

AD LIB

The magazine of
Paphos Third Age

www.paphos3rdage.org

Editors: Keith and Marian McEwen

December 2022



Message from the Chair David Sparrow



Hello Members – all 854 of you!

It is encouraging to see that although we have lost numerous members e.g. those who returned to the UK, we have had an influx of new members to the organisation and that we still have an exceptionally healthy membership. To all new members – welcome to the P3A and we hope that you will become active and enjoy the activities of the groups that you join.



I was concerned during the lock-down, when group activities were curtailed or in some cases suspended, that they might lose their impetus and not start up again. However, as the Groups Coordinator (who happens to be my wife!) said at the recent annual Group Leaders Meeting, the groups have in the main come back with renewed vigour and are flourishing. There was also a suggestion that it was “one in the eye for naysayers” (I think she was referring to me!!). It is, however, very pleasing to see how the groups’ activities have taken off again, as reflected in this bumper edition of Ad Lib. It is also pleasing to see the active participation of members as illustrated by the History Group which has attracted numerous talks from many of its members. One outcome from the lockdown was that I, and I guess many others, appreciate far more the many benefits that we have.

This year’s AGM was well attended. The formal proceedings were quite rapidly dispensed with and attendees enjoyed a lunch followed by exceptional guitar playing and entertainment from the renowned Polis Charalambous. We will look into making future AGMs equally enticing.

Finally, “Good Luck” to those of you going back to the UK, Season’s Greetings to all members and we can all look forward to an exciting 2023 with the P3A.



P3A Committee Members

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



CONTENTS

Message from The Chair	1
Committee News	2
Groups News	3-28



Membership News

Membership is now at a very healthy total of 854!

Annual subscription renewals are due now and remain at €5. Nearly 78.5% of our membership base have already renewed until 31st August 2023.

Those members who have not yet done so should renew by no later than 31st December 2022 or memberships will automatically lapse.

To assist with renewing annual subscriptions or joining P3A, we have 4 dedicated post boxes located:

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

P3A also 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

Joining P3A has never been easier. Details are on the "JOIN US" page on the website.

Dale Ikin
Membership Secretary

Any Ideas for New Groups?

Whether you are new to the P3A or have been here a while, how about starting a new group? If you have an interest, maybe it is shared by others. We are always open to new group ideas, provided there is someone willing to lead and organise meetings. This may seem daunting at first but can be shared as a team, and can be very rewarding. I'm happy to discuss any idea and help with getting it started.

Two groups which flourished in the past were Art Appreciation and Classical Music Appreciation. These ended on the departure of their leaders but have a surely left a gap. "Where in the World" also attracted a lot of interest, and we had a Philosophy discussion group, which evolved into "Life Matters".

Every group works in its own way and we have always kept the rules to a minimum, but we have a lot of advice available (including a Group Leaders' Handbook). For groups too large to meet at home, I can also help with advice about possible venues. I am currently updating our list of available meeting venues, and I hope to include an information sheet on these on our website. Meanwhile, to see which venues are used by all our groups, you can always visit the 'Groups Calendar (which is found on our website by double-clicking the Our Groups tab at the top).

History Group

The new History Group is flourishing very well with its new format incorporating both military and social history. The proof of the pudding, as they say, is that we are regularly having in excess of 50 members attending the meetings.

So far this year we have had talks on The Indian Mutiny presented by Rod McGregor, The Nine Years War by Kevin McAnallen and the History of Microbiology by Alan Nicholls. Each talk has been totally different but extremely well received by the members attending.

There is no meeting in December but commencing in January our schedule of meetings is as follows-

Jan 27th Sue Lourensz is giving a talk entitled The Dust Bowl about America in the 1930's

Mar 3rd David Richards is giving a talk entitled Space the Final Frontier – The early days.

Mar 24th Bryan Wilson is giving a talk entitled John Metcalf aka Blind Jack of Knaresborough

Apr 28th Dale Ikin is giving a talk entitled The Liberation of Bergen Belsen

May 26th Keith Coussins is giving a talk entitled Military Communications – From Runners to Radomes

Jun 23rd John Drew is giving two talks entitled The Melbourne Gold Rush & The Founding of Adelaide

I hope you will agree that this is a very varied selection of topics and each is given by different members of the History Group.

We have several talks already programmed for the commencement of the new talks year starting in September 2023, but more about that next year. **As a plea can I ask that if any members have a topic they consider would be of interest to the History Group please contact me, at present we have sufficient talks for 2023 but 2024/25 is looking rather empty at the moment. Remember the group can only continue providing members come forward with talks.**

Because of the success of this group we have outgrown the Coral Star and future meetings will be at the Paphos Christian Fellowship International (PCFI) building in Paphos, it's easy to find, it's opposite Tower Electrical shop in Paphos. Details of directions to the venue will be sent out to all History Group members and will be published on the P3a website.

And finally on behalf of the History Group leaders, that's Sue Lourensz, Rod McGregor and myself can I wish you all a very merry Christmas and a happy and healthy New Year.

