

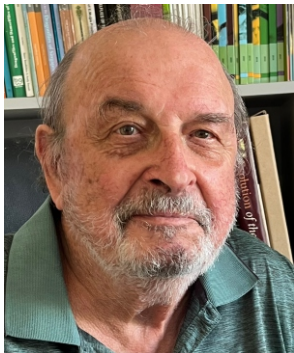
AD LIB

The magazine of
Paphos Third Age

www.paphos3rdage.org

Editor: Marian McEwen

March 2024



Message from the Chair David Sparrow

Welcome to the March 2024 edition of Ad Lib. As you can see from the membership page, our numbers remain very close to the 900 mark and this is in spite of numerous memberships lapsing at the end of last year, but compensated by an influx of new members. Welcome to those of you who have recently joined us and we hope that you will enjoy your P3A experience. One thing I, and I think all of us, should be grateful for is the dedication, commitment and professionalism of our membership secretary, Dale Ikin. He has a huge job which he executes with excellence, so very, very many thanks to him.

It is also very pleasing to see that new groups are springing up, with a record number of 47 currently active and other new groups in the pipeline. It is encouraging to see how many groups are very well supported and some are proving so popular that they are approaching or even exceeding their capacity, such as History, Saturday Talks and the Saturday Lunch Group (and they are only the ones I know about). When it comes to activities we are spoilt for choice and there are many other groups I would like to attend but time is not available to do so.

Following the P3A being drawn to the notice of the Commissioner for Data Protection, I was required to make contact with her. Following my communication she conveyed her satisfaction with our attention to complying with GDPR (General Data Protection Regulations) and our approach to data protection was considered useful and prudent. Our treasurer, Gillian Richards, is qualified in GDPR and has been appointed as our Data Protection Officer. Updates and refreshers will be given to Group Leaders (GLs) at the annual GL meetings.

Finally many thanks to the committee members and group leaders that make the P3A such a successful organisation.

Chair	David Sparrow
Vice Chair	David Richards
Treasurer	Gillian Richards
Secretary	Sue Lourensz
Membership Secretary	Dale Ikin
Groups Coordinator & Website	Ros Sparrow
Ad Lib Magazine	Marian McEwen
Committee Member	Keith McEwen
Committee Member	Suzanne Cousins
Data Protection & Anti Money Laundering Officer	Gillian Richards

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MEMBERSHIP NEWS

I am pleased to say that the P3A membership now stands at a very healthy **893**. Already in the first two months of 2024, we have seen the addition of 62 new members and the return of 13 old members who have re-joined P3A.

If you know of anyone who may be interested in joining our many activities and groups, please direct them to our website page

www.paphos3rdage.org

where more information can be found by clicking onto the **JOIN US** tab.

Dale Ikin

Membership Secretary

Tel: 97786488

GROUP NEWS

The past few months have seen quite a few new groups spring up. A Gardening Group started in November and has proved very popular. A course of Zentangle drawing classes was held in December. The Circl Mobility Gold classes, providing chair-based exercise, went from once to twice a week and recently added a new Chair Yoga class. A monthly Ten Pin Bowling Group was launched in January and has met twice, with more players keen to join in March.

Also in February the Akamas Short Mat Bowls Club, a well-established group with over 20 members, was welcomed into the P3A. They meet three times a week and also play league matches with other clubs, in Cyprus and overseas. All these take the number of P3A groups on our list to a record 47. We are really privileged in Paphos to have so many talented and committed group leaders, who make the P3A such a successful association.

The Annual P3A Paperwork which is required by the District Office was submitted on 12th January.

This included Police checks for the two new committee members and an update to the details of committee members.

P3A Secretary

The Paphos Writers Group

Since becoming affiliated with the P3A, we have been pleased to welcome several new members who are eager to pursue and gain writing knowledge and experience. We look forward to helping and encouraging them to realise their writing ambitions.

The Paphos Writers Group has been in existence for over 20 years.

