to thank Rod and Jo for organising the trip.



Happy Hikers

## **Meanwhile, in Paphos...**

Not everyone has time for going away on trips so on Friday May the 12th, Steve and Ann Hetherington led a circular walk around Polemi village for 17 of our members and followed up with lunch and drinks in the Olive Tree, a great grill house just by the local school.

## **Get in Touch**

Do these walks and social events sound like something you'd enjoy? For more information, look us up on the P3A website and get in touch to enjoy both the landscape of Cyprus and our trips.

Patrick Kirk