

# AD LIB

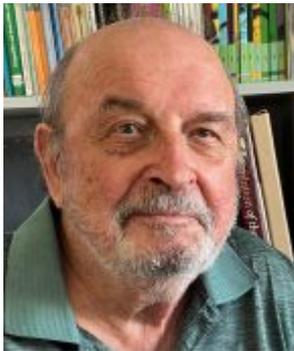
The magazine of  
Paphos Third Age



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

Editor: Marian McEwen

September 2023



## Message from the Chair David Sparrow

Welcome to the September Edition of Ad Lib and I hope you have had an enjoyable summer either in the sweltering heat of Cyprus or the rain-drenched north of Europe. It is pleasing to see that several of the groups continued with their activities through the summer months and hats off to them for not being put off by the heat. The Bridge groups are clearly flourishing and it was very good news that the Cyprus Bridge Federation has gifted the group a hi-tech dealing machine – I'm looking forward to seeing it in action.

You may note I have a new photograph. Following cataract surgery early this year – wonderfully executed in Cyprus at a personal cost of €6 – I no longer need to wear glasses and the improvement in vision was startling. So if you have any eye problems, it is well worth having a check-up.

Talking of check-ups, one of our members with long professional experience, has pointed out that while the P3A has always complied with Data Protection Laws and we keep our members' data securely, it is important to have ample evidence that we do so. Consequently, the committee is carrying out a review of our data security and will work with our group leaders to ensure that we are all fully informed of Data Protection obligations. You can find our [Data Protection policy on our website](#).

Many of us will be looking forward to group activities resuming at a start of a new year, and with it comes the need for our AGM. This will be held on Friday 27 October at the Avanti Hotel. It is important that as many members as possible attend the event and I look forward to seeing you there.

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.

<b>Chair</b>	David Sparrow
<b>Vice Chair</b>	Keith McEwen
<b>Treasurer</b>	Gillian Richards
<b>Secretary</b>	Sue Lourensz
<b>Membership Secretary</b>	Dale Ikin
<b>Groups Coordinator</b>	Ros Sparrow
<b>Magazine Editor</b>	Marian McEwen
<b>Website Officer</b>	Ros Sparrow
<b>Data Protection &amp; Anti Money Laundering Officer</b>	Gillian Richards

<b>Message from The Chair</b>	1
<b>Groups News</b>	4-17



## ANNUAL SUBSCRIPTIONS 2023 / 2024

Annual subscriptions for the year 1st September 2023 - 31st August 2024 are now due.

The renewal fee remains at €5.

*Please note: Members who have recently joined P3A will not be required to renew their subscription. These new members have membership numbers including or greater than A122.*

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

Payment can be made in the following ways:

**1.** Leave your subscription in one of the four P3A MAILBOXES. These are located:

- Inside **ANGELIKAS RESTAURANT** in Paphos
- Outside the lecture room (underneath) at the **DROUSHIA HEIGHTS HOTEL**
- Inside the **OLIVE TREE TAVERNA** in Polemi. (Closed on Mondays)
- Mailbox 275** at the **KAMARES CLUB**

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

**2.** Send your subscription by post to the following address:

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

**3.** Pay your subscription to me in person at:

- Any P3A monthly talk.
- The AGM on Friday 27th October.

**4.** Some of our Group Leaders are also happy to collect subscription renewals.

***“BY RENEWING YOUR MEMBERSHIP FOR A FURTHER YEAR, YOU AGREE TO YOUR PERSONAL DATA BEING RETAINED BY P3A FOR P3A PURPOSES ONLY.”***

***IN ADDITION, YOU ARE RENEWING YOUR ORIGINAL SIGNED P3A DISCLAIMER IN THAT “YOUR PARTICIPATION IN ALL PAPHOS THIRD AGE ACTIVITIES IS UNDERTAKEN AT ENTIRELY YOUR OWN RESPONSIBILITY AND RISK. FURTHERMORE, YOU CONFIRM THAT PAPHOS THIRD AGE, THE COMMITTEE, ANY GROUP LEADER OR OTHER MEMBERS ARE NOT RESPONSIBLE FOR ANY INJURIES, ACCIDENT, MISHAPS OCCASIONED OR ANY DAMAGES OF WHATSOEVER NATURE THAT YOU MAY SUFFER”.***

The final date for renewing your subscription is 31st December 2023. If any member has difficulty in paying their subscription in one of the four ways above or by the final date, please contact me to discuss further options.

