

# AD LIB

The magazine of  
Paphos Third Age



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

Editors: Keith and Marian McEwen

March 2022



## ***David Sparrow***

### ***Sends his message from the Chair***

Hello Members

Well, hopefully we are now over the latest Covid peak and seeing reduced infections during this fifth wave. Many groups with indoor activities prudently postponed meetings during January, but fingers crossed that we shall be seeing a cautious lifting of restrictions as infections retreat in the coming weeks.

We are very pleased to welcome Denise Barraclough as a co-opted committee member and the committee is now up to the full strength permitted by the constitution. We are also very grateful to Derek Noronha for taking on the role of Technical Officer and for the help and assistance he has already provided in ensuring the smooth operation of our equipment.

There is no doubt that we all missed social interactions during lockdowns and welcomed opportunities for getting together again. Lunch groups are proving very popular and we're also finding that members are glad to have a social lunch after morning meetings or activities. Perhaps the group which came under the most severe restrictions was Scottish Dancing, which only now has been able to resume. I can concur with Janine that Scottish Dancing is a worldwide phenomenon: it was very popular when we were living in South Korea. I was reluctant to join and pleaded having two left feet. That, however, was not accepted by the enthusiastic organiser who promised to find me a partner with two right feet!

Given everything going on in the world we are extremely fortunate to be living in Cyprus and also to be part of an organisation that provides such a wide range of activities to cater for all tastes. Many thanks to the group leaders and others that make this possible.

David Sparrow

Chair

# **P3A committee members**

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

Contact details: <http://paphos3rdage.org/committee.htm>

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## Committee News

Over the years the Committee has sometimes co-opted additional members, to add another point of view and provide an opportunity to see what's involved in the various committee roles. This year we are pleased to have been joined by Denise Barraclough, who retired to Cyprus after a long career mainly in the property sector and latterly as a consultant to local government.

Another person actively helping the P3A is our Technical Officer Derek Noronha. Several of our groups use projection and sound equipment for films or presentations, but many group leaders had little or no prior experience of setting these up. After several years without a volunteer to fill this role, we were grateful when Derek came to the rescue and he has helped us to run films, powerpoint and speakers with much more ease than before.

Derek is a former electronics and IT engineer who worked in various roles in the photographic industry and as an IT lecturer. He now leads our Computer Technology Group and continues to have a keen interest in today's rapidly evolving technologies.

## Information

Citizens Centres no longer take walk-in appointments.

All Citizen Centres, Shops and at Post Offices and the Motor Department at Mesogi Avenue are now accessed **By Telephone Appointment Only**.

You will not be served if you turn up without an appointment. You must first telephone to make an appointment.

<b>Centre</b>	<b>Phone number</b>
Paphos Citizens Shop	22309100
Anavargos Post Office	80002000
Motor Department	26821351

## Natural History Group

The Natural History group relaunched in September after a two-year break and meets once a month for a talk or field trip. The highlight of our autumn meetings was a talk on “Bird Watching in Cyprus” by Colin Richardson\*, an expert on the birds of the Middle East and eastern Mediterranean. Cyprus is an important location for birds as it lies on a major migration route between Africa and Eurasia. Every spring an estimated 100 million birds fly across the Island, many having followed the course of the river Nile. Some remain in Cyprus to breed, but most continue north, with some species spreading as far as Sweden or Siberia. In the autumn after breeding, up to 150 million make the return journey. Other bird species are winter visitors, and 57 species are resident breeders.

One large and charismatic species is the White Stork, of which sizeable flocks sometimes pause on their migration journey to rest and feed in Cyprus. Colin’s talk was full of humorous comments including an amusing description of storks as “Looking really gormless - “are we in the right place?”.



Another migratory bird seen in Cyprus is the Isabelline Wheatear. Colin explained that Isabelline is actually the name of a colour, which according to popular legend derives from Infanta Isabella of Spain, who vowed not to change her underwear until her husband returned from the Siege of Ostend. The lady expected a rapid victory, but unfortunately the siege lasted for three years; hence the pale beige colour of the underwear.

We also learned from Colin that the Laughing Dove has always been common in the Middle East, but only in recent years has become much more widespread in Cyprus. Indeed, I had noticed more of them around. The cooing call of these little pink doves sounds as though they are chuckling. This is certainly a species you can watch and listen out for.



