

AD LIB

The magazine of
Paphos Third Age

www.paphos3rdage.org

Editors: Keith and Marian McEwen

September 2022



Message from the Chair David Sparrow

Hello Members,

Welcome to the September 2022 edition of Ad Lib, which is being presented in a new format for the first time which we hope you like.

The last few editions have contained some comments on the COVID situation from the chair, and this one won't be any different. There seems to be an acceptance that the virus is not going to go away and we are beginning to learn to live with it. Thankfully the omicron variant, although more infectious, does appear to have less harmful effects. Also there now appear to be more people that have contracted the virus than have not. Ros and I succumbed following a trip to a conference in Slovenia and fortunately only had flu-like symptoms for a couple of days.

Summer is a quiet time for many groups, but some including the stalwarts from the Friday Walking Group and Photography Group continued with their activities in spite of the heat. We are pleased to welcome the Paphos and Latchi Lions walking Football Group into the organisation and wish them every success in finding more ladies to join the Lioness' team.

The time is approaching for the AGM, which will be held at the Avanti Hotel on Thursday 27th October. We will be starting a little later than normal and offering all attendees a complimentary buffet lunch. Hopefully we will see many of you there and I promise to keep the chair's report as concise and brief as possible.

Finally, as always, my thanks go to my fellow committee members for their support, and to the group leaders that make the P3A such a successful organisation.

Chair	David Sparrow
Vice Chair	Keith McEwen
Treasurer	Gillian Richards
Secretary	Karen Ikin
Membership Secretary	Dale Ikin
Groups Coordinator	Ros Sparrow
Magazine Editors	Keith and Marian McEwen
Website Officer	Ros Sparrow
Events Organiser	Marian McEwen
Member	Sue Lourensz
Member	Denise Barraclough

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Committee News

ANNUAL SUBSCRIPTIONS 2022 / 2023

Annual subscriptions for the year 1st September 2022 – 31st August 2023 are now due. The renewal fee remains at €5.

Please note: Members who have joined P3A since 1 May 2022 will not be required to renew their subscription. These new members have membership numbers including or greater than Q958.

It is requested that wherever possible, payment be made in cash rather than by cheque. If you still prefer to pay by an EU cheque, it must be made payable to 'PAPHOS THIRD AGE'.

Payment can be made in the following ways:

1. Give your subscription to any Group Leader.
2. Leave your subscription in one of the four P3A MAILBOXES. These are 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**

Please ensure that you place your money in a sealed envelope and annotate clearly who the subscription is from.

3. Send your subscription by post to the following address:

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

4. Pay your subscription to me in person at:

- a. Any P3A monthly talk.
- b. The AGM on Thursday 27th October

The final date for renewing your subscription is 31st December 2022. If any member has difficulty in paying their subscription in one of the four ways above, please contact me to discuss further options.

Kind Regards
Dale Ikin - Membership Secretary
Tel: +357 97 786 488 daleikin1958@gmail.com

Natural History Group

The NHG will resume in October, with three talks scheduled for our autumn season. These will be held at the Coral Star restaurant. Instead of the two-hour format which has been traditional for many groups, we open with coffee from 10.30 am, and then have a one-hour talk starting at 11.00 am. Afterwards we go somewhere for a group lunch - this is an optional extra but generally quite well attended.

We welcome new members, and even if you don't wish to attend all of our meetings but may be interested in an occasional one, you are welcome to be on our email list: contact Ros Sparrow at rosalyn250@gmail.com

Here's our forthcoming programme:

13 October: The Story of Mammals - from their Dawn to the Present

By David Sparrow

The first mammals appeared some 225 million years ago (MYA) but climate change around 200 MYA favoured reptiles and the mammals were obliged to live in secrecy hidden from the ruling dinosaurs. Dinosaur domination, however, ended 65.5 MYA with the asteroid impact and the Age of Mammals was underway. Some very exotic species would evolve but go extinct. Today we have around 5,500 named species in three groupings: monotremes (platypus and echidnas), marsupials and placental mammals. The talk will take a look at the highlights of this incredible journey.