Dale Ikin

Membership Secretary Tel: +35797786488 [daleikin1958@gmail.com](mailto:daleikin1958@gmail.com)

# NEW PROCEDURE FOR JOINING P3A

With effect from 1st September 2023 the procedure for joining P3A has been updated.

The main change concerns the signing of our new DATA CONSENT FORM. This has now been added as a page two to the application form. The application form still includes the disclaimer which must be signed and dated but now the Data Consent form also has to be signed and dated. Once completed, both forms are then sent to the Membership Secretary along with the joining fee.

The following link will take you to our **JOIN US** page which has been updated to reflect the changes:

[www.paphos3rdage.org/join-us](http://www.paphos3rdage.org/join-us)

The following link will take you to the revised application form and Data Consent form:

[www.paphos3rdage.org/files/documents/f2a2ab82-7c10-486a-83cb-71acfa9c373f.pdf](http://www.paphos3rdage.org/files/documents/f2a2ab82-7c10-486a-83cb-71acfa9c373f.pdf)

**Group leaders are requested to advise any new members to use this new format with immediate effect. All older versions of the application form are now obsolete.**

Any queries regarding this new application policy should be directed to the

Membership Secretary as follows:

Tel: 97786488

or email: [daleikin1958@gmail.com](mailto:daleikin1958@gmail.com)

# Play Reading Group

## THE PLAY READING GROUP IS GETTING BIGGER!

We now have sixteen members in the group which is a record. The more the merrier would normally be the case. However, an optimum number for a reading is usually about 8 people.

Of course, some of our number will always be unavailable for one reason or another, but as I like to allocate parts so that we all have about the same number of lines to read, I need to know a few days in advance who will be attending. Also, the physical size of our lounge at home dictates the maximum cast size!

In addition, be prepared to find yourself having to change gender for a scene here or there. I do try to keep this to a minimum but it usually works out well and the transformation back to where you started is, I am reliably informed, relatively painless.

With all these things in mind, and as from September 2023, I plan to hold the meetings on both the first and third Friday of each month. The play will be the same on each occasion, but I shall be allocating existing members to be in either Group 1 (1st Friday) or Group 2 (3rd Friday) (I already know their preferences). Consequently, as new members join, you will find yourselves added to one or other group. I am always happy to be flexible, so that it should be quite possible to move from one group to the other on a one-off basis as the need arises from month to month.

For those P3A members who would like to join, my telephone number is 97614024 and my email is [johnandtina2005@gmail.com](mailto:johnandtina2005@gmail.com)

You don't need to have any relevant experience but naturally, someone who is extraordinarily shy, mostly inaudible or incomprehensible in speech, outrageously introvert or challenged in the extreme when having to read out loud material that they have never seen before, just may be at a slight disadvantage!

We have tackled a fairly eclectic range of plays since May 2022. The balance is probably towards the lighter, comedy end of the spectrum, but you will see from the list below that this is not always the case.

May	The Importance of being Earnest		
June	Charley's Aunt		
July	Funny Money		
September	Pygmalion	And to come...	
October	Charles III		
November	Absurd Person Singular	September	An Ideal Husband
December	Habeus Corpus	October	Pardon me Prime Minister ( <i>remember the TV series</i> )
February	Comic Potential	November	The Best Exotic Marigold Hotel
March	Gaslight	December	Uncle Vanya
April	Beyond a Joke	January	Hobson's Choice
May	Death in High Heels	February	A Streetcar named Desire
July	Crown Matrimonial		

The charge is €5 per session which includes refreshments, with a €2 discount if you are happy to read direct from your iPad to save me printing out a full script.