In January the group decided to head outdoors and fortunately hit on a nice, sunny day in between all the rain. Spring is the best season to enjoy and learn about the wide variety of wild flowers which Cyprus has to offer, so we are doing a series of guided nature strolls. Flowers are guaranteed and we always look out for fauna too, such as reptiles and butterflies. A social stroll rounded off by lunch in a local taverna seems to be an appealing formula, and when the hot, dry weather comes we can return to indoor presentations.

\***Cyprus Representative** Ornithological Society of the Middle East (OSME) and Royal Naval Birdwatching Society (RNBWS)

**Cyprus eBird Co-reviewer** <https://ebird.org/profile/MT10NTcyOQ/world>

**Bloomsbury author (with Richard Porter): Birds of Cyprus** <https://www.bloomsbury.com/uk/author/colin-richardson>

**Co-author with Peter Flint of The Birds of Cyprus 3rd. Edition in prep.** <https://www.researchgate.net/project/Birds-of-Cyprus-3rd-Edition>

# PHOTOGRAPHY GROUP

## Spring Quarterly Report 2022

At last the sun is shining, COVID restrictions are starting to ease and so we are able to go about our daily lives with a bit more of a 'Spring' in our steps.

The promise of a beautiful day is a real incentive for us photographers to pick up our cameras and head off to find whatever is out there to tempt us to press the shutter button, even if it is just the burgeoning flowers in the garden!

So that is what we are doing. A few weeks ago a group set off for the Mouflon enclosure in the Troodos Mountains and were able to photograph these normally shy creatures at close range. This was a very popular trip, to be repeated in late February, for those of us who couldn't take part in the first trip.



Aphrodite's Rock and Mandria Beach were the destinations for a further field trip in early February. On previous visits to the Rock we have been somewhat hampered by crowds of tourists who, unwittingly, walked into our shots just as we were about to press the shutter. Fortunately, at this time of year, with very few tourists around we were able to compose and shoot without interruption.



Meanwhile, our weekly meetings at the Coral Star Restaurant on Monday mornings have been very well attended. Our presenter, Tom Brown, has organised practical sessions - how to use a lightbox, as well as helping us to understand 'exposure' in photography and several other topics and videos to help us hone our photographic skills.

## *Photography cont'd*

In addition to this several members have given a presentation of their own photographs from their travels abroad.

Field trips are always popular with the Group and further trips are planned in the coming months – a trip to Platres and the Mira/Mari falls is planned for late February/March, dependant on the weather, and in April a group of Members are heading to the North for a 3/4 night stay at the Almond Holiday Village.

Our next quarterly competition will be judged in early March and the theme for this is 'Generations'. Members are invited to submit three images for each quarterly competition – one 'themed' and two of the photographer's own choice.

In addition there will be further presentations at the weekly meetings, where topics such as Smartphone Photography, How to focus, Fine Art Flower Photography and Macro photography will be discussed.

So, plenty of interesting events to look forward to in the coming months.

Our Group Leader, Chris Scorer ([crscorer@gmail.com](mailto:crscorer@gmail.com)) will be happy to receive an enquiry from you if you would like further information about events and activities in the Group.

Liz Unwin

## Quiz Night

Our venue has changed and we are now ensconced at the Coral Star opposite Philippos Supermarket.

We meet on the first and third Monday of each month and start the quiz at 8pm.

Questions are all general knowledge and trivia with the top three teams winning wine!

On average the correct answer rate is around 70 to 80%.

There is also a '10 second' quiz at the end of the main quiz with a bottle of spirit as the prize.

So if you like to quiz why not come along? Food is available and typically we finish at approximately 10.00pm.

There is a small entrance fee of two euros, just bring a biro!

Hope to see you there.

Future dates below, please note the slight change to March because of Green Monday.

February: 21st

March. : 14th & 21st

April. : 4th & 18th

Mick Cotton

## Damsels and Dragons!!

Not an adult fairy tale, but an account of the activities of the Cyprus Dragonfly Study Group



During the preparation of the book “An introduction to the WILDLIFE of CYPRUS” it became apparent that there was only very limited information on the Odonata (dragonfly) fauna, not only on Cyprus, but in the eastern Mediterranean in general. It was therefore a potentially interesting area to study with many opportunities for new discoveries and, in 2012, the Cyprus Dragonfly Study Group (CDSG) was formed as a spin off from the Natural History Group.