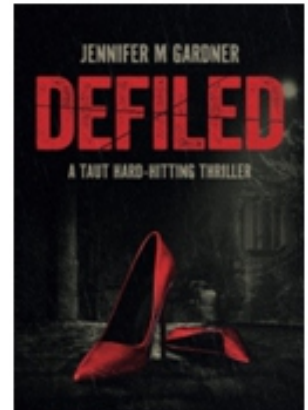
Individual members have different hopes and reasons for joining: some having had no previous experience of writing beyond that of school days; some, having attended creative writing courses, are willing to share their knowledge and pass on important information and advice; others have had a works, published before they joined; or, with the group's help and encouragement, have published novels, memoirs, poetry, childrens, or factual books since joining.

The love of the written word is clear for all to see. Even the best of writers can benefit from a new pair of eyes, as it is easy, in our own mind, to fill in the odd comma or conjunction that is not actually on the page. If our aspirations are to reach a wider audience, the opportunity to try it out on a selection of sympathetic readers with a wide range of skills and experiences, should not be wasted.

At the end of every session, a topic or subject may be suggested which, although not obligatory, members are invited to write about it in not more than 1,000 words and to read aloud to the Group the following week. Alternatively, some members may prefer to read excerpts from a work they are currently working on, e.g a crime novel, biography, poem, a personal memoir for family, a script for a play or television series, or just any subject which comes to mind, for comment and/or constructive criticism from the Group.

Within the past few months, several members of the Group have successfully had the following books published or serialized an existing book on YouTube.

Jennifer M. Gardner, an ardent campaigner and fundraiser for animal charities, and a talented and prolific writer of poetry, has recently written and self-published her first novel, a thriller entitled "[Defiled](#)"



Tears and Symphony
A Musical Journey

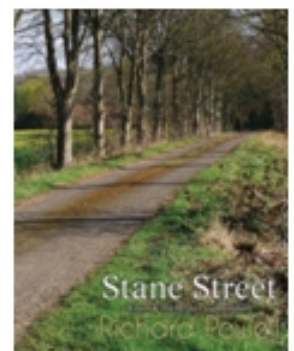


June Megennis

June Megennis, a member of the Group since 2018, recently had her memoirs '[Tears and Symphony](#)', [A Musical Journey](#), independently published.

She was at the heart of some of Europe's pre-eminent operatic and musical organisations of Classical Music.

Richard Powell is a writer of travelogues and a crime and love trilogy based on artworks and paintings stolen by the Nazis during the Second World War. He has also produced, and published independently, '[Stane Street](#)'

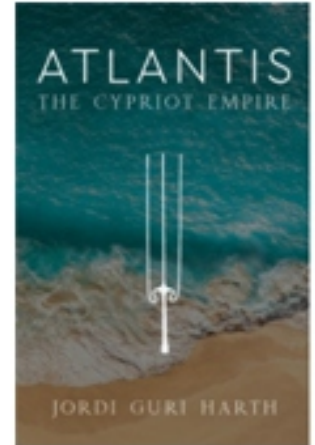


The Paphos Writers Group cont.



Bobby Davison is self-publishing, a trilogy of tense crime thrillers, under the series title: ['In Reverse Order'](#). He is also to publish a children's book entitled ['Wings of Courage'](#).

Jordi Guri Harth, another long serving member, is soon to publish a book entitled ['Atlantis - The Cypriot Empire'](#).



Was Cyprus the island of Atlantis?

The PWG provides a welcoming environment where writers and those just starting out can come together to develop their skills, expand their knowledge, try out ideas and discuss and swap experiences.

The group meets every **Thursday, 10:30am, at the Coral Star Restaurant in Peyia**, (opposite Philippos Supermarket).

We are open to writers of all forms of writing - prose, poetry, non-fiction, performance work, etc. If you are looking for a place where you can meet like-minded people and discuss your interests, come along and try us out.

Contact Nikki at 99012601
or email Rick at rspowell0@gmail.com

Old Town Challenge

Early December 2023 saw several members take part in a photography challenge around Old Town, Paphos. Meeting at Cafe Nero above the market car park we were presented with our task. We were blessed with a fine warm sunny day, so no uncomfortable weather conditions to deal with.