**John Harper**

# Saturday Morning Talks

The Saturday Morning talk group holds its talks on the **first Saturday** of each month between 10-12am in the Ariadne room of the Annabelle Hotel, Pafos.

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

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

The Annabelle Hotel has now said we can have up to 90 seats for our talks. It was previously set at 80.

## **October 7th THE FUN GUYS**

Come and be entertained by 2 members who will educate you in some Mycological (fungal, hence the “Fun Guys”, doh!) facts you might not know of!

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

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

Alan will also inform you of the environmental, industrial and health benefits derived from some fungi.

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

**November 4th** will see a guest speaker, Chris O'Grady from the UK who will entertain you with a talk titled **“Fakes & fortunes, art & antiques, dealers and forgers”**.

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

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

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

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

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

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

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

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

# Saturday Morning Talks Cont.

## December 2nd

Our Chairman, David Sparrow, has kindly agreed to entertain you with a talk titled “**The Evolution of Sexual Reproduction**”.

Has that got you paying attention? David's synopsis is as follows:

“This may sound like a rather racy title, but it will not be too dissimilar from the content of many wildlife programmes, except the talk will concentrate entirely on the reproductive aspects of animals' lives.

Two cornerstones of biology are evolution and reproduction, as stated by Sir David Attenborough; “Nothing in the natural world makes any sense except in the light of Evolution”, and reproduction is clearly an essential characteristic of life.

The first living species, single celled organisms, reproduced asexually. Sexual reproduction is an adaptive strategy. Many different theories have been proposed about why it evolved, none of which are entirely satisfactory, and the origin and maintenance of sexual reproduction remains an elusive and hotly debated topic amongst evolutionary biologists.

It is, nonetheless, used at some time by 99.9% of all species.

This talk will explore the steps involved in the evolution of sexual reproduction. It is notoriously difficult, complex and energy intensive to reproduce and some of the more fantastic and exotic ways that species have developed to ensure success will be achieved.”

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

Also, if any one of you has a burning desire to talk about a subject close to your heart, please let the organisers, Alan and Angie Nicholls know.

email [alnics99@outlook.com](mailto:alnics99@outlook.com)

We are always on the lookout for speakers and if you wish, as we do, for the talks to flourish, let us know of anyone you know who might fit the bill.

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

We have organized a full program of extremely interesting presentations for next year, but more about them in the next Adlib edition.

These talks are likely to attract a lot of requests to attend, so get your name down early, as the audience will be limited to 90.

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

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

Best wishes

Angie & Alan Nicholls

# Around the World Dining Group

At the end of May we met for a lovely evening of Argentinian wines (sourced locally) and food. The evening started with a cocktail aptly called 'The Argentinian' had a real 'kick' to it.

We had a starter of Eggplant Eschebeche followed by Carbonada Criolla (Argentinian stew). Asado, a mixture of BBQ'd meat on skewers with chimichurri sauce accompanied by Salsa Criolla. Finished beautifully by a rich Dulche de Leche cake.

In June we visited The Philippines. As usual we began with a cocktail, followed by starters of a Mango and Tomato Salad and Lumpia (fried spring rolls).



For the main course we enjoyed Pork Adobo Stew, Sinigang na Carne (thick soup with meat) and Piniyahang Manok sa Gata. (Chicken with pineapple, carrots and bell peppers, cooked in coconut milk).

Finished with two desserts, Rice and Cassava cake.

A meal rich in Coconut milk, Evaporated milk and Condensed milk!

Our July and August meals unfortunately were both postponed due to a combination of the Intense heat and a few of our members being unwell.

We wish them returned to full health soon and look forward to our next meal in September when we will be visiting Provence and Langedeoc.

Carolyn Hart



# Photography Group

The recent scorching summer that we have enjoyed (or endured?) could have been a temptation for photographers to hang up their cameras, find a nice shady spot and put their feet up with a long cold drink and a good book. Not so the Photographic Group.

Our 'summer' started in early May when we joined forces with the P3A Dragonfly Group to present a photographic exhibition at The Makers Space Gallery in Tala.

