

AD LIB

The magazine of
Paphos Third Age



www.paphos3rdage.org

Editors: Keith and Marian McEwen

March 2020



KEITH ADAIR

Sends his message from the chair

Dear Members

Thank you for reading this March 2020 edition of Ad Lib. Variety has always been the hallmark of our magazine and this, the first edition of our tenth year, is no exception.

Of the many interesting contributions to this edition, I wish to draw your attention to one. Paul Clarke, in a colourful and informative centre spread, not only shares his Classic Films Group Newsletter but at the same time makes an appeal for a successor for P3A's longest standing group. Sadly, however understandably, Paul is stepping down in June after being associated with the group since 2004 and having been its leader since 2014. It's a remarkable achievement which cannot go unmentioned. Thankyou Paul for your valued contribution and for playing such a key part in the P3A story.

Ten years of our club's achievements will be celebrated at a Tenth Anniversary Gala Dinner to be held on Thursday May 28th in Paphos. It will certainly be a great evening of celebration; a recognition of all our Groups and the hard work put in by leaders. Also it's a celebration of the dedication and the invaluable contributions made by the whole membership over that time. There will have been many friendships made and what better opportunity is there to spend a fabulous evening in each other's company. Arrangements for the dining and entertainment are all but complete and what remains is to go to the P3A website, where there are detailed instructions as to how to make a table booking.

On reading Page 2 you cannot help but notice the great variety of new groups that have formed since our last edition. I am very pleased to welcome members from three of Paphos's well established groups; the Happy Wanderers Walking Group, The St Andrew Scottish Country Dancing Group and the Advanced/Intermediate Photography Group, many who have joined P3A as new members. My thanks go to all the new group leaders for volunteering to lead and share your particular interests with our membership.

Also on Page 2 there is a look ahead at what's on in the way of Saturday Talks over the coming months. The March 7th talk is by staff from the British High Commission which will be held at the Aliathon Resort. This particular talk, which has been presented in Limassol and at the east end of the island already, has been extremely well received. If you are free on Saturday it's well worth attending this talk, after which what better opportunity is there to check out the fabulous Aliathon ballroom facilities where we will be enjoying our Gala Dinner.

I look forward to meeting you at the Dinner in May.

Best Wishes
Keith Adair Chair

P3A committee members

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Vice Chair	Keith McEwen
Treasurer	John Harper
Secretary	Karen Ikin
Membership Secretary	Dale Ikin
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Magazine Editors	Keith and Marian McEwen
Website Officer	Ros Sparrow
Events Organiser	Marian McEwen
Co-opted Member	Simon Welch

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

SATURDAY TALKS

The year has started with two very interesting talks, the first on Art through the Centuries. The second was in two parts, firstly information about local Care Providers, how to contact them, the services they provide, benefits you can claim from both the Cypriot and British Governments. This was followed by information on how to arrange funerals in Cyprus or repatriation.

We have also been trying some different venues, Mesogi Community Hall, Droushia Heights Hotel and our next venue The Aliathon resort which is more suitable for a larger group.

Talks in the coming months will include

March 7th – The British High Commission (An update)

April 4th - Geoff Greavey (Air Traffic Control)

May 2nd - Mark Rose (An American Conspiracy Theory)

June 6th - Koulla Michael (Forest Fires in Cyprus and their Ecological Impact)

Hopefully there is something amongst these topics of interest to you. Suggestions for speakers are always welcome *Marian*

GROUPS UPDATE

Already this year we have a number of new groups.

The ever popular **History** group will restart in the spring

A second **Photography** group for Advanced/Intermediate started in February.

For those who love **Fishing**, an already popular new group.

A monthly **Quiz** group has started with great interest shown.

P3A's own Strictly **Ballroom Dancing** Group already has a strong list of attendees

A second **Signing** group starts in February to accommodate a Beginners level alongside the now Intermediate group.

A **Yoga** group is also now available to join.