10 November: What You May Not Know about Birds

By Chris Sewell

Facts and stories about the amazing world of birds.

How we have used them, abused them and how they have fought back. An insight into something that is dear to us and is all around us.



1st December: Flowering Patterns at the Pikni Site, Peyia

By Chris Morgan

There are 363 species of plant that grow at the Pikni site. Each species has adapted to the prevailing conditions to find its own, unique ecological niche. The many factors contributing to this "survival of the fittest" will be outlined.

New History Group

Hello everyone and welcome to the New History Group. This new group is an amalgamation of the Military History and Social History Groups and we are aiming to have a reasonably even split between the two. The meetings are scheduled as follows:-

Venue – Coral Star Taverna, Coral Bay (It's easy to find we're right opposite Phillipos Supermarket and there's plenty of parking)

Dates of meetings – 4th Friday in the month for all months except December, July and August.

Time – 10.00 till 12.00 with a drinks break at 11.00

Entrance is €4.00 – that includes use of the room, aircon and refreshments.

The talks will be given by a variety of speakers on many interesting subjects. We have a full programme of talks arranged for this coming year so hopefully there will be something of interest for everyone.

The programme for this coming year is:-

September	23rd	Rod McGregor	The Indian Mutiny
October	28th	Kevin McAnallen	The Nine Year War
November	25th	Alan Nicholls	The History of Microbiology
January	27th	Sue Lourensz	The Dust Bowl
February	24th	David Richards	The Battle of Waterloo
March	24th	Bryan Wilson	John Metcalf aka Blind Jack of Knaresborough
April	28th	Dale Ikin	The Liberation of Bergen Belsen
May	26th	Keith Coussins	Military Communications - From Runners to Radomes.
June	23rd	John Drew	The Melbourne Gold Rush and The Founding of Adelaide

All the talks will be illustrated, including pictures and some film clips so there will be plenty to keep attendees entertained.

We have over 70 members but are always open for new members so if you are interested in joining please email me John Drew at p3ahistory@gmail.com

We look forward to seeing you in this coming year.

Regards

John Drew – Group Leader
Sue Lourensz & Rod McGregor - Deputy Group Leaders

The Photography Group

By the time you are reading this the long and very hot days of summer will have mellowed into the more gentle warmth of early Autumn. This will hopefully encourage those photographers in the Group who have stayed on the island and been suffering from dynamic lethargy in the heat to go out and start pressing the shutter again. For those who have travelled off the island to explore new destinations the photographic possibilities are endless and we look forward to seeing the results of their adventures when the Group reconvenes in September after the summer break.

Having said that those of us who have remained on the island have not been as idle as the heat might warrant. Apart from the programme of tutorials and presentations by our tutor Tom Brown we invited members to submit photos for our second quarterly competition. This produced a record entry of 75 images. Critiquing and scoring these images proved to be a mammoth task for Tom, so much so that showing the images, as well as critiquing and scoring them took up a large part of two of our Monday morning meetings. Although it involved a lot of work for our judge it was very encouraging to see the enthusiasm and skills which members displayed with their entries.

Several field trips on the island have taken place during the summer months and have been well attended in spite of the heat. One group visited the Mosaics Park in Paphos and spent an interesting morning examining the well-preserved mosaics as well as the numerous other ancient buildings on the site.



Another group visited the village of Kallepia. During this visit I was struck by the stark contrast of housing in the village - some very modern luxurious residences alongside many very old traditional stone-built properties - some of which were showing significant signs of decay. What stories some of these old properties could tell!

There was a hilarious finish to this visit when about eight of us descended to a coffee house just outside the village. The owners, who were sitting outside as we approached vacated their seats in a flurry of activity in order to accommodate us. Orders for drinks were taken and whilst we waited for these to be served, in typical Cypriot generosity, we were presented with a large platter of crisps and a big bowl of freshly picked apricots. The hilarity started when the drinks arrived - very few of our group were served with the drinks we had ordered.

