

"AD-LIB"

The newsletter of
Paphos Third Age
(P3A)



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www.paphos3rdage.org

September 2012

Chairman's Note

Well here we are in September again with the heat and humidity dropping to become comfortable and enjoyable and to allow our energy levels to rise to cope with new experiences and challenges. Many of our activities are beginning to get going again for the main part of the 2012/2013 P3A year although the runaway success of Wally's summer History programme makes me wonder if there is scope for more in the summer months. What do you think? Leaving aside the weather (wettest winter in Cyprus, wettest June in UK, tornadoes in New York) 2012 has been extraordinary. The summer has certainly provided great spectacles coming in quick succession, the Diamond Jubilee, Wimbledon (and the Tour de France!) topped by London 2012 and now Andy Murray's stunning win which have focussed the eyes of the world on UK (in a positive way for once). As a Brit I was proud to see the wonderful organisation and creativity and to see our athletes excelling themselves, sometimes winning by wide margins. I'm sure many of you felt that way too.

Those fortunate enough to watch (or even in some cases attend!) the Olympics and or Paralympics must surely have been inspired by what was organised and achieved. Mind you I think that the motto "Inspire a Generation" whilst brilliant is being too narrowly interpreted as applying only to the young. Why shouldn't **our** generation be inspired? Let's get up and get out and show that we can do extraordinary things!

Our current paid up membership is already over 500 for this year and rising. Our financial position is sound. New groups are starting up and the monthly speaker programme is already looking good. So we can rest on our laurels? Certainly not! We should be proactive; if you have ideas for new groups or activities please come forward with them; if you can see improvements that could be made to existing groups then talk to the group leaders; if you believe our policies, practices or procedures could be better let the Committee have your thoughts on how to improve them. A number of groups are trying out the Laura as a venue and initial teething problems have been sorted out. Benefits in terms of increased space, comfort, easier set-ups and storage facilities are being realised. Your Committee will be keeping a close eye on our relationship with Cyprotels to see how it develops. Please be aware that your new membership card entitles you to use Laura facilities and to obtain discounts of 15% for drinks, food, Health Club membership and accommodation.

Best wishes for active enjoyment of the coming months.

Alan

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P3A Committee

| | |
|--------------------------------------|-----------------|
| Chairman | Alan Wagstaffe |
| Vice Chairman & Publicity | John Harper |
| Secretary | Wally Oppenheim |
| Treasurer | Danne Johnston |
| Membership Secretary | Ros Sparrow |
| Group Co-ordinator | Geoff Cosson |
| Technical Officer | Paul Clarke |
| Magazine Editor | Brenda Wallis |

For contact details please go to <http://paphos3rdage.org/committee.htm>

P3A GROUPS

The P3A website <http://paphos3rdage.org/groups.htm> has a complete list of groups together with details of meeting times and Group Leaders.

| | |
|------------------------------|--------------------|
| Archaeology | Lunch Club |
| Art & Craft | Mosaic & Sculpture |
| Art Appreciation | Natural History |
| Astronomy | Military History |
| Book & Film | Petanque |
| Books (non-fiction) | Philosophy |
| Books (2) | Play Reading |
| Bridge Improvers | Poetry |
| Canasta | Puddings |
| Classic Films | Quilting |
| Classical Music Appreciation | Scrabble |
| Computing | Table Games |
| Current Affairs (2) | Tai Chi |
| Geology | Tennis |
| Greek Language | Travel |
| History | Walking |

NEW GROUPS!

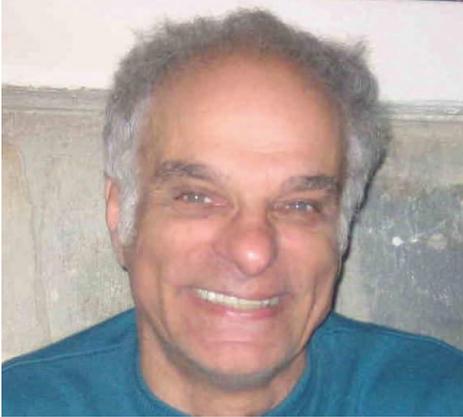
★ Margaret Wood is hoping to start a **Mah-jong** Group later in the year. If you are interested in joining, whether you already play or would like to learn, please contact Margaret on *pms(at)emailcyprus.net* or 96704319. The Group is likely to be held at Angelika's Restaurant, Chloraka, on a Monday afternoon.