The three-day Exhibition produced a record number of entries and was visited by many locals and visitors to the Island.



There was a competitive section for the entries and this was judged by David Sparrow – Chair of P3A) and his wife Ros (both professional photographers and Angela Winstanley – a local artist and professional photographer The overall winner was Mike Watts, with his entry:



Sleeping Lion

Runners up were Judith Robinson with



A Stitch in Time

John Rodgers with



Sunset Selfies

and

Weekly Monday morning meetings at Coral Star Restaurant have been well attended and continue to attract new members. Our main presenter, Tom Brown, has demonstrated a variety of topics to help hone our photographic skills – the art of Texture, Post Processing techniques, Resolution – what makes a good image – to name but a few. Group members have also given presentations illustrating their photographic journeys.

# The Photography Group Cont.

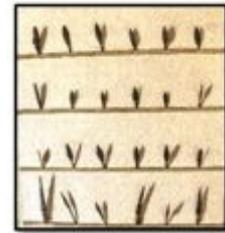
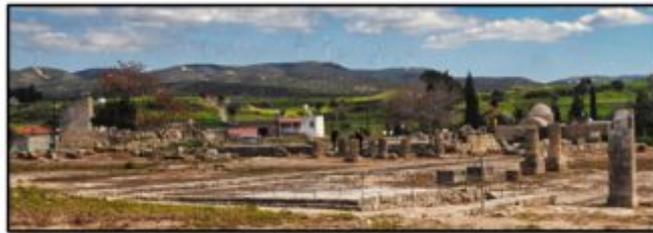
Every quarter there is a competition for members to submit entries – one for a given theme – the June theme was 'mid-day light' -this drew us out into the scorching mid-day sun to find suitable photographic locations, plus two images of open choice. The theme for the Autumn quarter is 'Mostly White' so that will be a challenge for those of us who have not been skiing recently!

Field trips continue to be very popular with members. Glyn Edwards, our knowledgeable Field Trip Organiser has taken us to places on the island that many of us were unaware of. The deserted village of Veretsia provided many interesting photographic opportunities:



What stories could these buildings tell!

We also visited the Kouklia museum with its extensive outdoor sites and interesting artefacts in the indoor section.



Ancient Arrow heads

Our field trip to the deserted village of Foinikas would not have been complete without the now traditional group photo ----->

When the Group resumes its weekly meetings in September after the summer break these will have a new format. One week will be a formal presentation, as before; the following week will be an open discussion session where members can discuss photographic topics and ask any questions they may have concerning anything photographic. This format will be repeated twice a month.



Our group leader, Chris Scorer and presenter Tom Brown are great believers in 'audience participation' and it is hoped this new format will give all members the opportunity to participate more in the Group's activities.

So, we look forward to the Autumn with cooler weather encouraging more outdoor activities and field trips. A three-day field trip to Protaras, to include a visit to the abandoned area of Varosha is planned for October.

To round off the year we will enjoy our Christmas Lunch on December 7th at the clubhouse of Paphos International Sailing Club, when the winner of the Annual Photographic competition will be announced.

For more information about the Group & its activities contact Group Leader Chris Scorer: [crscorer@gmail.com](mailto:crscorer@gmail.com)



***Do you love the challenge of a word game? Are you a Scrabble competitor?***

If so, please come along and join our Scrabble group.

We meet weekly on a Tuesday at Angelicas in Chloraka at 10.00am.

The charge is 3 Euro for a drink with a complimentary piece of cake.

Boards and Dictionaries provided.

We are a friendly group hoping to expand.

New members are welcome, experienced players or beginners.

We hope to see you soon.

Su Bannister  
Scrabble Advisor



Our P3A Quiz has closed for summer and will resume on Monday October 9th.

Then every 1st and 3rd Monday of the month thereafter.

As usual the quiz itself will commence at 8.00 pm and finish before 10.00pm.

For those that have not taken part before you may come as a pair or by yourself and be included in a team. If you want to enter as a team: we prefer teams of four but accept up to six.

The venue is the Coral Star opposite Philippos Hypermarket in Coral Bay.  
Most Quizzers come early and order food.