The Photography Group Cont.

The waiting staff were very apologetic and insisted on bringing the correct drinks. This procedure was repeated and still things weren't quite correct. All of us were happy to accept the alternatives offered but the staff insisted on getting it right, which they did at the third attempt, by which time the table was packed with different varieties of drinks. We all, including the staff, had a good laugh at the outcomes and it was a great and happy finish to a very interesting and enjoyable morning.



We have been delighted to welcome several new members to the Group during the summer and we look forward to working with them during coming months. Sadly we have had to say goodbye to one of our long-standing and very professional members - Claudine Snell, who is now repatriating to the UK. We wish her much happiness in her new life and she assures us she will keep up her membership and will continue to submit photos for our competitions.

The Group is going from strength to strength with plenty more presentations and field trips planned for the coming months, including a visit to Malta in October.

If you would like to come along to one of our meetings to see what we do you would be most welcome.

We meet at the Coral Star Restaurant opposite Phillipos main Supermarket on the road to Agios Georgios at 10am Monday mornings, starting again after the summer break on Monday 5th September.

If you would like to know more about the Group and its activities please contact our Leader - Chris Scorer - crscorer@gmail.com for more information.

Liz Unwin - Administrative Assistant
August 2022

The Friday Walking Group

Visits Dipkarpaz Northern Cyprus – Sandra Perrott

The Friday Walking Group (FWG) had an amazing walking trip arranged and recced by Jo and Rod Mayor.



We all left home on the 9th May to travel to the North of Cyprus to Dipkarpaz, almost at the tip of the Pan Handle. The journey was enjoyable, enabling us to see the different scenery to that of Paphos. After four hours we were at Villa Lembos, and, welcomed by owner Coskun and staff.



The gardens and bungalows were very attractive, homely.



On our first night people were relaxing and after a few bebies retired for an early night to bed.

DAY 1



After breakfast our first walking day would be about 10k. We all drove down to the 3 Churches. After booting up were up and ready! Rod took us through a lot of undergrowth before we finally reached the top where we found the Red Rock which was a very strange looking formation, not unlike Ayres Rock in Australia but much smaller. A few of us ventured down a steep slope to get a superb view of the coastline below on the south of the panhandle and overlooking Golden Beach.



The Friday Walking Group Cont.

We completed the walk with a few more kilometers downhill to the beach, with lovely wild flowers in abundance and then back to the car onto the Oasis Taverna for refreshments and the local Effes beer. A few hardy swimmers had a dip. Suitably refreshed we went back to Villa Lembos for relaxation, then another great meal with card games afterwards.

DAY 2

After breakfast, we went off at 9.00 am in convoy along the peninsular to the Monastery and Donkey Park. On arrival in the Car Park, we were greeted by 2 exuberant donkeys, luckily, I had two carrots with me and managed to feed them without losing any fingers. I heard later that two of these donkeys had ambushed one of the walkers' cars.



This walk was longer today, **14 – 15k** but very enjoyable. It started off through the shrub land and trees along the bone trail. Some keen-eyed walkers spotted 41 bones hidden in trees and places along the way. After a while we reached more open ground and then the donkeys started to appear mainly in twos or threes but seemed extremely shy and dashed off through the trees. But we managed to get some great photos.

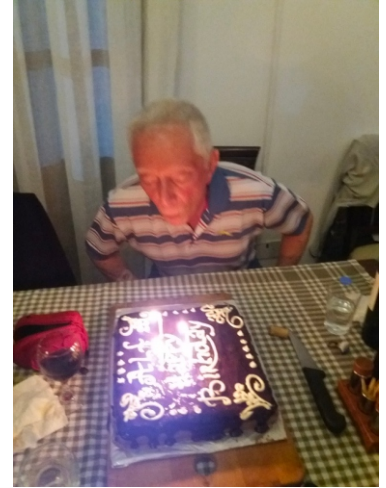


The Friday Walking Group Cont.