Invitations are out for people interested in joining a second **Meals** group

Groups In the process of Joining P3A are:-

The Happy Wanderers **Walking** Group

The St Andrew **Scottish Country Dancing** Group

Should you be interested in setting up a new group, please contact me

Jean Alston
Groups Coordinator

jeanprice@cytanet.com.cy

**10th Anniversary
GALA DINNER
Thursday 28th May 2020**

**The Pantheon Ballroom
Aliathon Resort, Kato Paphos
From 6.30pm till midnight**

**Cocktail & Canape Reception
Four Course Plated Meal served at table
After Dinner Speakers & Entertainment
Dancing to Live Band
Unlimited Wine, Beer & Soft Drinks included**

Tickets 35 euro per person

Dress: Smart

**Tables of 8/9/10 available, get a group together
Booking Forms and information on P3A website**

Booking is now open for this special P3A 10th Anniversary event.

In the first two weeks of booking, 12 tables with well over 100 people have already booked with more in the pipeline.

With now over 850 members we plan to make sure this event celebrates the success of P3A over the past ten years. Apart from the food and drink (all included) there will be after dinner speeches, entertainment, dancing and perhaps one or two surprises.

All the Booking Information along with Booking Forms are available now on the P3A website homepage. Group Leaders should also have them.

Please Note that the menu first published has now changed. The main course meat option is now Roast Breast of Chicken. All other courses and Vegetarian option remain the same.

The revised menu is also on the P3A website homepage.

Further information available from:

keithgaladinnerp3a@gmail.com

NEWS FROM THE GROUPS

P3A Discovering and Exploring the Real Cyprus

The Happy Nomads of the P3A World ***No regular home, no regular days, no regular times.***

We do just what the title says. We look for and visit the Cyprus behind the Tourist Trappings and Superficialities that are what most holidaymakers encounter during their short stays on the island. Most P3A members come to live in Cyprus believing it is more or less like the UK, with a lot more sun and a different language. Gradually we realise this is not so, with the culture, traditions, religion, the entire way of life of the island being very much at variance with the culture we were brought up with.

Cyprus has a much longer documented history than the British Isles. It has been ruled and fought over by various races, many of whom have left their imprint and monuments behind them. It gave birth to one of the most revered Goddesses of the ancient world, who for over 1600 years drew worshippers from all the Mediterranean. It has been both a major strategic point of the Eastern Mediterranean and a more or less forgotten backwater.

The Natural History and Geology of Cyprus varies greatly from the UK. The Island's inhabitants are very religious, and churches and monasteries, some over 1000 years old, abound. There are many quaint, old stone-built villages tucked away, where life still revolves around the coffee shop. Old wineries, using the same fermenting techniques used by their founders are found in the hills. This is the Cyprus that we look for. Not the wonders and technology of the modern world, but the wonders of the past, that have led to the creation of the Cyprus of today.

So what have we been up to over the past three years? Amongst other things we have; -

Explored a Battlefield from 498 BC

Seen how Cyprus Delight is manufactured

Been escorted around various wineries and had numerous wine tastings

Spent an evening learning about the stars and the night sky that are visible from Paphos

Visited an Olive Oil Manufacturing Plant that was operational before the birth of Jesus

Learned about the truth and the myths of the snakes of Cyprus

Had a Flamingo Watching morning.

Visited Wine, Olive Oil, Carob, Weaving, Folk and other Museums

Had tours of Paphos, Limassol and the Archaeological Park.

Visited a 5000 year old grave yard.

Watched demonstrations of traditional bread and halloumi making, followed by a traditional feast.

Enjoyed a holiday in Protaras and a look around the Cape Greco area.

You may have noticed there is a reasonable amount of variety in the above list. Is there anything consistent in what we get up to? Actually there is.

When possible we are out and about. Going to see the scenes of the events we are interested in. When the weather is inclement we may have a film show. But only as a last resort. I would add the films are well made and are of Cypriot life, and the film maker has come along in person to present them.

We also invariably end our trips with a long, leisurely lunch, usually at a tavern that is new to most members. After a hard mornings exploring we deserve a little refreshment. Enjoying ourselves while we learn. The way life should be.

If any of this appeals to you, contact Brian or Suzanne. You will be most welcome.

Brianandjeanincyprus@gmail.com

P3A Angling Group



There was a good response in January to an invitation to join an Angling Group. A diverse group of members, with a very wide range of skills and backgrounds are now established and looking forward to their first outing.

There are a number of P3A members who are either still fishing or have done so in the past. There are members who would like to try it to see if it is something they would enjoy.

Fishing has much to offer, being outdoors, leisurely, exciting, nature, learning new skills, lakes, sea. Simply relaxing and chatting to fellow devotees of the sport can be a tonic.