Regards

John Drew
History Group Leader



Natural History Group

Natural History talks have got underway and in November the group was given a fascinating talk by Chris Sewell on “What you may not know about birds”. The first surprise was that it was a bird that was responsible for the establishment of the “Guinness Book of Records” – now there’s something you probably didn’t know about birds! Whilst on a shooting party in 1951, Sir Hugh Beaver, the managing director of Guinness, took aim and missed some golden plovers flying overhead. Over dinner in the evening (golden plover was not on the menu!) the question of which was the fastest flying game bird was raised, and gave Sir Hugh the idea of compiling a factual reference book to settle such discussions. He took his idea to Norris and Ross McWhirter who ran a fact-finding agency in London, resulting in the publication of the first “Guinness Book of Records” in August 1955. The rest is history. And many more interesting surprises came out during Chris’ amazing talk and some amusing videos of courtship antics of birds were shown. **CLICK HERE** to view an example.

The group of insects that attracts most attention with their colourful wings is the butterflies, and on Cyprus they are one of the better studied groups, thanks to significant contributions by two eminent lepidopterists, Eddie John and Christodoulos Makris. My first interest in insects was in fact with butterflies and it was through contacts with Eddie John that resulted in us editing (and co-authoring with others) the 895-page book, “**An Introduction to the Wildlife of Cyprus**”, published in 2016.



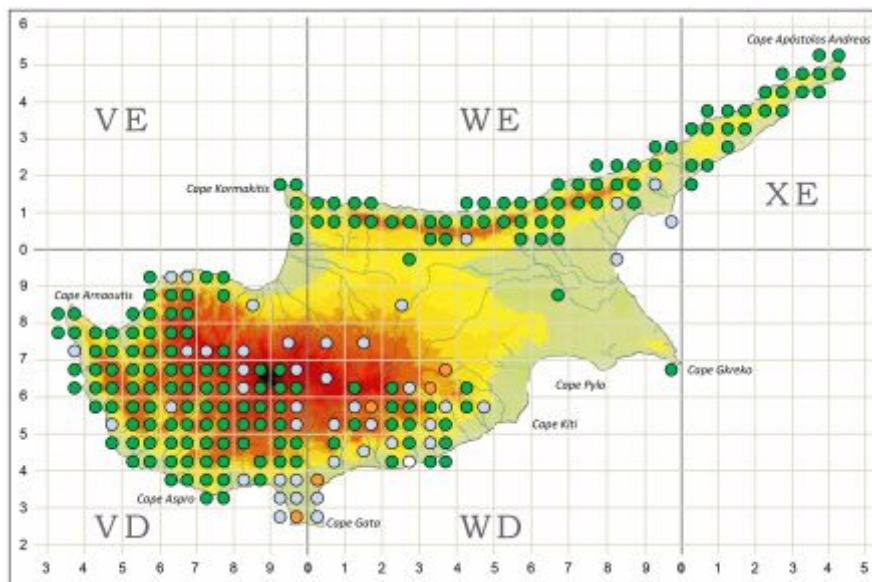
David Sparrow (left) and Eddie John: book signing at the launch of “An Introduction to the Wildlife of Cyprus”, November 2016.

Ros and I had seven very enjoyable two-week field trips with Eddie all over the island, chasing butterflies between 2011 and 2017, which was a tremendous learning experience for us. Until now the seminal work on the island’s butterflies was the “Butterflies of Cyprus” by Christodoulos Makris, published in 2003, but in July this year, a much-awaited and updated book by Eddie and Christodoulos, “**The Butterflies of Cyprus: A Field Guide and Distribution Atlas**” was published in the UK.



“Butterflies of Cyprus: A Field Guide and Distribution Atlas”.

We, several members of the Natural History Group and close to 300 other observers, have contributed butterfly records to the Butterfly Recording Scheme started over 20 years ago and run by Eddie, and it is very satisfying for the recorders to know that their data have all contributed to assembling the authoritative distribution maps and phenology that are an important feature of the book (see example Distribution Map):



The description of the species in the book is thorough and accompanied with excellent photographs and the book is a testament to the knowledge, experience and dedication of its two authors.

There are 56 species on Cyprus’ butterfly checklist, although several are very rare or perhaps locally extinct and during a typical year it is normal for around 48 species to be observed.

Paphos Blue (*Glaucopsyche paphos*) distribution map showing 5 km² observations within 10 km² squares. © Eddie John.

Natural History Group Cont.

In August 2021 a new species, the Lime Swallowtail (*Papilio demoleus*) – a member of the same genus as the well-known and striking Swallowtail (*Papilio machaon*) - was recorded on the island for the first time and this now appears to be successfully established here.



Lime Swallowtail (*Papilio demoleus*): a new arrival on Cyprus. Courtesy Hasan Bağlar.

Although regarded as a potential pest (particularly of citrus seedlings) in areas of SE Asia where local conditions allow many generations per year, there have been no reports of significant damage to citrus in Cyprus. Larval activity in Cyprus has so far been recorded on mandarin (*Citrus reticulata*), blood orange (*C. x sinensis*) and lemon (*C. limon*), with the latter appearing to be particularly favoured. This is originally an Indo-Australian species which is spreading its range, most likely as a result of climate change. It appeared in recent years in Syria and Eastern Turkey and arrived in the eastern Mediterranean in 2018 from where it has rapidly spread. For butterfly enthusiasts, however, it a colourful and delightful looking species and one of very few new species of butterfly to arrive in the Mediterranean basin in recent decades!