Off we went for another few kilometers until we reached the highest point at the water tower and masts. After a comfort stop, we trundled on down back towards the most Northern Point - Cape Zephyros. After lunch we walked back to the Monastery and a short drive to Golden Beach Taverna for refreshments. Then a well-earned rest before our evening meal and card games.

DAY 3

Some people decided on a beach day, while the majority went on another 10k walk on the Donkey trail. The last night included a celebration for Alf Oldman's birthday. After another fine meal, we had a fun and games night of Bolivia, Crib, 5 Crowns and more.



DAY 4

Another walk for the hardy few who stayed on and back for a meal at the Oasis Taverna for lunch. On balance it was a very successful trip.

Well-done Jo and Rod Mayor!



11/5/22 Rod pointing out the flag at the end of the trail....

Play Reading Group



Child Actor – yes we have a few of them in our midst (now more grown up of course)

Over the last few months we have read three very different plays that many of you will know. They are:

20th May - The Importance of being Earnest by Oscar Wilde

10th June - Charley's Aunt by Brandon Thomas

15th July - Dirty Money by Ray Cooney

I always try to “slice and dice” the play a few days beforehand so that by swapping parts at suitable intervals (and if needs must, gender bending as well) most people have just about the same amount to do in terms of lines read. This seems to work as long as I get sufficient notice for last minute apologies or new arrivals!

We are taking a break in August so the plays planned for the rest of the calendar year are:

16th September – Pygmalion by George Bernard Shaw, premiered in 1913. (The play upon which the 1964 musical My Fair Lady was based).

21st October – Charles III. The opening scene commences just after the funeral of Queen Elizabeth II. Who will succeed her? (Unlikely to be Harry I suppose). If you fancy being William, Harry, Charles, Camilla or Kate or perhaps a lady-in-waiting or the Prime Minister for a while, make a note in your diaries. I doubt whether this play has ever been performed in Cyprus before. Not to be missed.

18th November – Noises Off by Michael Frayne. (A fast-moving and hilarious farce about a group of very amateur actors).

16th December – Absurd Person Singular by Sir Alan Ayckbourn. (A brilliant set of three interconnected one-act plays about three very different couples entertaining each other on three successive Christmas eves and with highly unpredictable outcomes).

New members are most certainly welcome! No previous stage experience is required although such mildly self-limiting traits as monumental shyness, utter lack of self-confidence, dubious reading ability and a spoken voice no louder than a stage whisper, are characteristics that will need working on somewhat. However, regional and foreign accents (genuine or contrived) are quite acceptable and in some cases may even prove a distinct advantage to their owners.

If you would just like to come along and listen for the first couple of times, by all means. Do let me know that in advance though, or you may be unwittingly cast as Hamlet or Cleopatra. Actually, due to some strong anti-feelings in that direction (not shared by me) we tend to avoid Shakespeare and the like. We have been averaging about eight members each time. A couple more would be even better.

Play Reading Group Cont.

The monthly events will be held at our house near the Latin Parish Hall in Chlorakas. I send a pdf file to all members of the group a few days in advance. If you can load it on to an iPad or similar and save the printing costs, the whole afternoon from 14:00 to no later than 17:00 will cost you the princely sum of €2.00 (including refreshments). (Compare that with West End ticket prices!). For those who still like to feel the soothing sensation of a paper script in their trembling hand, there will be a €2.00 surcharge.

If you would like to become a member of the group, please send me an email.

P.S. Unless you will have already paid in some other way, those attending on 16 September, should bring with them an additional €5.00 being the P3A sub for the year commencing on 01 September 2022.

Enjoy the rest of your summer!