★ Lise Briggs will be starting a monthly **Sketching & Drawing** Group, starting on Wednesday 3rd October at 3pm at the Laura Beach Hotel. For further information please contact Lise on *inddigo1(at)cytanet.com.cy* or 99425776

★ **Golf Group** - As mentioned in the last edition of Ad-Lib, Maggie McFarlane is keen to organise a Golf Group. If you are interested in joining please contact Maggie on *margaretmcfarlane(at)hotmail.co.uk* or call her on 97670558.

Meet the Committee

As mentioned in the last edition, we will be giving a few words about our committee members. For this edition we are focussing on **Wally Oppenheim** - our new Group Secretary, and **Brenda Wallis** - Ad Lib Editor



Wally Oppenheim

Wally was a History teacher for nearly 40 years, teaching in secondary schools and Sixth Form Colleges. He has 2 daughters, one of whom follows in his footsteps and teaches (alongside David Milliband!) at a London school. He likes to pretend he has met the Queen. He got involved with U3A activities in England then moved to Cyprus in 2008. He has been active in P3A from the start. He runs 3 different P3A History groups. In his spare time he also works in a charity shop. He is also a keen player of Chess and Go. He enjoys teaching and finds it very difficult to stand still. Since coming to Cyprus, Denise has taught him to swim, cycle and walk dogs.

Brenda Wallis

Brenda is a retired HR Manager from Wokingham, Berkshire. She moved in Cyprus in 2007, and has been an active member of P3A since January 2010. She is assistant leader of Book Group 1, and regularly attends the History and Current Affairs Groups. In her spare time, apart from socialising, she goes to the Gym and Aqua-aerobic classes. Brenda is a widow and has 2 adult children and one grandson who live in the UK.



Laura Beach Hotel Facilities

To view the full facilities of the Laura Beach Hotel please view their website

<http://www.cyprotellaura.com/>

FIRST CURRENT AFFAIRS GROUP – Guest Speaker in October

The First Current Affairs Group meets at Hugh Atkinson's home on the first Thursday of the month. At the October meeting Dr Lorna Morrish, the Medical Director of The Friends Hospice Foundation will be making a presentation to the group about the work done by them.

Below is some information about the Hospice:

The Friends Hospice provides care for patients with life-limiting illness in the community of Paphos. It is situated in its own independently run wing within the Evangelismos Hospital. The care is medical, nursing, physical, emotional and spiritual, and encompasses not only the patient but also the family who require support in managing their relative's illness. The Hospice is an independent and non-denominational charity and is part of the International Hospice Movement.

No charge is made for the care given and the Hospice relies entirely on donations, fund raising and sponsorship. Volunteers who can help with their various fund raising activities or helping in the shop or organising events are always needed. Their shop on St. George's Hill, Chloraka, sells household items, kitchen utensils, books, ornaments, crockery, CD's, DVDs and small items of furniture, which have been donated by the public. Monies raised help to cover the running costs required to keep the Hospice as a haven for those who need it most.

For further information on The Friends Hospice please call P3A member Noreen Wright on 99380664.

Members of the First Current Affairs Group originate from eight countries and have enjoyed careers in many fields, including the UN and the diplomatic service, international business, the judiciary, the oil industry and education. Regrettably, membership of the group is currently closed and there is a waiting list, but if you would like further information about the Group please contact Hugh Atkinson on [Atkinson\(at\)cytanet.com.cy](mailto:Atkinson(at)cytanet.com.cy).

*******Stop Press*******

Dr Lorna Morrish will be P3A's Guest Speaker on 15th December. This talk is open to all P3A members and further details will be sent out nearer the time.