A straightforward P3A Fishing Group, where both ladies and gents can meet up, talk about their favourite branch of the sport, find out where the fish are biting, meet new companions to enjoy a day's fishing with. Do the things that make angling such a pleasure.

I am strictly a pleasure fisherman. I fish purely for enjoyment. Catch and release. But matches can be held if members wish.

My main angling activity has been coarse fishing, but I would welcome members who have expertise in other areas of the sport. Having the sea close at hand obviously presents new opportunities, and there is fly fishing in the Troodos. One of the big attractions of angling is the variety of species and the methods of catching them that the sport offers.

An initial meeting was held towards the end of January. From this it was decided how often and where we would meet. The group can develop in whatever manner member's wish. At the least I would hope for monthly meetings, weekly fishing expeditions, making new friends, learning about new species and techniques, car sharing trips to different waters, and continuing to try and actually land the elusive

“ One That Got Away “.

If this appeals to you simply drop me a line.

Brian brianandjeanincyprus@gmail.com



The Happy Wanderers

A New P3A Group:

Walking is popular in the P3A, with groups on Monday, Thursday and Friday catering for different levels of fitness.

But now you can also come out walking on Wednesday, with new arrivals, the Happy Wanderers (HW). We Happy Wanderers are in fact a long-established group, but in January we became part of the P3A. With 140 members we are rather numerous, however our weekly turnout varies from around 20 – 80 depending on the season (we walk all year round).

Every week we offer a choice of three walks: long, short or medium, with walk speeds to match, the aim being to start together and finish in time to enjoy an après-walk drink or sometimes a meal as a group. From October – May we walk from 10.00 am – 1.30 pm, and over the summer we have shorter walks, starting at 5.00 pm. We also organise occasional social events, and extended hiking trips elsewhere on the island.

On 5th February we celebrated 25 years of walking in the beautiful Paphos countryside with a festive lunch in Lysos arranged by George Bates, one of the founder members. When George helped set up Happy Wanderers in 1995, he saw walking as a great way to have a healthy pastime, meet people and get to know the hills and vales of Cyprus. We welcome new members, though we are certainly not in competition with the other P3A walkers – in fact there is a good deal of overlap between our groups, as some people like to walk more than once a week.

Like all walking groups, we depend on all our members taking part in planning and leading walks. This can seem daunting at first, but we offer training and our many experienced walk leaders are always glad to help new members. The rewards are a deeper knowledge of many lovely walking areas around Paphos, and friendship based on a shared experience of exploring the island.



News From the Groups cont..

Classic Films Group

Historical Newsletter and Appeal



Classic Films is one of the longest standing groups in the P3A. It started in 2004 or thereabouts. The founder was John Rathband, who many of you will remember I'm sure. The total number of members at that time was probably well under 200 and most groups had no more than 15 members.

Classic films cont'd

In those days the majority of group meetings were held in the home of the group leader in true P3A tradition. There was a standard charge of one Cyprus Pound per person to cover wear and tear, teas, coffees and biscuits

John's house was perfect for the job, having a "granny" flat on the ground floor. It must have been early 2009 when I joined the group. Being an evening group, wine was available and sold by weight using the kitchen scales. I think the rate was 50 cents per 100gm (ml). About one year later I made a small (big) mistake. In all innocence I suggested a film that I thought the group might like to see. John said "OK, I will consult my Manual of Movies and see if it is suitable". A few weeks later he obtained and ran the film. I was pleased to see he agreed with my choice and thought no more about it. Some weeks later, John came over to me at the group meeting and asked if I knew another film the group might enjoy. Later that week I emailed my suggestion to him, again it passed his stern test, and was duly screened. Gradually and imperceptibly I realised I had become deputy leader.

The next initiative that John came up with was "Films for all Members". "This will be a good one for you to do Paul, and will be inclusive for the whole organisation" he said. "Thanks" I said, or words to that effect. The Coral Star was selected for the venue as being fairly close by. We decided to run the showing either monthly or bi-monthly. And so began a regular routine of filling my car with equipment including a 2 metre screen, to use at Coral Star. This must have been in 2011 I reckon. However I do remember well the first film we screened there. It was "Breakfast at Tiffany's".