John Harper

August 2022

Tel: 97 614 024

Email: johnandtina2005@gmail.com



Delving deeper into the private life of the damselflies and dragonflies (Odonata)

The main focus of the Cyprus Dragonfly Study Group (CDSG) so far, and that of many other dragonfly societies around the world, has been on the winged adults. These are conspicuous creatures of great beauty, elegance and grace and, with their mastery of flight, fascinating to watch. They are, however, amphibiotic - that is to say, during the early part of their lives, they are wingless and aquatic, breathing through gills and, for many species, their life underwater as a larva is longer than their life as an adult. The larva must undergo several (typically 7 - 16) moults as it grows and in each new instar will develop increasingly adult features, with wing pods becoming visible in the later stages.

Eventually the larva climbs out of the water, clings to a suitable surface such as a wall, rock or a stem and undergoes its final moult. Once emerged, the fresh adult will expand its abdomen and wings and at that stage is known as teneral ("soft", "tender"). It will sit for around two hours while the wings and exoskeleton harden and will then fly off, leaving behind the larval exoskeleton, known as an exuvia. Exuviae are very valuable to the naturalist since they allow identification of the species and its sex, and also provide confirmation of successful breeding. Note that unlike, for example, butterflies, odonates do not undergo a pupal stage, but go straight from larva to adult.

The newly emerged adult will generally spend around one week maturing sexually, away from the breeding sites. Males will then return to the breeding sites over or near water, where they will select and defend a territory. Females return to the water when they are ready to mate, and once copulation is complete, the females will almost immediately begin to lay eggs, which are fertilised as they pass through the sperm whilst being laid. Depending on the species, the eggs may be laid into floating, dead or live vegetation, or may be deposited directly into the water. The eggs may develop and the larvae emerge quite quickly, for example within a week, or may stop developing and enter a diapause, only to continue when conditions become favourable, such as with the onset of autumn rain or spring temperatures.

Freshwater is one of the most threatened habitats on the planet. Dragonflies are potentially one of the best freshwater bio-indicators and are excellent flagship species for studying freshwater ecosystems. They are very sensitive to conditions at breeding sites and the surrounding terrestrial areas, reacting quickly to changes in environmental quality via active dispersal, and importantly, if favourable conditions are restored, they will rapidly recolonise the habitat. So far, research in this area has mainly targeted the adult stage with adult counts considered to be indicative of species' diversity and abundance at a particular site. There is, however, an increasing awareness that the presence of adults at a site is not conclusive evidence that it is a viable breeding location. Adult dragonflies are not able to assess the quality and suitability of the water for breeding, nor are they aware of what will happen to the water body subsequently. It is very difficult to carry out effective monitoring of larvae, but exuviae are now recognised as being able to give a clear indication of breeding success at a habitat. The importance of studying exuviae was recognised by the Dragonfly Study Group but, whereas many books have been written on adult dragonflies, there is a dearth of information on their larvae and exuviae.

In 2019, we received a visit from Christophe Brochard, a recognised expert on European damselfly and dragonfly larvae and exuviae. He wanted to photograph and study the larval stage of *Anax immaculifrons*

Dragonfly Group Cont.

(Magnificent Emperor) and *Ischnura intermedia* (Persian Bluetail), both of which occur on Cyprus but are very range-restricted otherwise in Europe. The visit was successful and Christophe agreed to come back to Cyprus the following year to conduct a larvae and exuviae workshop with the Dragonfly Study Group. COVID restrictions got in the way, but the workshop finally took place with Christophe's return to the island from 11th - 18th May this year. The first few days were spent in the field learning how to find exuviae and then we came together for an in-house session, working through the various steps necessary to arrive at the correct identification. Identification of a species from its exuvia is very different from that of adult identification and, in many cases, requires the use of a microscope, one of which Christophe very generously donated to the group. Christophe is working on a key for the identification of the exuviae and larvae of Europe's 143 species of dragonflies, and from this he was able to distil out a tailored key for the species occurring on Cyprus. So, the Dragonfly Study Group now has ways and means to delve deeper into the life-cycles of these amazing insects.

