



## ***KEITH ADAIR***

### ***Sends his message from the chair***

Dear Members,

Welcome to the June 2021 edition of Ad Lib in which you will find a bumper crop of news from the groups. Thank you to all contributors.

Aided by the continued relaxation of restrictions, many groups are looking forward to re-starting over the coming months – I recollect writing something very similar in June 2020! However, the overall situation today warrants more optimism, which can be seen in the “Groups Update” table on Page 4.

Zoom will continue to be an essential lifeline for some groups and for those preferring this type of meeting the club’s Zoom subscription will continue for as long as the facility is of benefit to members.

One of our longest standing members, John Harper, is due to stand down as Treasurer at the AGM. To fill the post, we have started an early search for someone to shadow John in the coming months, with a view to then taking on the post of Treasurer in October. Please read John’s “Situations Vacant” column on page 2 to learn what the job entails and do get in touch with John if you feel you are able to serve as our next Treasurer.

John has been a P3A committee member since the club was formed in 2010. Back then he served as Groups Coordinator and every year since he has served on the committee in one post or another, including the Chair from 2013 – 2015. Throughout this time the club and particularly the committee members past and present, have benefitted immeasurably from John’s professional knowledge and experience in the fields of finance, business and law. His departure will be a great loss to our organisation.

On behalf of the membership John, we thank you for your long and outstanding service to P3A.

I am still not able to report that the club has its own bank account. In January 2021 we were given papers by the Registrar to say that we were a duly registered club under the Cyprus Law on Clubs and Associations – which marked the end of a process which began in late 2019. Yet, as with an application to register a club, an application to open a club bank account is turning out to be a lengthy process also.

I wish everyone an enjoyable and safe summer.

Best Regards

Keith Adair

Chair

# **P3A committee members**

|                             |                            |
|-----------------------------|----------------------------|
| <b>Chair</b>                | Keith Adair                |
| <b>Vice Chair</b>           | Keith McEwen               |
| <b>Treasurer</b>            | John Harper                |
| <b>Secretary</b>            | Karen Ikin                 |
| <b>Membership Secretary</b> | Dale Ikin                  |
| <b>Groups Coordinator</b>   | Simon Welch                |
| <b>Magazine Editors</b>     | Keith and Marian<br>McEwen |
| <b>Website Officer</b>      | Ros Sparrow                |
| <b>Events Organiser</b>     | Marian McEwen              |
| <b>Co-opted Member</b>      | Sue Lourenz                |

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

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## SITUATIONS VACANT

I joined the P3A Committee eleven years ago and have served in practically every committee position since then.

As another P3A year-end approaches, I have decided it is time hang up my calculator. Rather than wait until the notice of the forthcoming AGM later in the year, we thought that for the sake of continuity, it would be a good idea to try to find a Treasurer designate as soon as possible.

So, what does the role entail? Well, during the last 'normal year' there was the monumental total of 58 transactions that I had to grapple with. Over half of these were simply recording subscriptions received into the bank account. (The Membership Secretary handles this aspect). Most of the balance was in respect of cash paid out for general running expenses, the categories of which you will see from our financial statements. Having made the relevant entries into the custom-made cash book spreadsheet, all of the numbers automatically find themselves appearing in the correct place in the Income and Expenditure Account and the Balance Sheet. Having said that, a working knowledge of *Excel* is important if any settings/formulae need changing. I have always updated the accounts just before each committee meeting (usually four each year) and have distributed them to all the committee members. For the year end accounts, a couple of hours at the very most, spent with our Honorary Auditor neatly rounds off the annual tasks.

I don't think that such a near-deity as a Chartered Accountant is necessarily required. I was the only such holder of those highly prized initials FCA after my name to have had the job over the years. However, all of the P3A committee members, whatever their current role, have undoubtedly always brought with them lifetimes of personal and work experience which is absolutely invaluable. In the same way, I believe that in addition to being able to deal with the bookkeeping required, a financial, commercial and/or legal background possessed by the candidate can only be of great benefit to our organisation.

I will be happy to meet with anyone interested in the position and answer any questions, in the hope that the transition later in the year can be as seamless as possible.