The challenge, expertly organized by our member Joy Parsons was to take a series of images based on a list of seven subjects set by Joy herself, namely:

1. Something that takes you up & down
2. A traditional Cypriot item
3. Work in progress
4. A chair or bench
5. A building in need of restoration
6. Be green
7. It's Christmas

The brief was, "Be creative, look beyond the obvious and have fun"

So, we all set off in different directions, with cameras and mobile phones at the ready all looking for that perfect shot. The local Paphians must have looked on with amusement as this group of camera wielding photographers began clicking away at various doors, windows and chairs, plus any number of other obscure and sundry objects that caught their fancy.

At the end of a very fruitful one and a half hours we had all taken enough images around the town, so it was time to retire to Cafe Nero for some well-earned refreshment and a de-brief.

We all agreed that the challenge was a great idea and that having to look for specific items to shoot improved our photography. All the images were sent on to Joy who collated them with the idea of having future slide shows and presentations.

Following on at our next group meetings in December, Joy suggested we all chose and submitted two of our 'It's Christmas' images to compile as a slide show. The variation and creativity of the show with an appropriate Christmas tune added by Joy put us all in the Christmas spirit!

Following on again, Joy asked us all to vote for our favourite images in each category and the winners were revealed in a slide show at our meeting in January.

This was a useful and practical exercise that we all enjoyed and hopefully we will have similar challenges in the coming months that will stretch our photographic creativity a little further.

Many thanks to Joy Parsons for organizing the challenge and creating the subsequent slide shows.

Picture Credits

Patricia Sainsbury, Tony Terrott, Tom Brown, Chris Scorer, Dave Walker, Siggie Von Brandt, Steve White

And well done to all the group members who took part in the challenge.

Photography Group cont.



A line up:
Chris Scorer



Closed:
Dave Walker



Coffee for me:
Siggi Von Brandt



Go green & Cycle:
Patricia Sainsbury



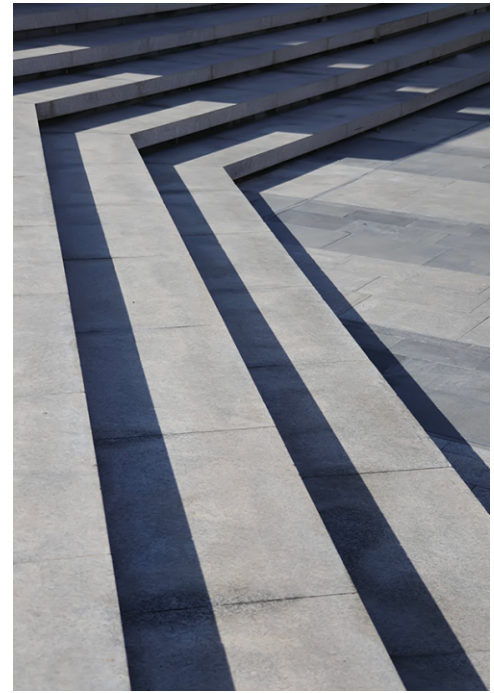
Have a seat:
Tom Brown



Santa:
Steve White



Shocking Pink:
Steve White



Steps:
Tom Brown

A Change at the Top

Chris Scorer our long serving co-group leader has decided to step down, he has promised to take a background role (maybe ;) and will be supporting the new group leader who will be the very capable and knowledgeable Dave Walker.

Many thanks to Chris for his tireless work and excellent organizational skills in establishing the group along with Tom Brown back in 2019 and good luck to Dave in his new role.

I am sure the photography group will go from strength to strength in the coming year and with several members taking on supporting roles within the group we can only improve.

Lastly, a very big thank you to our member Liz Unwin who has faithfully put together all our previous Ad Lib articles, thanks from all of us in the photography group and I only hope I can keep up with Liz's high standard of presentation.