Cyprus' butterfly fauna is very rich in endemics, with three species and four subspecies being recognised as endemic (i.e. they occur on Cyprus but nowhere else). The first of the endemic species is the Paphos Blue (*Glaucopsyche paphos*), which can normally be found on its host plant (the plant on which its caterpillars feed), Broom (*Genista fasselata*). The upper wings of males are a stunning iridescent blue, but those of females a very dark brown. Adults emerge in February at low altitudes (later higher up) and are on the wing through to July.

Paphos Blue (*Glaucopsyche paphos*):
A male. The upper wings of females are dark brown.



The Cyprus Grayling (*Hipparchia cypriensis*), which is common and widespread, is another endemic species. This emerges as early as March and mating generally occurs in the spring, but as temperatures rise during the summer they move to higher altitudes where they aestivate (summer parallel to winter hibernation to avoid extremes of temperature). They then return to the lower and mid-altitudes in the autumn where the females finally lay eggs. The third and final endemic is the Cyprus Meadow Brown (*Maniola cypriicola*), a widespread species that is on the wing from April to October.

Cyprus Grayling (*Hipparchia cypriensis*):
a female nectaring on *Ptilostemon chamaepeuce* at Pano Arodes.

Natural History Group Cont.



Males have dark patches on the forewings known as sex brands. These are scent scales that produce pheromones used to attract females and are sometimes referred to as “love dust” – and it seems to be highly effective since this is a very common species on the island!

Cyprus Meadow Brown (*Maniola cypricola*): a male. Note the dark patches on the wings. These are known as sex brands containing pheromones to attract females!

Four species are currently considered as endemic subspecies: Eastern Festoon (*Allancastria cerisyi cypria*), Eastern Rock Grayling (*Hipparchia syriaca cypriaca*), The Hermit (*Chazara briseis larnacana*) and the Oriental Meadow Brown (*Hyponephele lupina cypriaca*).



Eastern Festoon (*Allancastria cerisyi cypria*): a female. Males have a much lighter yellow coloration on the upper wings.



Eastern Rock Grayling (*Hipparchia syriaca cypriaca*) in typical aestivating position; occasionally seen in company with Cyprus Grayling.



The Hermit (*Chazara briseis larnacana*).



Oriental Meadow Brown (*Hyponephele lupina cypriaca*).

Compared to neighbouring mainland countries Cyprus has fewer species of butterflies, a consequence of island isolation. However, its many endemics, and other species not widely seen in Europe, ensure its continuing interest for butterfly enthusiasts.

David Sparrow

Friday Walking Group

Another Eventful Year for Friday Walkers (FWG)

The last Thursday in November is reserved for the FWG's Christmas party; this year a jolly time was had by all at Tweedies, Paphos, with thirty people taking over the restaurant for the evening – thanks Marilyn for organising. A compact, bistro-style restaurant creates a great party environment but reminds us of Covid. These days our members routinely self-test ahead of group events in line with Best Practice. In October '21, 18 of 25 members tested positive after a wonderful hiking and cultural adventure in Romania. A year earlier, FWG had been quick to return to group hiking, with special authority from the Ministry of Health. Today we are stronger based on shared experiences and values.

The last walk in November had a strong turnout of thirty-two people, enjoying Winter sunshine, good company with robust exercise. It was led by new members', John & Helen, a great job! FWG admitted seven new 'active members' in September, including John & Helen. 'Active members' are required to walk six times a year and lead at least one walk a year. To preserve the group's ethos, we cap membership at 50 active members. Although we sometimes have a members' waiting list, there is a regular churn of members. We are pitched as a 'strong intermediate hiking group'. As joint group leader, Patrick manages the walk stream effectively - rarely having gaps in our walks calendar, with our members very quick to offer to lead walks. We only cancel walks if conditions are potentially dangerous. Unlike many groups, FWG operates right through the Summer with a popular Summer Walking Programme.



The Friday Walking Group Cont.

Most years, FWG has group trips in Troodos, ideal for hiking but social too, with some hearty traditional Cyprus food and local wine. This year, we were a few weeks early and the Winter was late, so instead of Spring, we found ourselves in the snow! With the planned hikes covered in a meter of snow, we quickly found some alternatives at lower altitude - it all worked out!



In April, FWG went to Dipkarpaz, Northern Cyprus, led by Rod & Jo, who shared their knowledge of tracks right up to extreme north of Cyprus, a great time had by all. With the strong day-time sun, we chuckled at the snow a few months. The third group trip this year in October was to Kato Pyrgos, immediately south of the border, expertly organised by Steve & Ann, once again excellent hiking, good company and a lovely break away. It's worth mentioning that our trips are very popular, often quickly oversubscribed in hours!



Looking forward, in May '23, Rod and Joe are taking another large group to the North - this time Kyrenia. In June '23, Marilyn's leading a group of 16 to the Amalfi Coast, Italy, including some World famous hikes like 'Path of the Gods' – more next year.

A big thank you to our members, walk-leaders and event organisers!

Alf Oldman - Joint Group Leader

The Photography Group

December Report

So another year is drawing to a close – and what a year it has been. Covid still very much in evidence, the joyful Platinum Jubilee celebrations, followed soon after by the very sad passing of Her Majesty the Queen, travel chaos in the transport industries, and unheard of disasters caused by out-of-control elements in weather patterns.