Everyone takes their actual quizzing seriously but we do have a good laugh along the way, especially when yours truly makes an error and it's brought to my attention in no uncertain manner!

The questions are general knowledge and trivia also we have a picture round plus another flyer containing anagrams or easy cryptic questions that you can mull over during the quiz.

A small charge of 2 Euros per person is the entrance fee.

There are prizes of bottles of wine and for a special small quiz within the main one a bottle of whisky is on offer.

Come along and have a go! It's a nice friendly atmosphere.  
On average 74% of questions are answered correctly.

Mick Cotton

# Dragonfly Study Group

After a longer than expected (due to COVID) six years of planning by the Cyprus Dragonfly Study Group (CDSG) and Terra Cypria (the Cyprus Conservation Foundation), the World Dragonfly Congress (ICO 2023) was held at Neapolis University from 25th to 30th June. World Congresses are held biennially under the auspices of the Worldwide Dragonfly Association (WDA). The congress was attended by 85 delegates from 23 countries, including several of the world's leading dragonfly experts (odonatologists). The event comprised four “classroom” days with a total of 60 lectures covering the themes of Dragonflies on Islands, Conservation, Climate Change and Biogeography of Dragonflies and included extensive coverage of progress on the understanding of dragonfly evolution as a result of advances in genetic testing. Also included was a one-day field trip to see a selection of the island's dragonfly and damselfly species. One of the most important aspects of congresses is the networking, meeting like-minded people and seeking out opportunities for future collaboration, and Neapolis University proved to be ideal venue for this. It had on-site accommodation, plenty of communal spaces for mixing, and catering was provided by the university's excellent catering team.

As with all such events a group photograph is mandatory and this was excellently arranged in the university garden by Dave Walker.



ICO 2023 Group Photo (Dave Walker)

To everyone's delight a *Pantala flavescens* (Wandering Glider) dragonfly was patrolling over the swimming pool. This is one of the most widely dispersed of the world's dragonflies and features in the WDA logo, but is surprisingly rare in Europe, with Cyprus being the only place in Europe where it is commonly seen. For several of the European delegates this was their first sighting of the species. It is an obligate migrant and is believed to arrive on Cyprus from Southern Egypt, travelling up the Nile Valley. This species also holds the record for the longest migration by an insect, flying from India, over the Maldives to southeast Africa and back (in four generations) – and yes, that is a longer migration than that of the Monarch butterfly!

*Pantala flavescens* (Wandering Glider): this species holds the record for the world's longest migration by an insect (Matt S Smith)



# Dragonfly Study Group Cont.



ICO 2023: delegates at the Iron Bridge on the Ezousa river below Episkopi during the mid-congress field trip (David & Ros Sparrow)

Some social events were organised, including a welcome cocktail on the Sunday evening before the start of the formal proceedings and a wine tasting presented by Tsangarides Winery, when some wines from indigenous grapes were sampled. The congress concluded with a relaxed dinner on Friday 30th June around the university swimming pool.



Delegates on the post-congress field trip, examining a recently emerged *Onychogomphus forcipatus* (Small Pincertail) (David & Ros Sparrow)



Getting wet is part and parcel of the field experience for an odonatologist (David & Ros Sparrow)

After the meeting there was an optional 3-day field trip. Although the Cyprus dragonfly checklist only has 37 species (of 6000+ worldwide) and only 29 of those could potentially be seen in late June, some are considered very charismatic, such as *Epallage fatime* (Odalisque), *Caliaeschna microstigma* (Eastern Spectre) and *Anax immaculifrons* (Magnificent Emperor).

## Dragonfly Study Group Cont.



*Epallage fatime* (Odalisque)  
(David & Ros Sparrow)



*Caliaeschna microstigma* (Eastern Spectre)  
(Klaus Siedle)

For several species that have an African distribution, Cyprus is at the northern extremity of their range, and for some Asian species at the north-western geographical extremity, so many delegates had not seen these species before. The trips included sites in the Diarizos Valley, those around the Gabion Dam near Delikipos, an agricultural pond in Eptagoneia, Lemba park, Xeros vally and the soakaways below Agia Varvara. Finding mobile critters in the wild is notoriously hit-and-miss, but luck was on our side and we were able to see 27 species, including all those particularly targeted.