If you have a camera or smartphone and would like to improve your picture taking, why not join us at the P3A photography group. We are a friendly bunch and meet every Monday morning 10.00 - 12.00 at Coral Star Restaurant, Coral Bay. Beginners, intermediate or experienced all are welcome.

For details please contact: davidwalker@cytanet.com.cy

Steve White
January 2024



We're scared of heights:
Tony Terrot

Chair Based Exercise in the P3A

WHO KNEW?!!



In late Summer 2023 we had a bright idea! Would a chair based exercise class, for those less mobile, work in the P3A? We decided it probably would, and set about chatting to the professional trainers at our gym. They agreed it was a very good idea, in fact they were enthusiastic and encouraged us to give it a go.

So, in late September we launched Circl Mobility Gold with professional instructor Tatiana. Within hours of the launch notice being released, all fifteen available chairs were taken and a waiting list created. The initial class took place at the Coral Star in Peyia with fifteen very keen, if a little unsure, participants.

The class involves exercises for all the major muscle groups in the body, but based very strictly on the chair. The first couple of classes were a gentle introduction, but very soon the intensity was ramped up. By Christmas all participants were excelling at resistance band work, bicep curls and the dreaded stand-up challenge! Due to popular demand, a second Circl Mobility Class was launched, with all the fifteen available chairs being snapped up.

In January, we launched Chair Yoga, with professional and very experienced yoga teacher Anastasia. Once again, the available chairs were filled very quickly. Anastasia takes class members through yoga moves designed to support, strengthen and improve flexibility. A very different class from the Circl class, but found to be very enjoyable and rewarding by everyone who regularly attends.

All three classes are currently full and all have a waiting list. If you are interested in this form of exercise class please contact the group coordinators, who will be happy to add you to the waiting list. All attendees must be P3A members.

Suzanne & Keith Cousins

Around the World Dining Group

February 2024

We met in January and enjoyed a meal from the cuisine of Ethiopia, which was quite delicious.

We started off with a cocktail entitled, 'Ethiopian Camel Basher'! – Had to be done! This was a mix of Vodka, Orange Juice and Grenadine.

We then dined on Lentil Vegetable Soup, Doro Wat (the Ethiopian National dish of Chicken stew), Misir Wat (Spiced red lentils) with Injera Flat Bread, a Chicken and Vegetable dish and Pomegranate Rice Pilaf.

All very tasty.



Our next venture in February is a South Korean meal and our menu is coming along nicely for that.

Carolyn Hart
Group Leader

Play Reading Group



THE PLAY READING GROUP IS STILL GETTING BIGGER! BUT WE NEED MORE MEN!

Imagine the inviting scene, spending between two and three relaxing hours sitting around a large table at The Coral Star Hotel on a Friday afternoon and reading aloud a play amongst like-minded people. No lines to learn, no rehearsals, no make-up and no costumes (and no audience!).

Total membership of the group is now up to 21 but that includes only six men. You can imagine that this gender imbalance makes it hard to read many plays without asking some of our ladies to “cross the great divide” as it were. It sort of works but is not ideal!

We read the same play twice each month, on the first and the third Fridays commencing at 2:00 p.m. I allocate new members to one or other of the groups but, if on occasions, you discover that you won't be able to make it on your day, let me know in advance and you will be most welcome to come to the other one!

For those P3A members who would like to join us, my email is johndandtina2005@gmail.com. You don't need to have any relevant experience but naturally, someone who is extraordinarily shy, mostly inaudible or incomprehensible in speech (but any regional or foreign accent is quite acceptable), outrageously introvert or challenged in the extreme when having to read out loud material that they have never seen before, just may leave you at a slight disadvantage!

The charge is €6 per session which includes refreshments, with a €2 discount if you are happy to read direct from your iPad. This will save the cost of my printing out a full script, which I send out to everybody in pdf format anyway a few days before the relevant Friday. You will not know however which parts you are playing until the day. Once I know exactly who is coming, I “slice and dice” the script so that everyone has about the same number of lines to read.