The ancestors of dragonflies are amongst the most ancient of the insect groups and along with the ancestors of mayflies were flying around during the Carboniferous Period, 320 million years ago. These looked very much like the dragonflies we see today with quite literally one big difference: their size. The largest of them had wingspans of up to 75 cm (30 in) and were the largest insects ever to have lived. It is believed that they could reach this size because the oxygen level in the air during the Carboniferous was much higher than that of today. Initially the whole order Odonata (which means “toothed ones”, a reference to their very sharp serrated mandibles) was given the vernacular name “Dragonfly”. The order consists of two suborders: the Zygoptera and Anisoptera, and in the nineteenth century the zygopterans were given the common name “Damselflies” but unhelpfully, no similar common name was given to the anisopterans. This has led to considerable confusion since the term “Dragonfly” may be used to cover the whole Odonata order or may just refer to the anisopterans. Separating the two groups visually is very straightforward. Zygopterans (damselflies) are slender and delicate looking with their fore and hindwings being of similar size and their eyes being placed at the side of the head with a wide space between them. In anisopterans (sometimes called “true dragonflies” or just “dragonflies”) the hindwing is normally bigger than the forewing, the body is more stocky and the huge compound eyes cover most of the face, normally touching with no space between them on the top of the head.

### Dragonflies cont'd

Today there are worldwide 5958 listed species of odonates: 2941 zygopterans (damselflies) and 3014 anisopterans (dragonflies). The diversity of dragonflies in Europe, however, is relatively low with a total of just 143 species (52 zygopterans (damselflies) and 91 anisopterans (dragonflies)). This is mainly a consequence of the ice age, when much of Europe was covered by ice and even ice-free areas could have been too inhospitable for dragonflies. It seems likely that many species perished, resulting in European diversity being more impoverished than that of other temperate zones such as North America, where the mountain chains run north-south and hence southerly migration was possible during the big freeze. Furthermore, fauna on islands tend to be impoverished and unbalanced compared with that on the neighbouring mainland and Cyprus has just 37 dragonfly species, 11 zygopterans and 26 anisopterans, on its checklist. Although a modest number, this nonetheless includes some very charismatic and range-restricted species, such as *Anax immaculifrons* (the Magnificent Emperor), Europe's largest dragonfly; *Epallage fatime* (the Odalisque) and *Caliaeschna microstigma* (the Eastern Spectre).



**Left: *Anax immaculifrons* (the Magnificent Emperor) male: Europe's largest dragonfly.**  
**Right: *Epallage fatime* (the Odalisque) female.**

I have often been asked "How long do dragonflies live?" – an easy question to ask but a difficult one to answer. Dragonflies are amphibiotic, spending the first part of their lives as aquatic larvae and then emerging to become terrestrial aeronauts. Their lifespan depends on the individual species and climatic conditions. The larval stage may be completed in as little as 38 days or can extend over several years. The adult stage in many cases is shorter and may be a couple of weeks, or a couple of months, but in some cases, such as our Winter Damselfly, emergence is in May or June and the adult only returns to the breeding grounds to reproduce the following spring.

### *Dragonflies cont'd*

The focus of the CDSG thus far has been in understanding the adult stage of our dragonflies, particularly the status of the 37 species on the island's checklist, their flight seasons and distribution. Firstly a database was set up for the collection of records of dragonfly sightings. Over 50 sites island-wide were carefully selected for regular monitoring, ensuring that all the main species and all habitat types were included and that there was good geographic coverage. For anyone doing dragonfly recording in, for example, the UK, adult dragonflies do not emerge until May and then disappear by October. In Cyprus, however, dragonflies are on the wing all year round which means there is no such respite in monitoring for the recorders. The CDSG has been extremely fortunate in having over the last 10 years highly committed and dedicated recorders who have risen to the challenge.



The rare *Ischnura intermedia* (Persian Bluetail); first discovered on Cyprus in 2013.  
Top: a male. Lower: female in the *aurantiaca* development phase