At the same time though, the weekly group at John's house was starting to overflow. The P3A committee (including me then) happened to be negotiating a deal with the Laura Beach Hotel to provide P3A facilities to guests in return for free use of meeting rooms. So in fairly quick time we managed to start using their facilities for the weekly film group. This is a full dedicated cinema with Dolby Surround Sound and proper cinema style tiered seating. Happy days indeed they were, which came to an end when the hotel business nosedived. John returned to the UK in 2014. We screened his last film as leader while still at the Laura Beach.

We then moved to Technopolis20, with the group arriving back at the Coral Star in January 2017.

Back in current time in February 2020, I am about to stand down from my role as group leader. The group is currently awaiting the completion of the building works at Coral Star, hopefully by early April. The last film I show will be in June.

Now there is a vacancy to fill. "The show must go on" someone once said. It will be great if a film/ movie group can continue to be an integral part of P3A activities. In our expanding organisation of roughly 850 members there must be quite a number of people who are interested in movies; we just need somebody to step forward. Or even better, two people, who could potentially share the role.

Classic films cont'd

This section is two short lists of some of the films I have screened. The first group of titles are films that the group particularly enjoyed. See if you know them all.

Jean De Florette/ Manon des Sources

Mississippi Burning

Brassed Off

Whale Rider

Cinema Paradiso

The Crying Game

12 Angry men

The Apartment

Amelie

The Odd Couple

Shine

Some Like it Hot

Below are films that are equally as worthy as those above, but for some reason the group did not enjoy them as much as they might have. "You can't win 'em all"!

The Discrete Charm of the Bourgoise

Moonlighting

Don't Look Now

Alice Doesn't Live Here Anymore

L'Heure d'ete

Five Easy Pieces

Fargo

Strangers on a Train

Annie Hall

I have just closed the group to new members, pending the appointment of a new leader. I hope it can start up again for the new season, this autumn.

Paul Clarke

Around the World in 80 Dishes

Our group continues to enjoy fantastic meals prepared by each of us in celebration of recipes from a different Country each month – what better way to spend an evening than eating good food and in good company.

For our February meeting the group experienced Brazilian food and it provided the members with a culinary tour of popular home cooking which was a memorable dining experience:

Our Menu was:

Coxinhas (Street food, Sao Paulo, Chicken croquets)

Roasted red pepper and smoked paprika Soup

Grilled Garlic Steak with Chimmi-Churri sauce

Galinhada. (Chicken with rice)

Veijoada. Roasted sweet potatoes



We plan our next evening following each meal. Our next meal we will celebrate a multitude of popular Italian delicacies with sweet, savoury await our discovery when we meet in March. These recipes are often passed down between generations and are cherished for their authentic origins



If that has made your mouth water and you enjoy cooking and eating, then please contact me as we are looking for at least four or five more people to make up a second 'Around the World' group and join the three people who are currently waiting patiently for like-minded people to come along.

Carolyn Hart

E-mail: carolyn.hart@btinternet.com

News From the Groups cont..

New Monthly Quiz Group

The new Quiz group had its first meeting on Monday 3rd February and judging by the feedback it went very well. There was a great deal of laughter amidst the competitive streak of a number of the players.

The quiz itself consisted of Sixty general knowledge/trivia questions and two fliers. The correct answer rate was over 75%.

The group will continue to meet on the first Monday of every month upstairs at Neo's Sports Bar, Peyia.

If you are interested in coming along, please contact Mick Cotton mickcotton20@hotmail.com

Patchwork and Quilting Group

We are a group of 15 members, ranging from to experienced quilters. The main aim of the group is to develop and enjoy patchwork and quilting.

For some it has been a new retirement project, others have learnt new techniques and for all of us we just enjoy playing with ideas, colours and patterns.

On the 2nd and 4th Wednesday of the month, we meet from 10am – 13.00pm to work on or learn new projects.

Two or three times a year we also have a full day workshop, where we have a tutor to show us a larger design.

The Membership is currently full and we have a waiting list.

For further details contact

Group Leader Jackie Bolton leprechaun@cytanet.com.cy



Arabic Cookery - Experiencing the Arab Culture

As we're learning new Arabic recipes full of flavours at the Arabic Cookery Group, travel to the The Arab World has become a must as it has lots and lots of authentic experiences to offer.

Ala' is arranging a trip to Jordan on the 11th April and still has a couple of places left.