However, in spite of all that the Photography Group has gone from strength to strength. Membership is increasing weekly, meetings at Coral Star Restaurant and on field trips are well supported and generate much interest and discussion amongst members. Topics presented by our leader Tom Brown and discussed at recent meetings have included information on the best lenses for travel photography, split toning, understanding exposure composition, as well as specific discussions for members new to photography and individual presentations by members. Additionally, our leader, Chris Scorer issued a SOOC challenge – ‘straight out of Camera’ photos to be submitted without having had any editing in software. It was quite hard to resist the temptation to do a bit of tweaking to improve the image before submitting it, but we all did as requested, submitted the unedited images and Chris produced an interesting compilation which proved you don’t always need software to produce a good image.

Away from the Coral Star Restaurant where our weekly meetings are held, we have been out and about on several field trips, with some intrepid travellers jetting off to Malta . The following is a report submitted by members detailing their adventures on the island.

Lilian Hayball

Group members met friends who live there, visited old haunts. We took excursions independently, a car or boat, to take photos across this trio of islands, situated just south of Sicilia and Italy in the Mediterranean. Malta, is steeped in history offering fortified harbours with colourful buildings, hotels and shipping, large and small, both ancient and ultra-modern. Fabulous Forts, Castles, and Mansions, flats in the towns with their traditional green-painted balconies, and the prehistoric Temples draw the tourist, all within a short distance. Malta is smaller than the Isle of Wight, but a photographic feast! Every day I took excursions by boat, car or walking, in small groups led by knowledgeable guide.

Return visit- Chris Scorer

"Having just arrived in Malta the previous day, Monday 10th October saw us venturing out to Valletta which is surely one of the most photogenic cities/harbours in the world! The weather was very warm & humid but we had no warning of the deluge that was to turn Valletta's roads into fast flowing torrents of water. Fortunately we were having lunch at one of the many pavement cafe restaurants and we were able to retreat indoors where the food & ale made us quickly forget the weather and the purpose of our visit to Valletta - photography! No matter, Tuesday, Wednesday and Thursday saw us travelling to various parts of the island where there are ample opportunities for photography, among them our favourite town of Marsaskala. Malta is a busy bustling place with a fascinating history - well worth a visit!"

Photographer’s frustration - Andrew Hogg

Tuesday evening before dinner I set out as planned to photograph Balluta Bay at twilight, this is a scene I know well from previous night shoots and wanted to capture the image with my newer higher quality camera and lens, the bay is about a 15 minute walk from the hotel so I waited until the golden hour before venturing out,

The Photography Group Cont.

having walked to Balluta I found the wonderful steps that sweep around the bay were still busy with people and the sea still being used by bathers, this presented a problem as the leading lines created by the steps are crucial to the shot I was looking for, furthermore the beautiful building that used to house the Barracuda restaurant another integral part of the composition was completely covered in scaffolding and green safety netting.

Inspiration suddenly appeared in the shape of a bus heading for Valletta which I boarded and 15 minutes later, and right at the end of the blue hour, I was standing on the banks of Tigné Point looking across Marsamxett harbour to Valletta, a view that was on my hit list for later in the week, with just a few minutes of the blue hour remaining I quickly set up my tripod and camera and managed to capture a couple of decent images of Valletta before complete darkness descended.



Valetta from Tigne Point – Andrew Hogg

Photographic opportunity – Judith Robinson

It was also a return visit for us to revisit our favourite places. Monday saw us in Valletta by ferry. After walking through the bustling streets we went to both the Barracca Gardens for a panoramic view of the Grand Harbour. Tuesday we took the North Blue Route bus to Mosta Rotunda with one of the largest unsupported domes in the world. Not to be missed is a replica of the bomb, which in 1942 pierced the dome and landed on the church floor unexploded. The next day we hired a car and went to Rabat and our favourite traditional fishing village, Marsaxlokk.

Recommendation – John Powell

On Tuesday our friends from the U.K. came and met us and took us to a lovely Bistro that came highly recommended by the local taxi and coach drivers. This Bistro needs to be booked for a reservation as it gets full pretty quickly.

The name of the Bistro was TA' KRIS restaurant and Maltese Bistro 80 Fawwara Lane Sliema Malta
Tel: 21337367 Mob: 99847713 or www.takrisrestaurant.com www.facebook.com/TaKrisrestaurant.

We would all like to give our thanks to Sue and Chris Scorer for organizing another successful and enjoyable photographic trip.

In the meantime, back in Cyprus, several field trips have taken place – to Kallepia, Kouklia, and, very recently to the Troodos area to visit the Millomeri waterfall, the Pera Pedi dam and restored water Mill. The Group met at a Taverna in Platres before setting off to explore the area.

The Photography Group Cont.



Pera PEDI Dam



Coffee Break in Platres

In December we will be holding our annual prizegiving event, combined with Christmas Lunch. At this event the name of our Photographer of the Year will be revealed, based on images members have submitted for critiquing and scoring during the four quarterly competitions held during the year. ***Who will be our Photographer of the year – watch this space!***

For more information about the Group and its activities contact Chris Scorer on: crscorer@gmail.com

Finally we would like to wish the Committee and all members of the P3A a very happy Christmas, and continued success and progress in the year to come.

Liz Unwin
November 2022

Around the World Dining

Since August, we have been busy cooking and dining our way through three more countries:

September saw us visit Mexico where we sipped a Margarita Cocktail followed by starters of Nachos and 7 layer salad. Our main course was Chicken Mole accompanied by Mexican Rice and for our dessert, we enjoyed tequila-glazed pineapple with white chocolate cream.