## Dragonflies cont'd

The results from this monitoring have yielded extremely valuable data. A major success was the discovery by the group of two species new to Cyprus: *Ischnura intermedia* (Persian Bluetail) and *Aeshna isoceles* (Green-eyed Hawker). The damselfly *Ischnura intermedia* is an extremely rare species and its discovery on Cyprus caused considerable international interest. It is now regarded as the island's speciality and features in the CDSG logo. Although there are 37 species on the checklist, since monitoring started 10 years ago the CDSG has been unable to find three of them (which are now considered to be locally extinct) and for two others there were only one and three records (so are considered to be extremely rare). For the remaining 32 species we were able to develop very reliable flight season data, which is not only a first for Cyprus but also for the eastern Mediterranean. As might be expected there were some considerable differences in the flight seasons seen in Cyprus compared with those of conspecifics seen in other parts of their ranges, mainly as a result of differing climatic conditions, which may give insights into the likely impact of climate change. A further observation was that the abundance of the species was significantly impacted by annual variations in weather, particularly rainfall. What was a little unexpected was the speed of the response: a winter of above average rainfall resulted in an above average abundance of dragonflies the following year, and below average rainfall a below average abundance. Since the annual rainfall on Cyprus has been declining on average by around one mm per year since record keeping started in 1901 in what is already a water-stressed country, this does not bode well for the future of dragonflies on Cyprus.

Having done this work a reasonable question could be "So what?". Well, dragonflies are probably one of the best freshwater bioindicators. They are conspicuous, easy to identify and if water quality is substandard or inadequate, dragonflies will leave the area promptly – something that amphibians and fish, other freshwater bioindicators, cannot so easily do. Equally when/if the water quality improves and becomes habitable again, dragonflies will rapidly recolonise the habitat. This can be extremely valuable in confirming the effectiveness of conservation measures at the local level. Dragonflies are also very effective indicators of climate change and there has been a significant northerly expansion of many species. Initiatives are now being taken at the European level to set up continent-wide monitoring, to which the CDSG is contributing. One aim of this Initiative is to establish dragonflies as an accepted European bioindicator.

The group's work has been published in several well-respected, peer reviewed scientific journals and the group has gained international recognition. The group was invited to host the International Dragonfly Congress in Paphos in June 2021. This was postponed because of COVID restrictions but has been rescheduled for June 2023 and we look forward to hosting odonatologists from around the world then.



***Trithemis arteriosa*** (Red-veined Dropwing) male. A frequent visitor to swimming pools.

For many P3A members the main encounter with dragonflies will be those, particularly red ones, that perch on the side of swimming pools. The red one is a *Trithemis arteriosa* (Red-veined Dropwing) male, who has staked out the side of your swimming pool and claimed it as his territory, waiting hopefully for a female (yellow-coloured) to come along to mate with him. Blue dragonflies also occasionally turn up at swimming pools: these are *Orthetrum chrysostigma* (Epaulet Skimmer) males also looking for a short-term love encounter.

We are always very interested to know of any dragonfly encounters that you may have and would be keen to hear from anyone interested in carrying out dragonfly recording or who would like to know more about this fascinating group of insects.

David Sparrow: [davidrospfo@hotmail.com](mailto:davidrospfo@hotmail.com)

## Around the World Dining Group

Following our meal out in December when we enjoyed a delicious Thai meal at Sala Thai Restaurant in Coral Bay, it was back to the kitchen in January, when we kick-started 2022 with a visit to the cuisine of Chile.

We dined on Chilean bean soup and beetroot salad for starters, followed by the traditional dish of Chile, Pastel de Choclo (minced beef), Baked Chilean Sea Bass in lemon butter sauce, accompanied by Chilean garlic potatoes. We then moved on to desserts and enjoyed Chilean apple dessert and Leche Asada (flan).

In February, we turned back to Europe and decided to investigate what Poland has to offer and we found some tasty dishes: We commenced our evening with a glass of Szarlotke, (the Polish apple and vodka cocktail) and then tucked into Pasta Rybna Lososiowa (Polish Salmon pate) followed by Borscht, which I am sure everyone will know, is Beetroot soup. Then we started on our 'mains': Bigos (Polish hunters stew), accompanied by Golumpki (Polish stuffed cabbage leaves in tomato sauce) and Polish Carrot salad. Our desserts were Polish Bilberry Pie and Kolaczki (Polish filled pastries).

Our next meal in March will be from New Zealand and fingers are already tapping into Google to research recipes!

Happy Dining.