You may be wondering what the larvae look like. Well, although features that will be carried through to the adult stage are visible, the larvae do look very different from the adults and are usually beige or brownish and quite frankly, rather ugly. A major way in which they differ from the adult is that the larvae extract oxygen from the water and consequently have gills. In damselfly larvae, these are visible as three external structures at the end of the abdomen. In dragonfly larvae, these are located internally in the rectum and breathing is achieved by water being sucked in and out through the anus – so, put basically, they breathe through their butts. Another unique feature in damselfly and dragonfly larvae is the way they feed. Their favourite prey is mosquito larvae, although they also feed on other invertebrates, small fish and tadpoles. Prey is grabbed by a specially modified lower lip, known as a labium, which the larva is able to extend very rapidly. The captured prey is then consumed in the sharp mandibles. It is an incredible sight to see and this short [video](#) of it is worth a quick watch.

Some illustrations of the additional insights that can be obtained from searching for exuviae became apparent during the field trips. At one site on the Diarizos river, we only found one recently emerged *Onychogomphus forcipatus* (Small Pincertail) and just based on that would have concluded that the species was rather rare there. But with around 250 exuviae found there, it can be concluded that it is an important breeding site for the species. In another example, at one of the agricultural tanks near Eptagoneia, we did not see a single adult *Selysiothemis nigra* (Black Pennant), but found an estimated total of 1,000 exuviae, showing it had bred very successfully there.



A recently emerged *Caliaeschna microstigma* (Eastern Spectre) below its exuviae. Photo: K. Siedle.

Dragonfly Group Cont.



CDSG members looking on as Christophe Brochard finds dragonfly larvae following a net sweep of the area.



Lestes macrostigma (Dark Spreadwing) larva. A damselfly: note the three external gills at the end of the abdomen. Photo: C. Brochard.



CDSG members examining exuviae collected during the various field trips.



Anax immaculifrons (Magnificent Emperor) larva. A dragonfly: note the absence of external gills, which are located internally in the rectum. Photo: C. Brochard.



Aeshna mixta (Migrant Hawker) larva devouring the prey that was caught with its labium (a highly modified lower lip). Photo: C. Brochard.



A freshly emerged *Onychogomphus forcipatus* (Small Pincertail) found on the Diarizos river.



The Quiz goes from strength to strength. By the time we decided to break off for July and August we were averaging seven strong teams.

We had a very good run for the six months from Christmas at the Coral Star venue with good food and good service while quizzing.

We are always looking for new teams to join us but if you are alone or not part of a particular team we can fit you in no problem.

The quiz takes place on the first and third Mondays of each month starting again on Monday 5th September.

The actual time for the start is 8pm but do come earlier if you want a meal and/or socialize.

My questions are all GK and trivia. Prizes consist of the finest wines Cycleband can produce! And for my "Ten second Quiz" at the end of the main quiz a bottle of Scotch is on offer to the winners.

The evening typically finishes before Ten. A fee of €2 per person is charged.

It is a very warm and friendly atmosphere so come along for a good evening's entertainment.

Mick

My email: mickcotton20@hotmail.com

The venue: Coral Star is opposite Phillipos supermarket in Coral Bay

Current Affairs

At a recent Current Affairs meeting we discussed Woke. This was following an excellent History Group lecture on Admiral Cochrane and the Royal Navy given by Rod. This reminded me of that classic story about Vice-Admiral Horatio Nelson and Captain of the Fleet, Thomas Hardy.

Imagine the Scene: The Atlantic Ocean, off Trafalgar, south of Cadiz. Admiral Nelson is about to engage the French and Spanish ships:

oooOOOooo

Nelson: 'Order the signal, Hardy.'

Hardy: 'Aye, aye sir.'

Nelson: 'Hold on, that's not what I dictated to Flags. What's the meaning of this?'