We moved on to the Netherlands in October and once again, showed off our cooking skills. We started with a Dutch cocktail based on Gin and Ginger Beer, followed by Pickled Herrings with slices of thin dark bread. Our main courses were Draajdesleeves (a slow cooked beef and onion stew) and Rijsttafel (rice table) accompanied by side dishes of Greenbeans & walnut pesto, Calcots & Romanesco sauce and glazed Carrots. After a breather, we enjoyed Dutch Apple Pie and Dutch cheeses.

Then in November, we visited South Africa and enjoyed another feast. We gathered to drink and chat over our cocktail, 'Basilicious' and dined on starters of Creamy Chakalaka Soup and Chicken Liver Pate. Our main courses were Bobotie and Sosaties (Kebabs with Ostrich and Chicken) accompanied by side dishes of Honey-roast Carrots with baked anari, Skinned Peppers with mascarpone and capers and Smashed Cucumber with cilantro. For our desserts, we found room for Malva Pudding and Goey Ginger Dessert, served with cream and ice-cream respectively.



Netherlands Table



The Group Members

We will be taking a break from cooking in December and treating ourselves to an evening out in a local restaurant.

Happy Christmas and Happy New Year to all P3A members.

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

Around the World Dining Cont.



Bobotie



Chicken & Ostrich Kebabs



Chicken Liver Pate



Creamy Chakalaka Soup



Goey Ginger Pudding



South African Menu



South African Pinotage



Pickled Herrings



Malva Pudding



Dragjesleeves



Rice Table



Side Dish



Side Dish Carrot & Fetta



The Quiz group thrives and the number of Quizzers is improving, but we are always looking for new members.

We meet every 1st and 3rd Monday of the month at Coral Star hotel opposite Philipos supermarket in Coral bay starting at 8pm.

All the questions are General Knowledge and trivia.

There are prizes to be won including a bottle of whisky all for the princely sum of €2!

So come along either as a team or just yourself and enjoy an evening of good quizzing in a pleasant atmosphere.

You can contact me through: mickcotton20@hotmail.com

Computer Technology Group (CTG)

The P3A Computer Technology Group (CTG) was established to provide a medium for P3A members trying to better understand the use of Computers, Tablets, Smart phones and other devices in an increasingly complex world.

The CTG aims to cater to those members at the basic end, and at the more advanced Tech' levels, in a simple and friendly manner.

Topics on different subjects are based on requests by existing active members.

In recent months, meetings have included talks and workshop sessions on Android setups, choosing good quality Apps.

Other topics covered include Electric Cars and the tech' behind them; new evolving Battery technologies in a greener world. Choosing the right VPN and setup'; Web browsers that promote protect privacy settings in favour of the end-users, search engines etc.

Staying safe whilst shopping on line; 4G & 5G WiFi protocols, use of MS Word, spread sheets. Making better use of smartphones etc.

For the more experienced members, topics have covered higher levels of expertise and extend to Technologies that are impacting our daily lives.

In the coming months, the CTG talks will continue build on what has been achieved and new evolving Technologies that will impact on members in the future.

So, if you're having trouble with emails, getting your head around a spreadsheet, or any other problem, take a look at the Computer Technology Group (CTG) page, or pop in for a chat.

**We meet every 2nd and 4th
Wednesday of the month
at the Coral Star.
(10am – 12noon)**

www.paphos3rdage.org/computer-technology-group

For further details, email us at
ctgp3a@gmail.com

Group Leader
Derek Noronha
Asst. group leader: Rod Morement



Bridge Group

I keep hearing about bridge but really what's so fascinating?

There are only fifty-two cards in a standard deck but it may surprise you that if you deal those fifty-two cards into 4 hands of 13 there are ... wait for it ...

53,644,737,765,488,792,839,237,440,000 different possible layouts of the resulting four hands! And that's just the beginning.

In bridge two people communicate (non-verbally) to describe their hands to one another. With so many possible hands, not to mention opponents impeding your communication with their own, it's quite an art to accurately describe your hand! Eventually the hand is played but that's another story.



Bridge is a game of endless possibilities; many people say it's a game of mistakes. Why not come along and start having fun making mistakes? We all do!

I've played before but it was twenty years ago!

A lot has changed in bridge in the past twenty years, the first thing should be a chat with a group Leader to establish the best re-entry route, usually players get back into the game quickly and rediscover their passion!

I'm interested but I've never played, what do I do?

We do not yet have a Beginners pathway within P3A but we are lucky enough to have exactly such a thing in the Paphos area. We have various initiatives to get beginners to the point where they can comfortably play in our P3A Monday group.

We also have Improvers Programmes and even an Advanced programme. Basic information is available at www.paphosbridge.online

Places to Play:

Monday – this is an “Improvers” group run by Sue and Brian Twigger. Sue and Brian offer two styles of social bridge, “Duplicate” and “Chicago”. More importantly Sue bakes a delicious cake every week! No need to have a partner, Brian and Sue will find one for you!

Tuesday – this is an Intermediate group run by Judith Snell and June Calvert. The group is friendly and welcoming but not suitable for beginners.

Wednesday – a second Intermediate group run by Leishia and Ian Hines. This is the group players tend to move to when they are looking to move on from the Monday group.