*Anax immaculifrons* (Magnificent Emperor)  
(Dave Walker)

Away from the oceans, life depends on freshwater, and yet freshwater is the most threatened of the planet's habitats. Dragonflies are excellent freshwater bio-indicators, and if a habitat becomes unacceptably downgraded they will leave the habitat, but if, or when suitable new habitats are formed or previous habitats restored, they can be rapidly (re)colonised by dragonflies. The CDSG is now in its 11th year of dragonfly monitoring and has collected a considerable amount of very valuable data. One positive result from the congress was to establish a European Odonatological Organisation to formalise what is a loosely existing network, and to work towards establishing dragonflies as an accepted EU bio-indicator. This effort will be strongly supported by the CDSG.

The next dragonfly congress, ECOO 2024 (European Congress on Odonatology), will be held in Seville, Spain next July, and the next World Congress will be held in Colombia in 2025.

## THE ITALIAN JOB

JUNE 2023

### Views to die for, 1000's of steps to exhaust you

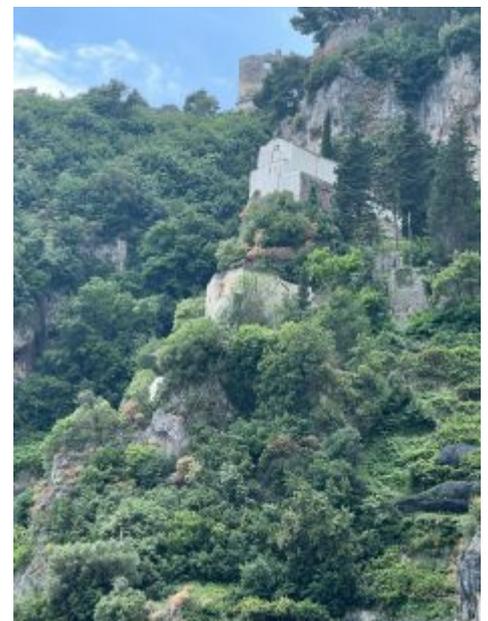
The walking group met up in Naples where we were able to take advantage of a few days sightseeing in this “on edge City” in southern Italy. Exciting, busy, noisy, a city like no other. We were a group of sixteen regular and experienced walkers.



We then travelled to Ravello by private bus on Wednesday and the serious walking started immediately with the Path of the Lemons, organised and led by John and Viv. It was downhill nearly all the way from Ravello. We managed to lose three of the group at a junction of paths, however we regrouped further on to complete the walk. We stopped for lemon juice at a small café in the hills and after walking through Minori we finished in Maiori. It was a mini bus back to Ravello, a point of note – The driver referred to Kevin as “Beautiful”! Walk length – 4.76km, Ascent – 173m, Descent – 493m



The second walk was led by Barry and Yasmin. 10km. up into the village of Pontone, through lemon groves and into the forest to the waterfalls. It was steep coming back down and we had our first casualty with cuts and bruises. Fortunately, our retired nurse was on hand to help clean and patch up. The walk continued passed a number of abandoned paper mills and followed the river gorge into Amalfi. Walk length – 9.81km, Ascent – 177m, Descent – 399m



The next day was a day off to rest the legs and explore the area.

On a hot, cloudy and humid Saturday, Alf and Marilyn led the walk from Ravello to Atrani via the ancient village of Scala, with a beautiful church. There were fantastic views across to Ravello. After a visit to a viewing point, we dropped down the gorge into Atrani, viewing amazing buildings clinging to the side of the cliffs.