I look forward to hearing from you.

John Harper

P.S. Of course new ladies are very welcome too! (But try to bring a man with you).

Saturday Talks

A fantastic turnout for the last talk about life in Roman times which proved to be very interesting and informative. Well done Gary, much appreciated.

We have a full program of talks for this year with some really interesting topics (well, I think so)! Be sure to book your seats early! Even with the price increase we feel the Annabelle hotel offers much more than other venues we have looked into. Unfortunately, the never ending road works are a nuisance, but there is still ample parking close to the hotel.

Should any of you wish to give a presentation, we would be very pleased to hear from you. We know there is a plethora of knowledge and experience amongst you, so, come on, give it a go!

We hope to see many of you at the upcoming talks (biscuits are really good)!

April

[The History of Nicosia Airport by Malcolm Brooke](#)

The story unfolds from the rough, red earth of the 1920s and the years of expansion and promise; then to the dramatic events of 1974 when the airport became a United Nations Protected Area.

Nicosia airport is an abandoned airport in Cyprus and has been frozen in time for half a century. It's filled with rusting airplanes and peeling paint. Nicosia International Airport was abandoned in 1974 due to conflict in Cyprus. It was once the Mediterranean island's main airport, but it's been untouched for almost 50 years.



Within the buffer zone on the western edge of Nicosia, the hangars and runways of the Nicosia International Airport remain much as they were on 16 August 1974 – frozen in time.

The airport began service as Royal Air Force Station, Nicosia, and saw heavy use during the Second World War. It opened as a commercial airport two years after the end of the War, in 1947, but the area surrounding the airport itself remained the location for the Air Station.

Malcolm has been fortunate in being able to explore the UNPA on a number of occasions and, coupled with his extensive research, is more than able to describe the airport's troubled history.

May

[Wind, Waves and the Story of Akrotiri, Cyprus by Heather and Roger Kent](#)

Did you know that Akrotiri was once an island? Akrotiri did not even exist 10,000 years ago (a very short period geologically speaking) and has only physically been as we see it today from the 1700s.

Heather & Roger Kent's presentation will consider the effects of the action of wind and waves on a coastline and relate this to a local Cyprus feature which we will all know as the Akrotiri Peninsula.

What we may not know is that Akrotiri is actually a very diverse area (ie not just the RAF airstrip), with the Salt Lake, tourist beaches, marshes and sand dunes. It boasts the most important water aquifer in Cyprus, has over 300 bird species recorded, has archaeology going back to Hellenic times with stone age inhabitants and even pygmy hippopotamuses.

Heather and Roger will describe events that has transformed the area in the last 10,000 years right up to the present, when the City Of Dreams Casino has just been opened.

As usual, Man has involved himself and upset the natural pattern of development.

June

Astrobiology: The Search for Life Beyond Earth by David Raffe

Astrobiology deals with some of the deepest questions that have fascinated humankind for millennia:

Where did we come from?

Are we alone? (Is there anybody out there)?

Where are we going?

The unofficial definition of astrobiology is “the study of life in the universe”. While this is often interpreted as life beyond Earth, it actually includes our planet too.

Astrobiologists use Earth—which is the only planet known to have life—as an example for trying to find life on other worlds. They examine the myriad of processes that take place for life to both exist, survive, and thrive on our small, blue world. They ask whether these same processes could be responsible for life existing on other worlds, not just in our solar system, but throughout the universe.

Whilst present technological constraints currently limit our direct search for life beyond Earth to our solar system, there are several planetary bodies that are targets for astrobiologists. These include Mars along with several of Jupiter's icy moons as well as Saturn's largest moon.

The first part of this talk will focus on defining exactly what life is, and how it emerged here on Earth. We'll look at how it got started on our geologically new planet with chemistry transitioning to biology. This will also consider alternative chemistries for life that don't include water or carbon.

The second part will look at the tools and techniques that are being used to detect life beyond Earth and some likely candidates where astrobiologists believe conditions may be suitable to support the emergence of life.