Bridge Group Cont.



All three groups play at Angelikas. Play starts at **9.30am** but you should be there by **9.15am latest**. For the Tuesday and Wednesday groups you will need a partner but we can generally help with that. We also have a WhatsApp group where players search for partners.

You may not know that there is a second bridge club in Paphos, the Peace bridge club which plays on Mondays and Thursdays at the Kamares club and is run by Grace Cullen and Peggy Lightfoot. It's not affiliated to P3A but they are another friendly group and many bridge players play at both venues.

Cyprus Bridge Federation

We mentioned in a previous Ad-Lib article that we had affiliated with the Cyprus Bridge Federation. One of the advantages of affiliation is that our players are awarded "Masterpoints", an internationally recognised system whereby players accumulate points to reach certain levels, e.g. Club Master, Regional Master, etc. This process is now in full flow and our most prolific point scorer has already amassed over 200 Masterpoints this year!

Another benefit of our affiliation is having the financial muscle of the CBF behind us - Running our bridge groups is an expensive undertaking. We have to fund a lot of equipment, e.g. Bridgemates (the devices we use to record results at the table), software, and website subscriptions. We also have to budget to replace consumables especially the playing cards.

In the past we have had help from P3A to fund our larger items but one very expensive item that has always been beyond our reach has been a dealing machine. A dealing machine creates sorted hands from a pack of 52 cards and loads the hands (North, East, South and West) to a special carrier. Thus far we have recorded the hands manually which works but is less than perfect. Recently the Cyprus Bridge Federation gave us a dealing machine on permanent loan. A new dealing machine costs around €3,000 so this was a very generous act.

Now we are "state of the art" with pre-dealt boards and full analysis!

Card Making Group

Happy Crafting Mondays

If you've ever wondered how to make your own cards, why don't you join the Cardmaking Group? We have a lovely intimate group who meet every Monday afternoon in Coral Bay.

We make a new project every week using different Cardmaking techniques: embossing, die-cutting, quilling, iris folding and origami are just a handful of the techniques we've used. You will be told in advance what the project will be, along with a list of the materials that you need to bring.

We have two Group Leaders who provide full instructions on how to make the project, and then we all craft along together..... along with lots of chat. The two Group Leaders are always on hand to answer questions and give advice. They also craft along with us. You'll be surprised at how many different cards can be made using the same basic instructions.

There's no need to feel intimidated. We have crafters of all levels, some who have been with the group since it began, some have recently restarted crafting, and others are completely new. It's all about getting together and having fun.

To whet your appetite, here are a few photos of our latest creations.

Drop a line to Christine or Terri if you'd like to join us.



Discover and Explore the Real Paphos

Do you like to be out and about? Do you enjoy exploring many different locations, from traditional stone villages to battlefields from long before the time of Julius Caesar? Are outings to wineries, monasteries, castles, tavernas, hermit's caves, museums, catacombs, ancient harbours, marinas, churches, mine workings, a casino from 1878, botanical gardens, likely to appeal to you? Ever been flamingo watching? Seen Halloumi made and then dined on it? Viewed baby turtles hatching out? Visited a 5000 year old graveyard? Over the 6 years of our group's existence we have done all this, and much more.

The modern, vibrant, holiday destination we now call our home has seen many transformations over the ages. Most visitors simply experience the superficial trappings of a holiday resort. However, long before the Greeks arrived, building city states and creating a religion that drew worshipers here from all over the Mediterranean for 1500 years, stone age peoples lived their everyday lives along this coast. Their village has now been recreated. Greeks were followed by Romans, Crusaders, Venetians and Ottomans, who all built their empires and flourished for centuries, before they were moved on, leaving their imprint embedded on the fabric of the island. Present day Paphos is literally built on the ruins of these long gone civilizations. Mementos of the events from the islands varied past and present are to be found all over the area. Amongst many other things, we visit them.

We are unlike most other P3A Groups. We have no set meeting time or place. Much like nomads, we look for the right event, time and place, then off we go. Events are often linked to the seasons. There is little point in going flamingo watching when the birds have departed for Africa.

The only common theme that occurs on all our outings is having a long lunch, usually in a well loved traditional taverna, purely as a reward for all the effort that our merry little band has put into the day.

If any of this sounds like something you could get your teeth into, simply drop me a line. In particular, new arrivals to Paphos might find our group of particular interest. You will be very welcome.

Brian

Email: brianandjeanincyprus@gmail.com

Tel: 96136047



Field Trip to the Diarizos Valley

The latest P3A Geology Group Field Trip was to examine the various rocks exposed along the Diarizos River Valley, this river running into the sea between Mandria and Kouklia. This meeting was organized by Roger and Heather Kent and led by Rob Harris.

Many of these rock formations have been brought down from the eroding Troodos mountain millions of years ago. Starting at Nikokleia Bridge, which at the moment is spanning a very dry river bed, the group up the F616 along the side of the Diarizos River passing Turkish villages such as Souskiou, Fasoula, Mamonía and Ayios Georgios which used to be farming communities in the very fertile river sediments. The building of this road often involved cutting into the rock faces thereby exposing rock structures for us to study.

We also drove up the hillside to Trachypedhoulas to see the Muckhtar's demonstration geological rock wall illustrating the rock types found up the Diarizos Valley.