**John Harper - Treasurer**

Tel: 97614024



## Groups and Visitors from Overseas

Last year, in response to questions from Group Leaders, the committee suggested that anybody returning to, or visiting the island from, overseas should be asked to absent themselves from P3A activities for the first 14 days.

Given the change in the epidemiological picture this year, the committee has re-visited this. Cyprus categorises countries into four: Green, Amber, Red and Grey. Given the entry requirements to Cyprus, we suggest that Group Leaders may wish to allow arrivals from Green and Amber countries (this includes the UK) to join P3A activities at any time after their arrival on the island; those from Red or Grey countries should be asked to wait for at least 14 days from arrival.

The decision however remains one entirely for Group Leaders.

The Committee

## Group Leaders' Lunch 2021 A Date for your Diary

The Club could not operate without the hard work of its Group Leaders, many of whom have been working throughout these last difficult 15 months to keep their Groups engaged. Hopefully, with the roll out of Cyprus vaccination programme and the easing of restrictions, more Groups will be able to re-start their activities over the next few months.

For several years, the Club has held a lunch for Group Leaders, allowing them to exchange ideas with each other and with the committee. Having been forced last year to cancel our planned Lunch, the Committee is pleased to announce that the 2021 Leaders' Lunch, for Leaders and one Deputy, will be held on **Saturday 25<sup>th</sup> September at the Minthis Hills Golf Club, near Kallepia.**

Full details will be shared nearer the time, but please make a note of the date in your diary. We have ideas to share with you, but more importantly, want to hear your thoughts on where the Paphos Third Age goes next.

## Saturday Talks

As soon as the Committee feels that restrictions are sufficiently lifted and a safe environment guaranteed, we plan to recommence The Saturday Talks.

The likely earliest month for this will be October. The search has therefore begun to find speakers of interest to our membership.

Should you be aware of any particular contacts or speakers you think may be of interest please do contact me with their information.

We would also be interested to hear from members any particular subjects they would like to be included at these events.

Contact [mariansattalk2020@gmail.com](mailto:mariansattalk2020@gmail.com)

## GROUPS UPDATE

Several of our Groups have been operating virtually, often via Zoom, throughout the pandemic, but as the restrictions imposed on us all by the Government, the good news is that more of our Groups are planning to re-start their activities. Those who have asked to share their plans are:

|                                          |                                                                                                                                                                                                                                            |
|------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Computer Technology Group</b>         | Continues to meet every fortnight via Zoom. New members are welcome.                                                                                                                                                                       |
| <b>Current Affairs Group 1</b>           | Have moved from meeting on-line to meeting in person. The Group is currently full, but if you wish to join the waiting list.                                                                                                               |
| <b>Discovering the Real Cyprus Group</b> | Re-started in late May with a guided walk around Paphos Old Town, and other activities are planned.<br>Contact <a href="mailto:p3adiscovertherealcyprusgroup@gmail.com">p3adiscovertherealcyprusgroup@gmail.com</a>                        |
| <b>Family History Group</b>              | Plan to hold their next course in October, though further details will be released in the Autumn.                                                                                                                                          |
| <b>Fiction Book Group</b>                | Will be moving from meeting on line to meeting in a new venue, yet to be identified. The Group is currently full, but if you wish to join the waiting list.                                                                                |
| <b>Film Group</b>                        | The new Film Group plan to start their meetings this Autumn, subject to finding a Group Leader. For information                                                                                                                            |
| <b>History Group</b>                     | Plan to re-start on Friday 8 <sup>th</sup> October, venue to be confirmed. New members are welcome.                                                                                                                                        |
| <b>Military History Group</b>            | Plan to re-start on Friday 24 <sup>th</sup> September, venue to be confirmed. New members are welcome.                                                                                                                                     |
| <b>Quiz Group</b>                        | Re-commence on Monday 7th June and fortnightly thereafter at Phil's Restaurant in Coral Bay. New members are welcome.                                                                                                                      |
| <b>Saturday Lunch Group</b>              | Re-commence Saturday 26 <sup>th</sup> June, numbers subject to government restrictions. New members are welcome,                                                                                                                           |
| <b>Scrabble Group</b>                    | Recommenced recently and now meet every Tuesday, starting at 10.00am at the Angelika Restaurant in Chlorakas. New members are welcome.<br>contact Angela Wilson <a href="mailto:bryanwilson@cytanet.com.cy">bryanwilson@cytanet.com.cy</a> |
| <b>Sunday Lunch Group</b>                | Re-commence Sunday 9 <sup>th</sup> June, numbers subject to government restrictions. New members are welcome.                                                                                                                              |