Hardy: 'Sorry sir?'

Nelson [reading aloud]: 'England expects every person to do his or her duty, regardless of race, gender, sexual orientation, religious persuasion or disability.' What gobbledegook is this?'

Hardy: 'Admiralty policy, I'm afraid, sir. We're an equal opportunities employer now. We had the devil's own job getting 'England...' past the censors, lest it be considered racist.'

Nelson: 'Gadzooks, Hardy. Hand me my pipe and tobacco.'

Hardy: 'Sorry sir. All naval vessels have now been designated smoke-free working environments.'

Nelson: 'In that case, break open the rum ration. Let us splice the mainbrace to steel the men before battle.'

Hardy: 'The rum ration has been abolished, Admiral. It's part of the Government's policy on binge drinking.'

Nelson: 'Good heavens, Hardy. I suppose we'd better get on with it full speed ahead.'

Hardy: 'I think you'll find that there's a 4 knot speed limit in this stretch of water.'

Nelson: 'Damn it man! We are on the eve of the greatest sea battle in history. We must advance with all dispatch. Report from the crow's nest please.'

Hardy: 'That won't be possible, sir.'

Nelson: 'What?'

Hardy: 'Health and Safety have closed the crow's nest, sir. No harness; and they said that rope ladders don't meet regulations. They won't let anyone up there until a proper scaffolding can be erected.'

Nelson: 'Then get me the ship's carpenter without delay, Hardy.'

Hardy: 'He's busy knocking up a wheelchair access to the foredeck, Admiral.'

Nelson: 'Wheelchair access? I've never heard anything so absurd.'

Current Affairs Cont.

Hardy: 'Health and safety again, sir. We have to provide a barrier-free environment for the differently abled.'

Nelson: 'Differently abled? I've only one arm and one eye and I refuse even to hear mention of the word. I didn't rise to the rank of Admiral by playing the disability card.'

Hardy: 'Actually, sir, you did. The Royal Navy is under represented in the areas of visual impairment and limb deficiency.'

Nelson: 'Whatever next? Give me full sail. The salt spray beckons.'

Hardy: 'A couple of problems there too, sir. Health and safety won't let the crew up the rigging without hard hats. And they don't want anyone breathing in too much salt - haven't you seen the adverts?'

Nelson: 'I've never heard such infamy. Break out the cannon and tell the men to stand by to engage the enemy.'

Hardy: 'The men are a bit worried about shooting at anyone, Admiral.'

Nelson: 'What? This is mutiny!'

Hardy: 'It's not that, sir. It's just that they're afraid of being charged with murder if they actually kill anyone. There's a couple of legal-aid lawyers on board, watching everyone like hawks.'

Nelson: 'Then how are we to sink the Frenchies and the Spanish?'

Hardy: 'Actually, sir, we're not.'

Nelson: 'We're not?'

Hardy: 'No, sir. The French and the Spanish are our European partners now. According to the Common Fisheries Policy, we shouldn't even be in this stretch of water. We could get hit with a claim for compensation.'

Nelson: 'But you must hate a Frenchman as you hate the devil.'

Hardy: 'I wouldn't let the ship's Diversity Co-ordinator hear you saying that sir. You'll be up on disciplinary report.'

Nelson: 'You must consider every man an enemy, who speaks ill of your King.'

Hardy: 'Not any more, sir. We must be inclusive in this multicultural age. Now put on your Kevlar vest; it's the rules. It could save your life'

Nelson: 'Don't tell me - health and safety. Whatever happened to rum, and the lash?'

Hardy: 'As I explained, sir, rum is off the menu! And there's a total ban on all corporal punishment.'

Nelson: 'Oh dear, In that case..... kiss me, Hardy.'

At least that's still allowed!

Walking Football



Walking football was originally conceived in the UK but has grown to become a worldwide sport. Walking football is developing fast in Cyprus with 3 teams now playing the sport across the island: namely Polis & Latchi Lions, Paphos United and Aphrodite Wanderers. Over the past 12 months several teams from the U.K have visited the island to play against the Cyprus teams.