Higher up the valley we reached the twin climbing rocks of Hasan Poulia. No, we didn't climb them to see what geological formation was at the top.

Finally, we drove to Kidhasi to sample the excellent at the Oasis taverna.

Dave Bowler.

Grandparents

Dear P3A member,

Our member Irene Fenske has offered to lead a group or a one-off session on distance grand-parenting.

'Is breast really best?' A very controversial question! Many of us, if not grandparents already, are going to be grand-parenting in the foreseeable future. There are many aspects around this subject that could be explored in a discussion group. If you would be interested in joining such a Group or just a one-off session, please reply to irene.fenske@hotmail.co.uk

Irene has a bachelor of Midwifery degree, was a general trained nurse, a neonatal nurse with counselling skills, vital in that job, and latterly Infant Feeding Advisor for acute services in Fife working with UNICEF Baby Friendly Standards.

Best regards,

Ros Sparrow
Groups Co-ordinator



Monday Walking Group

The Monday Walking Group is a walking, talking Group. We do not exhaust ourselves with strenuous ascents, so we have the breath to appreciate the sights and sounds of the wild landscape around us.

We attend carefully to our conversations but, in those moments of quiet, ***“we lift our eyes to the Pine clad hills from whence cometh our strength”***.

We have the energy to observe the skyscapes marvellously change the landscape from moment to moment.

In the autumn, we observe the leaves changing from green to shades of red and gold.

We pass through the winter to greet the thousands of species of spring flowers. As that season changes to early summer, we enjoy the straw-coloured transformation of the landscape and the blue, hazy, distant hills.

The pillar lavers, limestone and serpentine rocks do not pass un-noticed.

The lizards scurry away in front of us. The cicadas in late Spring try to drown out, unsuccessfully, our words.

We enjoy picnicking out in the fresh air in a many-accented community of like-minded people from different backgrounds and nationalities.

In all these ways, we diminish the ravages of time and disease (both physical and mental).

We are proudly different from the other P3A Walking Groups, each of which have their individual strengths and ethos.

If you share our philosophy of walking, you are welcome to come and join us.

Chris Morgan
Group Leader

Book Discussion Group

A new P3A Book Discussion group is beginning in February 2023. Whichever of the four books listed below receives the most interest from P3A members will be the first topic of a small discussion group meeting regularly at Charlyn Edward's house near Peyia Post Office. The purpose of the group is to understand, and also to critique, the content of these books.

The four are among Charlyn's favourites and, while she has academic background related to them, the idea would be that group members would apply their own thinking and any expertise and all would bring their curiosity to reading at least sections of these books. Ideally everyone should purchase the books, however, Charlyn already possesses or is working on what can be done to obtain PDF or Kindle editions.

If you interested, please send an email to Charlyn Edwards (edwardscharlyn@gmail.com) along with sharing something about yourself and your interests. Please also include what timing for meetings would work best for you. The proposed meeting times are first Fridays, morning or afternoon, or second Fridays in the afternoon. However, Charlyn is willing to work with group members to find a time which suits all. The group size is limited.

The Books

The Archaeology of Seafaring in Ancient South Asia by Himanshu Prabha Ray

Prior to European expansion, communities of the Indian subcontinent had a strong maritime orientation that included seafaring, religious travel, and political economies. Using archaeological data from the Red Sea to the Indonesian archipelago the book discusses how the early history of peninsular South Asia is interconnected with that of its Asian and Mediterranean partners.

Scribal Culture and the Making of the Hebrew Bible by Karel Van der Toorn

The scribal culture of the Hebrew Bible is examined with comparative evidence from other collections of writings from the ancient Near East along with exploring the very notions of "book" and "authorship" which were very different than today.

The Buddhist Literature of Ancient Gandhāra, An Introduction and Selected Translations by Richard Salomon

In the region called Gandhāra, in what is now north-west Pakistan, new kingdoms flourished and reached their apex under King Kaniṣka in the second century CE. Gandhāra has long been known for its Greek-Indian synthesis but until about twenty years ago nothing was known of its literature. "With a detective's eye and a storyteller's pen, Professor Salomon shares a scholar's delight in these Silk Road texts."

The Cult of the Saints, Its Rise and Function in Latin Christianity by Peter Brown

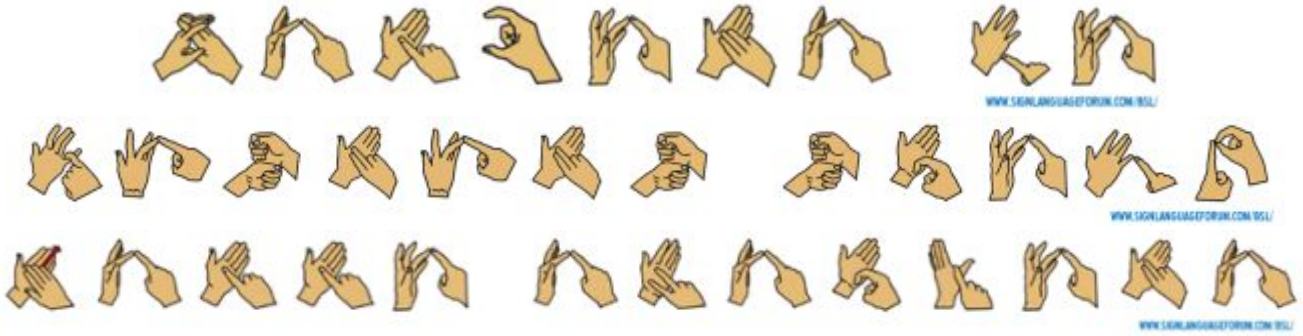
Peter Brown explores how the worship of the saints and their corporeal remains became central to religious life in Western Europe after the fall of the Roman Empire.