Carolyn Hart  
Tel: 97 7 62371

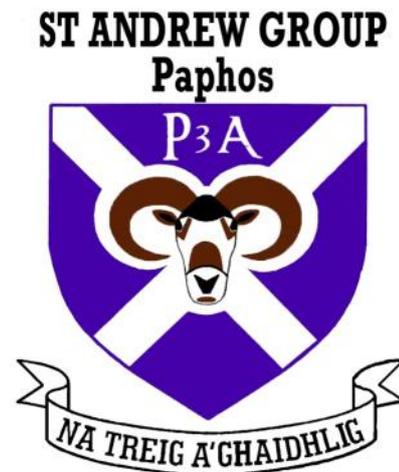


*Golumpki*

*Polish Bilberry Pie*



## St Andrew Group Scottish Country Dancing



Many years ago, a journalist interviewed a psychologist with an unusual research subject. He studied what made people happy. His conclusions were that some people were lucky enough to be born with an ability to be happy. Others had to work harder at it, but not one of us had to be completely miserable. He found there were certain things that contributed to a greater feeling of happiness, irrespective of health and social situation.

Some of these were:

Exercise, being with friends, having a purpose or being part of a team, sharing feelings of achievement, laughter, music, physical contact with others, being engrossed in something you enjoy, learning something new.

At the end of the interview the journalist asked him what he did to be happier – and he said ‘Scottish Country Dancing!’ (I still have that article)

Most people would laugh at this, the journalist did, but in fact Scottish Country Dancing ticks all the happiness boxes and more! This form of dancing has flourished for over 300 years and it is now popular the world over. Many forms of dancing have been proved to be beneficial for both mental and physical health, but they often require a partner, or they are very much a solo affair with little human contact, SCD is different.

Scottish Country Dancing is a team effort. You usually join a ‘set’ with a partner, but you actually dance with everyone else in the set and not just the one person. It is ideal for people who love dancing but don’t have a dancing partner, as well as those whose partner loves to dance too. It also very structured, there is a particular place to be, at a particular moment, so it appeals to people who are convinced they have no dancing ability or have a tendency to step on toes!

In this Covid era we have had to postpone starting our new P3A St Andrew Group, Scottish Country Dancing sessions for 2 years, but finally, with reasonable precautions in place and government permission, we are all set to go.

### Scottish Country Dancing cont'd

We restart at the UKCA on 22<sup>nd</sup> February and then on the 1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month. Beginners, newcomers & the very keen can come at 5:30 pm for a ½ hour introductory class, then from 6 pm to 8 pm we have a general dance session. The programme for each week is posted on the St Andrew Group website at [www.StAndrewGroup.com](http://www.StAndrewGroup.com) . All the dances are taught and walked through, and 'called' on the night too.

There are 5 special steps for this type of dancing, it's great mental and physical exercise to learn them, but you can join in without knowing any of them, and because there are slower dances, as well as the fast ones, you can dance even if you aren't very fit. After such a long break we are starting with very easy stuff so it's an ideal time to give it a try and see if you like it. The sessions cost €2 for P3A members, there is a bar service for drinks, and you don't need to book or attend every week, just turn up in flat shoes, that will stay on your feet (i.e., trainers are good, flip-flops are not) and comfortable clothing. See more, including Covid precautions/requirements at the St Andrew website address mentioned above.



## Media Discussion Group (MDG).

The MDG like many other Groups has been closed during the main COVID lockdowns.

Since Oct 2021, physical live meetings have resumed at the Coral Star with many Topics on different subjects.

A number of active members have not attended meetings due to concerns over the covid spread. Now that the situation has improved, regular meetings will resume next month.

We welcome new members who would like to express and debate their personal points of view on various Topics that explore how Media sources interpret the content for the meetings.

Have a look at the Media Discussion Group (MDG) page.

<http://www.paphos3rdage.org/media-discussion-group>

For further details, email us at [p3mediagroupinfo@gmail.com](mailto:p3mediagroupinfo@gmail.com)

Group Leader

Derek Noronha

## Computer Technology Group (CTG).

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

The CTG aims to cater to those members at the basic end, and the more advanced Tech' levels. One-to-one sessions have been conducted from time to time.

Since July 2021 physical live meetings have resumed at the Coral Star with many Topics on different subjects requested by existing active members.

Over the last eight months meetings have included talks on simple tasks like using and writing emails etc. Other talks have covered Use of Word or similar applications; understanding Social Media like Facebook, Twitter etc and their uses; making better use of smartphones.

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 build on what has been achieved so far and new evolving Technologies that will impact on members in the future.

Have a look at the Computer Technology Group (CTG) page.

<http://paphos3rdage.org/computer-technology-group>

For further details, email us at [ctgp3a@gmail.com](mailto:ctgp3a@gmail.com)

Group Leader

Derek Noronha

**Asst. group leader: Rod Morement.**