There is a 4-team tournament comprising of the Cyprus teams and the Titans of Crete planned for **Saturday 8th October 5pm** kickoff at the Paphos United Ground. Additionally, an International ladies tournament is taking place in March 2023 in Paphos.

1st Anniversary: The dream that was Polis & Latchi Lions was officially 1 year old in July 2022. Thanks to all the people that have made this possible. It has been a fantastic 12 months seeing the team go from strength to strength. In addition to playing numerous matches and holding several social events, we even managed an overseas tour to play the Titans of Crete. The ethos within the club is based on Football Friendship & Fun.



The Lionesses: Walking football is not only for Men! We want to build on the success of the Lions so now for the **Polis & Latchi Lionesses Team**. Over the past year we have had several ladies training and taking part in Lions matches.

Considering that Paphos & Aphrodite both have Ladies teams we feel it is time to develop our own Polis & Latchi Lionesses Team.

We currently have 5 lady players and we want to increase this number allowing us to play games against the other two Cyprus teams. All Ladies over 40 years young are eligible. **So, what are you waiting for, come and join the Polis & Latchi Lionesses!**



Defibrillator & First Aid Courses: We take player welfare seriously; we have purchased a Defibrillator that will be present together with our First Aid Kit at all our training sessions and matches.

We are also in the process of arranging a First Aid course that will be available to all our players. **If any readers of this article would like to attend the First Aid training course, please contact either Mike or John on the numbers below.**

New Player Recruitment: We are a friendly bunch meeting at the Propilea Sports Centre located on the B7 just before Polis every Monday evening at 18:30. The first 30 minutes is skills training and then we play a practice match from 19:00 – 20:00. We then retire to the club house to rehydrate.

We are always looking for new members both men & ladies.

If you would like to join our happy club, just come along on a Monday Evening, or call either Mike (97853077) or John (95708387) for further details.

Men over 50 & Women over 40 of any skill level are welcome.

We look forward to seeing you!

Around the World Dining Group

The group met in June, when we visited Portugal. Our meal started with a Portuguese cocktail, followed by Portuguese stuffed tomatoes with tuna and Migas – traditional Portuguese fried bread with vegetables. Our main courses were Chicken Piri Piri and Portuguese fish baked with spices, lemons and leeks and desserts were Arroz Doce and Queijadas: Portuguese cheesecake tarts.

In August, we met and enjoyed a delicious Indian meal and what a delight it was! We started with a delicious cocktail, Boozy Mango Lassi, followed by Bharwan Mirch (Paneer stuffed peppers), then main courses of tandoori chicken wings, Dhal and Dhal Panak curries accompanied by rice and a dessert of Kheer rice pudding. A very pleasant afternoon was had by all.

Carolyn Hart
Tel: 97 762371





Ballroom Dancing, Latin, Rock and Roll, Sequence

Interest has been shown in the revival of the
The Ballroom Dancing group.

Do you have the skills to teach the above?

*Are you interested in becoming a Group Leader of
Ballroom Dancing?*

There are members who are willing to support a Group
Leader, if so, please contact Ros Sparrow to discuss
further.





Are you looking for something to do and to meet others on a Tuesday evening?

The P3A Film Group will recommence on Tuesday 13th September at the Coral Star and on the second Tuesday of each month thereafter.

Entrance is €4 that includes use of the room, air con and refreshments. Doors open from 6:30pm.

We have a full programme mapped out for the year consisting of all sorts of films which we hope our members will enjoy.

We are starting off with a modern 'who done it' in the style of Agatha Christie the title of which will remain a secret. We will ask our audience to pit their wits against the detective by guessing 'who done the dastardly deed'. There will be a small prize for those who guess correctly!

If you would like to join our group, please email Rod and Linda at p3afilmgrou2021@gmail.com