Bridge Improvers Group

I was asked a couple of years ago if I would be prepared to take over the role as Group Leader for the bridge group. Being only a novice player I was somewhat apprehensive, but was reassured that we would continue to have the support of Vivienne Rathband to keep us in check. The group has gone from strength to strength even though we have members moving on to other bridge groups in Paphos, many often returning! Membership is now at 30 with guests often joining us for a few weeks whenever they are out on holiday.

We are a friendly group and aggressive behaviour, often associated with bridge, is not tolerated. Our aim is to help one another improve and to have an enjoyable bridge session every Monday morning. We meet at Angelika's taverna in Chloraka, 09.15 for 09.30 and play until 12.30 with a coffee break at half time.

We are always looking for new members, those who have a basic knowledge of the ACOL bidding system and anyone interested in joining should email me at [john.stormont\(at\)gmail.com](mailto:john.stormont(at)gmail.com).

FORTHCOMING GUEST SPEAKERS

September

On **Saturday 29th September**, P3A are delighted to welcome **Sir Edward du Cann** as our guest speaker. Sir Edward has kindly agreed to give a talk to our members at the **Laura Beach Hotel** in the **Galleon Room** from 10.00-12.00noon. There will be a break at 11.00 for coffee/tea or soft drinks and time for questions at the end of the talk.

Sir Edward was a Member of Parliament (MP) from 1956-87 and served as the Chairman of the Conservative Party from 1956-67, and the Chairman of the party's 1922 Committee from 1972-84. The title of his talk is "**Do I miss the House of Commons?**"

October

On **Saturday October 20th**, also at the Laura Beach Hotel, Galleon Room at 10.00am.

John Harper will be giving a presentation on **Investments for ~~Dummies~~ P3A Members!** (in layman terms, for anyone to be able to follow), explaining the working of investments, stock markets and other related issues. He will **NOT** be making any suggestions as to which specific investments ought to be purchased or sold and through whom. Topics to be covered in two hours will include:

- Useful definitions of commonly used terms
- Rating agencies
- Sovereign debt and corporate bonds
- The theory of risk vs return
- Why bond prices go up and down
- Why share prices go up and down
- Junk bonds
- Annual yield and yield to maturity
- Stock Market indices and benchmarking
- Modern portfolio theory – beta and negative correlation
- Mutual funds
- Fundamental analysis v technical analysis
- Derivatives – Options and Futures
- Questions

The dates and speakers for other forthcoming Monthly Talks at the Laura Beach Hotel, in the Galleon Room are:

Saturday, November 17th - *Human Evolution* by Dr Iris Charalambidou.

Saturday, December 15th -*The Friends Hospice* by Dr Lorna Morrish .

Further details of these talks will be sent out at a later date.

To reserve a place for any of the talks please contact Denise Holt on [denise1.holt\(at\)gmail.com](mailto:denise1.holt@gmail.com) or 26940839.

Paphos Families in Need

As active members of the local community you will certainly be aware that the on-going world financial crisis is having an impact here in Cyprus and perhaps especially in Paphos. Last year P3A members Jo and Geoff Burgess raised a considerable sum of money which they passed on to the Rotary Club of Paphos Aphrodite to assist with the provision of help to needy families in Paphos. This year they have generously planned a number of activities to raise funds for the same cause. If you want to help them you can:

- Through voluntary donations at a musical evening at Steni Coffee shop on **Saturday 13th October**; music provided by Geoff Burgess and Ken Tully. This is a low key event with no tickets to buy. Space is however limited so you will need to book a table with the Coffee Shop on **99175988**
- By supporting the dedicated table at the **En Plo Gallery** (at the harbour) from **Monday 15th to Saturday 20th October**. The table will carry only donated Craft items, including the “best seller” Teddy Bears, and 100% of the sales will go to the Charity. Any donations of craft items to swell the goods on offer will be most welcome. It would be helpful if they are labelled "Handmade in Cyprus and being sold in aid of Paphos Families in Need" but most importantly with a price put on the item that the person donating expects it to be sold for. **Please contact Jo on 99175988 for all donations and enquiries.**
- For walking group members only! Enjoying a Curry Lunch on Friday 26th October.