Don't forget that many other Groups are also still operating or planning to re-start in the coming months, so if you want to discover the many opportunities P3A offers, don't forget to check out <http://paphos3rdage.org/our-groups>

## News from the Groups



### Classic Film Group



Many of us previously enjoyed the P3A Classic Film Group. Following the retirement of Paul Clarke as Leader we are seeking somebody to take the lead in coordinating a small team of already interested people to restart this popular Group.

You do not need to be a film buff, just somebody who enjoys films, be they old or new, colour or black & white, which you think other P3A members would enjoy. If you happen to have your own DVD collection that's great, but don't let this stop you, as we can help. The P3A has all the equipment you will need.

If you think you could be interested, please contact

Groups' Co-Ordinator Simon Welch at [simonwelch@gmx.com](mailto:simonwelch@gmx.com)

### QuizGroup

The Quiz Group will return on Monday 7<sup>th</sup> June and then every 1st and 3rd Monday of the month, in a new venue, Phil's Restaurant next to Phillipos Supermarket in Coral Bay. The open plan area at the side of the restaurant will be made available to the Group.

New teams are very welcome, though if you are not in a team, the Quizmaster will find you a team to join. The quiz starts at 8pm (or as near as possible) so that we can finish at around 10 pm. The entry fee is €2 per person to cover the cost of prizes.

Teams can be up to six in size. The questions are general knowledge and trivia encompassing all categories in random order. Sixty questions in six batches of ten and two fliers to work on typically a picture round and one other. If you want to eat please bear in mind the start time.

Prizes in wine will be presented for first, second and third place.

If you have any questions please email: [mickcotton20@hotmail.com](mailto:mickcotton20@hotmail.com)

## Photography Group.

This is the third report I have written since lockdown began in earnest and I find it hard to believe that, due to Covid, our Group has been 'busy doin nothin' during the last few turbulent months. Needless to say, being the stoic and committed photographers that we are quite a lot has been happening behind the scenes (all strictly within Covid guidelines, of course).

A few weeks ago a group of us met at Darcys for an evening meal, enjoyed outside in the warmth of the evening. It was good to catch up with the news and hear how everyone was coping with the restrictions imposed upon us. During the conversations it became obvious that leaving one's camera to gather dust on the shelf had not been an option and members had been busy clicking away as opportunities presented themselves.

Our leaders, Chris Scorer and Tom Brown had devised a programme of activities which could be carried out under Covid Restrictions. One of these was to present our annual Photographic Exhibition at the Makers Space Gallery in Tala. This event had already had to be postponed twice due to Covid, but we were hoping and planning to finally present it on the weekend of 7<sup>th</sup> – 9<sup>th</sup> May.

Members had submitted over 70 framed prints to be displayed. However, Covid reared its ugly head yet again and sadly the Exhibition had to be cancelled. Nothing daunted, we are now planning to stage the Exhibition in the Autumn – 5<sup>th</sup>, 6<sup>th</sup> 7<sup>th</sup> November - when we hope that Covid restrictions will be much less severe. Entries are invited from all members of the P3A and if you are interested in visiting or taking part or want more information please contact Chris Scorer at [crscorer@gmail.com](mailto:crscorer@gmail.com).

Have you ever heard of something called ICM? No, I hadn't either, until Tom suggested that the Group did an ICM project. In case you are wondering, ICM stands for - 'Intentional Camera Movement'.

Most of the time we try to keep our cameras as still as possible in order to get take sharp photos so why would we want to wiggle our cameras around to produce a blurry photograph? The answer - when moving the camera up or down, or side to side or even rotating it whilst pressing the shutter the object or scene being photographed takes on an unusual and often very interesting form. So if you see photographers out and about jiggling their cameras in all directions they haven't gone completely barmy – they are just practicing ICM!