Walk length – 7.84km, Ascent – 187mm, Descent – 523m

## Friday Walking Group Cont.



Patrick and Gillian led the next walk with around 1200 steps down from Ravello to Atrani via Amalfi, through beautiful countryside and then onto the Gas Café. The timing was perfect as the heavens opened as we arrived at the café. Our bus then took us to Bomerano for one night's stay. Walk length – 4km, Ascent – 12m, Descent – 395m

The highlight of the week was the world famous PATH OF THE GODS (Sentiero degli Dei) walk, from Bomerano to Positano. Incredible views, big drops, scrambling up rocks and beautiful forests. Hard to beat this walk led by Luc and Dana. The group split at Nocelle. Five completed the 1792 steps down to Positano and the remainder took the alternative route through Montepertuso to Positano. It should be noted that John recommended a route to another walker, only to be told. "Why tell me, I live here" – always helpful. Walk length – 10.93km, Ascent – 182m, Descent – 765m (The steps route)

The final walk was led by John and Viv, from the village of Arola and then a horseshoe walk climbing to a large cross mounted on the top of a rock cliff (Monte Vico Alvano). Amazing views and wild flowers. Six managed to find a bar at the end but had to rush their beer in time to catch the bus back. Walk length – 8.63km, Ascent – 478m, Descent – 390m



Rain prevented the last planned walk so we all used the time to visit other areas on the peninsular.

Naples is an exciting city, quite unique with excellent shopping, local food / wine (home of the Pizza) and many interesting ancient sights both in the city and by easy reach on local cheap trains and buses including world class museums / galleries, Pompeii and Herculaneum many recognised as UNESCO sites. The Amalfi coast is spectacular with many interesting villages and great walks.

Marilyn and Alf once again raised the bar for our overseas trips which have all been amazing. We THANK THEM both and all of the volunteer walk leaders for a fantastic and memorable trip. A great trip, great memories, great camaraderie - and aching knees and legs!

Chris and Kathy Sewell

## Bridge Groups Open All Year

P3A Bridge Groups are setting a record for providing games on Mondays, Tuesdays and Wednesdays, 52 weeks of the year, for the 100+ players in the Paphos area.

Our Monday Group plays on at Angelika's, where Ioannis, Dimitris & family do their best to keep us fan-cooled and served with drinks and cake. 32 players (8 tables) attend regularly in the heat, so they must be content. Maybe it's the cake and chat at half-time!



All 3 P3A Bridge Groups are using the hi-tech dealing machine that was gifted to us by the Cyprus Bridge Federation (CBF).

Neil Esslemont is the expert driver and huge thanks to him for his hard work preparing 20 hands for the Group. Thanks also to CBF for their generosity.

Our BridgeWebs website is a mine of interesting info about our 3 P3A Groups, do take a look: [www.bridgewebs.com/paphosbridge](http://www.bridgewebs.com/paphosbridge)

As members of CBF, we have the privilege of hosting an annual, all-day, National CBF Competition. Ours will be at the Paphos Gardens Hotel on Sunday 19 November. Players from all over Cyprus will compete for prestigious Gold Points.

Now, a word for our unsung heroes. If you think that bridge is just a game of cards, you're wrong. A modern competitive game for 32 players (8 tables) needs 8 tables, 8 table-cloths, 32 chairs, 32 bidding boxes and 24 sets of pre-dealt cards. Then there's the technology with a laptop, internet connection, sophisticated software and 8 table-top scoring machines. Someone also has to take the table money and to order the drinks.

Everyone helps, but Lucy Bennett, Sue Twigger and Neil Esslemont are super-helpers. All our members appreciate what they do, big time. Thank you.

Bridge is not just a game of cards, it's a Mind-Sport.

We're happy to provide some invaluable, mental exercise for P3A.

Brian & Sue Twigger - Draft V0.3 - 11 August 2023

### **UPDATE**

Due to difficulties of controlling the temperature at Angelika during this year's heatwave, Judith has moved the groups to her home for Tuesdays and Wednesdays Bridge sessions until the end of August. They will then return to Angelika's. Although not able to accommodate our normal numbers, we have managed three or four tables during the Summer months. I think we have had a modicum of success, as the players keep coming back. It has meant some adjustment of furniture, and space has been limited, but everyone did their bit to help. The alternative was probably to cancel Bridge for the Summer.