100% of the funds will reach families, carefully chosen by the Rotary Club, who genuinely need help.

Not a Review!

Having just read a new (published by Black Swan in 2012) short paperback book by Richard Dawkins I thought it might be of interest to a number of members. The title is ‘The Magic of Reality’ and the subtitle ‘How we know what is really true’. Rather than write an amateurish review I would simply say that I found it a very readable overview of present day scientific thinking that I’m sure is accessible to readers without a scientific background. Dawkins, on the subject of evolution, may be controversial for some people of religious persuasion but is always lucid in his writing and it is a great asset in this book. Here are some ‘blurb’ extracts from the book’s cover which relate to the hardback edition (it has illustrations and is apparently beautiful) and which may give a better flavour than I could:

“It’s the clearest and most beautifully written introduction to science that I’ve ever read.”- *Philip Pullman*.

“This book may be exactly what is needed to increase science literacy for readers of all ages” - *Publisher’s Weekly*.

“The text is persuasive whatever ones age The chapter on rainbows has the clearest explanation of how they appear that I’ve ever seen”. - *Financial Times*.

This *could* be one of the books that the **Non-Fiction Book group** will chose discuss. After a shaky (but interesting!) start the group soon will be putting together a programme of readable, accessible and not too expensive(!!!!) books to read and discuss over the coming months. The plan is to focus on one book per month with meetings to discuss them at the Laura on the first Wednesday morning of the following month from 10.00 until 12 noon. The books will be agreed by the group and should be varied and cover a wide range of subjects.

Our first meeting of this season will be at 10.00 on October 3rd at the Laura Beach hotel. We will select at least one of the books for the coming months and discuss a book, “Jerusalem” by Simon Montefiore, which members have already read. Please don’t be alarmed about that; there is no need to try to read this (long) book in order to come to the meeting. You may even find our comments interesting!

If you are interested in joining the Non-Fiction Book Group please contact **Wendy Granville on 99744635** or by email at [lurumax\(at\)hotmail.com](mailto:lurumax(at)hotmail.com) .

Quilting Group

We started this quarter of the year with a lovely day out in the north part of Nicosia – travelled by bus and spent the rest of the day searching out fabrics and all kinds of wonderful bits and pieces in the haberdashery shops there. Someone had told us there wasn't much there but we found plenty and only came to rest when we could carry no more! What treasure troves some of those little tiny shops were – and then there was the dried fruit, the nuts, the beautiful Courtyard Inn with all the craft shops, and the cafe where we sat outside and had iced coffees and cookies. We had planned to try out the ice cream parlour and all have something different but we had no hands free to hold them, and there wasn't room on the floor for all our parcels, so that will have to wait till next time!



The main reason for our outing, apart from fun, was to equip ourselves for our next Workshop in October. We have embarked on a series of hand sewn techniques and are looking forward to a previous member of the group, Fay Purnell, coming to show us how to make bags using a Japanese folded method. Later in the year we will be using hexagons to make a Christmas wall or door hanging. In between all the pieces made in the meetings get turned into quilt squares, cushion covers, table coverings and many other things.

This has been a very creative year so far, which we are enjoying.

Jill Dare

Card making Group

The card making group continues to meet on Monday afternoons between 2 and 4 p.m. and we will be using The Galleon Bar at the Laura Beach Hotel for our sessions from now onwards. For those who don't know it, The Galleon Bar is tucked away in the far right corner as you enter the hotel lobby, close by the toilets. The room does have comfy chairs and air conditioning so no more sweltering or freezing and hopefully no more out of action loos! The hotel is also providing storage space so all our equipment will be readily available every week without Wynn's heroic efforts.



The charge for refreshments will be €2.50 which reflects very favourably with on the €3 we had to charge when we began back in 2005. You will have a choice of tea, coffee or non-alcoholic cold drinks which will be served when we request so no more washing up either!