Charlyn Edwards recently came to Cyprus from Hamburg University in Germany when her British/American husband Roger wished to retire here. She edits and translates ancient Indian manuscripts in Sanskrit and other languages and researches the archaeology of India and surrounding areas such as Nepal and the Tibetan region.

Best regards,
Ros Sparrow
Groups Coordinator

Sign Language Group

Welcome to the signing Group



The Advanced signers are a small group who have continued to meet since our wonderful teacher Diane moved back to UK.

We meet fortnightly taking turns to meet in each other's homes. A very social group supporting those who are losing their hearing for a variety of reasons. A great deal of fun is had which means a great deal is learnt at the same time.

We learn by signing through conversation, preparing short stories on various topics, and signing songs all of which continuously expands and improves our signed vocabulary. All of which is really helpful if you're out in a noisy restaurant, an evening venue or a Quiz!! Anywhere it's difficult to hold a verbal conversation.

The group continued to meet during Covid and lockdown using the P3A Zoom account. This was really helpful and we continue to use it on occasion for an extra meeting or the weather isn't too good and people prefer not to travel.

Marian McEwen
Group Leader



Polis Walking Football Group

POLIS & LATCHI LIONS - WALKING FOOTBALL

It has been a busy twelve months for our fledgling walking football team. This time last year we had just played our first competitive 'friendly' game against Aphrodite Wanderers. Cobbled together white shirts as we waited for our official kit to arrive was the order of the day, but loads of enthusiasm saw us run them very close in a tight game. Since then the team has grown in numbers, skill and friendship. Oh, and we now have a smart kit!

Throughout the year we have held training sessions on a Monday evening at Propilea sports centre in Polis, where we practice skills and drills under the watchful eye of our enthusiastic coaches. The level of football has increased along with the numbers, so a second training evening has been added on a Thursday.

As the football has improved, so has the desire to test ourselves against other teams, from both Cyprus and abroad. Several games against Aphrodite and Paphos United were keenly fought in early Spring, followed by the teams first overseas tour. The Lions travelled to Crete in March to play two very competitive games against the Titans. The trip was an undoubted success, with many friendships being forged, plus the obligatory invitation of a return fixture.



Both teams smile for the camera!

The warmer Spring weather brought a succession of touring sides from the UK, including a team from Thames Valley and Blackburn Rovers. Along with the other two Paphos based teams, the Lions competed closely with them all, although it was a bit daunting for us to line up against Blackburn Rovers! All the games against the touring teams were played in the right spirit, competitive, combative, but always finished off with a friendly drink in the bar.



Move about then guys!

Polis Walking Football Group Cont.

The heat of the Summer months did not deter the hardy souls of the Lions and we continued to meet on a Monday evening, although the pace probably dropped a bit! The number of woman now attending was encouraging, something we are keen to develop. Women's football generally is on the up after the Summer's European championships, and walking football is definitely following that trend.

In early October the long awaited return match against the Titans was planned. Team manager, Mike Ireson, had worked tirelessly throughout the year to maintain the contact and plan an exciting few days for the players and supporters from Crete. On the Thursday evening a packed and raucous Propilea witnessed a very hard fought game between the two teams, with the visitors eventually running out winners, 4-3. A convivial evening followed in the club house with the presentation of trophies, and even impromptu Greek dancing by the players to finish off!

On the Saturday, a four team tournament had been organised, by Mike, to include the two teams plus the Aphrodite and Paphos in a round robin format. After some very hard fought matches, Aphrodite ran out winners. The real winner though was the friendly atmosphere at the Fair Game pitches during the tournament. This was reinforced at the after match presentation and dinner in Chloraka!

Walking football in Cyprus continues to go from strength to strength, and the Lions are an integral part of that growth. An exciting new project for representative teams for both men and women is on the horizon, plus the prospect of more touring teams arriving on the island in the New Year.

On reflection, as we approach our second annual awards evening, the past year has been an exciting one. All credit must go to the players, coaches and Manager for the way the team has grown and developed. We look forward to the next twelve months, playing the touring teams, another overseas tour, but most of all friendship.

If you fancy getting involved in this exciting and fast growing sport, come along and give it a go. We welcome men over 50 and women over 40 years old on a Monday or Thursday evening at Propilea.

The final word of thanks must go to our secretary, Pam Ireson, for putting up with us all. And without whom we wouldn't kick a ball!

FUN, FITNESS, FOOTIE AND FRIENDSHIP!



Information Update

Many of you may remember a Saturday Talk on the 8th February 2020. The subject of the talk in the first half was about Care available in Cyprus, specifically the Paphos area and benefits that could be claimed to support your care needs.

The second part of the talk was given by Angel Guardians (other funeral directors are available) was about funeral arrangements in Cyprus. A number of questions were asked about Cremation in Cyprus which at the time was not available and remains so currently.

However in case you have not heard, I have attached an article below updating that the Licence to build a Crematorium has now been granted.

Marian McEwen
Events Coordinator