For further details please contact alaa.kalil@gmail.com

P3A PHOTOGRAPHY GROUPS

What is the best camera to have? This is a question asked by people just setting out on their photographic journey, or perhaps looking to upgrade. The answer – the one you have with you at any given time, be it on your phone, a compact lightweight or a high end DSLR. The important thing is to capture the moment as it happens. How to capture that moment - that scene, that person's expression is not down to the camera, but to how the photographer decides to take the shot no matter which camera they have with them. So how do you know where to start, particularly if you are new to photography?

The recently formed P3A Photography Group aims to provide a friendly, informal setting to help members understand the basics of photography and to find answers to the questions that arise to everyone who practices photography whether as a beginner or with some experience.

The Group meets on alternate Monday mornings, currently at Neo's Sports Club Coral Bay, starting at 10am until noon. The meetings take the form of illustrated lectures by presenters Tom Brown and Chris Scorer, with plenty of opportunities to ask questions and for interactive discussions on all aspects of photography and photographic editing. A refreshment break mid-morning gives members the opportunity to make new friends and to exchange news and tips-photographic or otherwise!

As well as the lectures the Group participates in field trips – both locally and abroad – to put into practice the theory they have been learning through lectures and to hone their developing photographic skills, as well as having fun and usually rounding off the outing with drinks or a meal at a nearby taverna.

But that is not all. Some members have progressed so well that they feel they would like to move on from learning 'the basics' of photography. So, with that in mind it has been decided to form an Intermediate/Advanced group, in addition to the Basics Group. This Group is led by David Hart, with presentations by Tom Brown and Chris Scorer. Additionally there will from time to time be presentations by guest speakers. The group is for any member of the P3A who would like to pursue their interest in photography and enhance the skills and knowledge they have already acquired.

The format of meetings is similar to the Basics Group i.e. photography based lectures and field trips, but at a more advanced level.

Both Groups will welcome any P3A member who would like to participate in improving their photographic knowledge and expertise. Not sure if this is for you? You will be very welcome to come along to any of our meetings and find out more about who we are and what we do. You'll be glad you did!

For more information contact David Hart on (97716884), Tom Brown (96736467), Chris Scorer (99860412).

Liz Unwin

Administrative Assistant

Update from the new Photography group.

Our first meeting was held on the 17th February at Neo's Sports Club. The session was opened up by introductions of the Group leaders, Myself, Chris, Tom and Liz Unwin, the members then introduced themselves to each other, this got the new group off to a great start.

Each member completed a small survey to let the leaders know a little more about themselves and what they would like included in the planned sessions going forward.

Tom Brown presented the most important 5 key points to all photographers which will be the basis for our planned sessions. All will then come to fully understand the key principles.

Timeline of a photographer

1. Know your camera. (Get on to amazon and buy a specific manual for your camera) Best buy ever!
2. Understand exposure/ and the triangle. ISO > Aperture > Shutter
3. Understand composition/Rule, guidelines
4. The "Art" of seeing
5. Development of "Vision"

Critiquing Session

Tom and Liz provided images for the group to critique. Tom had covered the key points of judging images. The group was split into 5/6 people to discuss the images. We then asked what each member got out of the critiquing session.

What a great session, the participation was fantastic, very noisy!

Tom presented the images with his changes and developments and this was warmly greeted. Many expressed their thanks after the session had finished.

David summarised –

1. Get a specific manual and learn about your camera,
2. View your current image workflow management as this will be a subject to be covered in the next few weeks.

Next Meeting - 2nd March 2020, Neo's Sports Club 10.00am



WHY? (from The Current Affairs Group)

1. Why is Super Glue so runny? A gel would be much better
2. Why do the English paint their drainpipes black (Check it out on Escape to the Country)
3. Why are there 24 hours in a day? 10 or 20 would make more sense. 7 days a week too.
4. Why do ladies open their mouths when they apply their mascara?
5. Why do they say, 'near miss' when they mean a 'near collision'?
6. Why do doctors go out of the room when you undress? They are going to see all of you later.
7. Why is there a light in the fridge but not in the freezer?
8. Why do the English thank the bus driver when they get off?
10. Why do we say, 'After dark'? Surely, we should say 'After light'?

We hope you have enjoyed reading this edition of Ad Lib.

The next newsletter will be with you early June.

So if you are thinking of sending us an information re any of your activities between now and then, start preparing now. We look forward to receiving them.

The Editors

E-Mail marianadlib2020@gmail.com