The room is spacious so if you would like to join us please come along for a taster session. We restarted on Monday September 17th and our first session was a demonstration of a Push Pull card. This is a 3D card which flattens for postage. It has a cutaway front, a stand up oval inert and a shaped back panel. Future sessions will feature pop up cards, pyramage with explosive inserts, and iris folding.

If the jargon has intrigued you come along and give it a try! At present we are all female but have had male members in the past and would welcome another perspective. More details from Terri Curtis 99898400 [terriade999\(at\)gmail.com](mailto:terriade999@gmail.com)

SUMMER HISTORY PROGRAMME

The Summer History programme of four one-off talks has been running for a few years now, and for the first time this year I decided to open it up to all P3A members rather than just to the History Group. The numbers attending exceeded all my expectations. I had vaguely assumed that most P3A members are off-island during the summer, but it turns out far more stay in Cyprus than I had realised, and that many of them were keen to come to the talks. As a result very large numbers came to the talks, reaching 120 for the last talk.

The opportunity was taken to try out the facilities at Laura Beach Hotel. This was perhaps just as well, as it would have been very difficult to accommodate all those numbers at Coral Star. There were some teething problems with the refreshments but by the last talk these had been sorted out and the refreshments went smoothly. The Galleon Restaurant enabled everyone to see the slideshow, whilst I rather reluctantly used a microphone and replaced my faithful stick with a laser pointer.

The four talks covered a range of subjects. First off was the Diamond Jubilee of Queen Elizabeth with a potted History of the Royal Family over the last 60 years- although sadly Prince Harry's latest escapade came too late for the talk- and a nostalgic look back at what Britain was like in 1952. Then came the Six Wives of Henry VIII. As well as the familiar story of how one King worked his way through six wives in a vain search for the perfect woman who could give him lots of sons, it allowed me to tell the story of one of the most bizarre rulers in History- Queen Joanna the Mad of Spain and the husband she loved too much.

The third talk was on the History of medicine in the 19th Century including the stories of Pasteur, Snow and Lister and some suitably gruesome descriptions of operations in the old days.

Finally came the History of Syria with the background to the present Civil War. There were few light moments in this saga of a state with artificial borders being held together by a brutal family dictatorship.

The success of Laura beach in coping with large numbers means that the History Group will be moving to Laura Beach from September.

A number of members who attended the summer talks have already joined the History Group as a result. If anyone else wants to join you are most welcome. Just drop me an email to let me know you want to join the group.

Wally Oppenheim
Group Leader
Enexus200gmail.com

Digital Photography

The Digital Photography group will now be meeting twice monthly on a Wednesday afternoon at the Laura Beach Hotel.



The meetings commence on 10th October at 2pm, with the next on 24th October. The meetings will then be held on the 2nd and 4th Wednesday afternoons of each month. For further information on the Group please contact Danne Johnston on [dannej\(at\)cytanet.com.cy](mailto:dannej(at)cytanet.com.cy)

Poetry Appreciation Group

The group began in March 2011 and is jointly run by Eileen McGinlay, John Harper and Wendy Granville. We aim to cater for those who have already been involved in the study of poetry and equally those who have always wished to delve a little further into the whole area of verse and are looking for some direction in their quest. I think participants so far would agree that we just have great fun!

So far we have aimed to encompass a wide range of periods and genres of poetry in a variety of approaches. The following gives an example of our workshops during our first term:

- A visit and talk from a local published poet who read from her work and talked us through the making of a poem.
- We explored Shakespeare with John who encouraged us to join him in rumbustious renderings, from the sonnets to Henry V.
- We looked at a timeline of poetry and homed in on those poems (and poets) we felt provided scope for further study.
- Some brave souls recited their own poetry and after a hesitant start we now have great fun sharing and discussing our offerings.
- William's brilliant comical poem on our disappearing island has wended its way to children and grandchildren around the world, quite apart from being published in local magazines.
- Wendy introduced us to some thought-provoking Cypriot poems and she continues to research for us on this front. She plans to invite a Cypriot poet along to a future meeting to discuss his work.
- We had a session on War Poetry and this provided much food for a lively and moving discussion on the nature of war (with translation into French by the indomitable Tina for our visiting prospective members from Switzerland).
- Our final meeting before the summer break took the form of a Jubilee Party on Tim and Eileen's Coral Bay veranda, bedecked for the occasion (both the veranda and guests) with Union Jacks and enhanced by amazing offerings of goodies to eat. John even baked a fabulous chocolate cake to accompany our recitation of 'Chocolate Cake' by Michael Rosen (a must for grandchildren – the poem, not the cake!). Dress for the occasion was in shades of red, white and blue - I seem to remember Linton and Ann in Viking gear? – how imaginative was that...We finished with a sing-along of poetry put to music, helped along by some invited members of the Orphean Singers – thank you John Crofton and Co. Our rendering of 'Jerusalem' had the neighbours roused from their siestas and joining in!

Poetry Appreciation resumes in September on alternate Wednesdays from 2:00 – 4:00pm at the Laura Beach. For details contact Eileen on tel.26622760 or preferably on eileenmillar@hotmail.co.uk.

PUDDING CLUB

Here is the official all time favourite for puddings and desserts -

chocolate!!

In September the Pudding Club celebrated our first year of meeting. We have had a huge amount of fun, tasted a wide variety of puddings and to celebrate we decided to each bring along the 'pudding of the year' in our own opinion. We had chocolate this, chocolate that, chocolate something else, and one lemon cheesecake!

So, chocolate it is – definitely!!

We now have a collection of recipes from all the themed meetings and hope to have them printed others to enjoy.

Some of the group are venturing into new activities, so we do have a couple of places for anyone else who goes to the back end of the menus in restaurants before deciding on their main course and whether they will have room for a starter. Our next meeting will be on **Tuesday 16th October** so do ring or e-mail Jill Dare on andjill@tesco.net or 26911489 if you would like to join the club.



Astronomy and Space

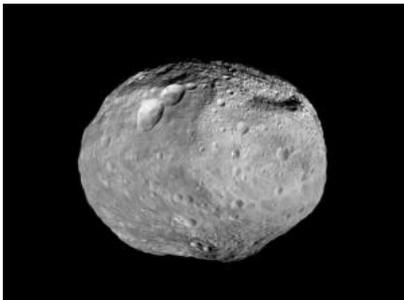
September really marks the start of a new season for star-gazing. The sky tends to be clear and the nights are not cold. Orion and the glories of the winter will soon be with us. However there is still plenty to see before Vega and the summer Triangle are no longer in the night sky

The Astronomy group are planning to have observation evenings (Star Parties) and have the first one of this year took place on September 20th.

The group has been very successful in having members participate in making presentations and in the frequent discussions. We are, at present, working through the Solar System and, after an overview of the whole system, have covered the Sun, Mercury and now Venus on 25th of September.

There is a great deal of activity in Space at the moment and here are a few of the highlights in the recent past and near future:

- A major course adjustment for the Juno mission
- Launch of a pair of near earth satellites to study the van Allen belts
- The Dawn space probe leaves Vesta for a 2 year journey to Ceres



Vesta is the second largest object in the Asteroid Belt which lies between Mars and Jupiter. Minor

- The successful landing of the Curiosity Rover on Mars



The building, transport and safe landing of the rover on Mars Scientific Laboratory has been an engineering triumph. The rover has completed its commissioning phase and already sent back exciting information.

- The decision on the Square Kilometre Array
- And much, much more!

If you are interested in any of the above or want to learn more about our place in the Universe, what NASA, ESA, and other space agencies are up to and what to look for in the sky why not join us our friendly and enthusiastic group. We meet monthly on the 4th Tuesday at 14.00 to 16.00 for our indoor sessions. Outdoor observation evenings are arranged when we can. Group members have a number of telescopes, binoculars and other gear to use on these occasions. Contact [alan\(at\)wagstaffes.org.uk](mailto:alan(at)wagstaffes.org.uk) or [herve.deveaux\(at\)gmail.com](mailto:herve.deveaux(at)gmail.com) for more information.