Tom invited members to try some ICM shots and to submit them to him for a presentation at the Group meetings at Coral Star restaurant. Unfortunately, as we are all aware, group meetings have not been able to physically take place, so Members were asked to submit their prints digitally, which Tom then put together as a slideshow. This was distributed to members, together with a critique for each photo, by Tom.

### *Photography con'td*

Below are some examples of the 55 entries submitted, proving that we had all been busy practicing our photographic skills in spite of the restrictions placed upon us.



So now that restrictions have been eased somewhat we are hoping to start our programme of activities again. A revised programme is being compiled and information about this will be sent out by Chris Scorer as soon as the programme has been completed.

It has been a long and difficult time since we first reeled from and are now slowly recovering from the dreadful virus but at last we are able to start emerging from our 'bubbles' and we look forward to meeting up and enjoying our Group activities in the coming months.

Liz Unwin. May 2021

## FIRST CURRENT AFFAIRS GROUP

At last the Current Affairs Group met on Thursday 13<sup>th</sup> May, a week later than scheduled since meetings normally occur on the first Thursday in the month. The meeting was hosted by Margaret and Kevin McAnallan: Kevin also chaired the discussions.

As usual there was lively debate on a plethora of current topics, ranging from the escalating situation in Israel and the Chinese expansionist strategy in Asia, to alcohol addiction and the shameful treatment of Post Office managers in Britain, accused of fraud.

With members originating from nine different countries, opinions varied considerably. Partly because of this, one other topic generated some entertaining discussion – Scottish independence.

Various questions remained unanswered, including the nation's economic survival, the fact most Scots do not live in Scotland, which currency would be used and would the EU accept the newly independent country. And what about the Queen if the fish lady became President?



Then there is the issue of the flag. No doubt the Scots would have the St Andrews cross with a British Caledonian Airways lion in the centre, but what about the Union Jack? It would become the Disunion Jack, but maybe the Welsh would finally have their wish granted with the inclusion of their Red Dragon.

Thinking about it, are there lions in Scotland – at least lions exist, unlike red dragons in Wales, other than on the windows of Chinese restaurants? If you think that's strange, think of Her Majesty's coat of arms that includes a unicorn.

During the lockdown the Current Affairs Group maintained contact with Zoom sessions organised by Brian Parker. This enabled members who were overseas during the lockdown, to join in. Even one of our long time members, John Lay, who returned to England, was able to participate.

These zoom sessions will continue monthly between the traditional meetings. Our next meeting will be on June 3<sup>rd</sup>. Regrettably, our membership is closed at the moment and there is a waiting list.

**Hugh Atkinson**

## Natural History Group

After a two-year break, and subject of course to the coronavirus situation, I plan to relaunch this group in September. My aim is to have monthly meetings, with a mixture of talks and field trips. The day and time will be decided after an initial meeting with prospective group members. Our main focus will be on the flora and fauna of Cyprus, but any life sciences topic may be covered and offers of help are of course most welcome.

Why natural history? My husband Dave and I have been keen amateur naturalists and photographers in Cyprus since 2005, and have collaborated with many international and local experts to produce several books on the fauna of Cyprus. Dave led the NHG for eight years but now specializes in dragonflies, while I am still pursuing a wider interest in many kinds of insects, reptiles, birds and more recently wild flowers.

Cyprus has a unique assemblage of species, lying where it does at the intersection of Eurasia, the Middle East and the Africa. It is an oceanic island, pushed up from the seabed by tectonic plate movements and never part of a continental landmass. This results in a fauna weighted in favour of flying animals (birds, bats and insects) or reptiles which if swept out to sea can survive for a long period, perhaps rafting on floating vegetation. Another common feature of islands is that the species which succeed in colonizing them then continue to evolve in isolation, leading to high levels of endemism i.e. species found nowhere else. Cyprus is no exception, having over 140 endemic plant taxa (species and subspecies) and some notable endemic fauna, including 48% of the reptiles and amphibians on the island.

Our field trips will usually take the form of a guided stroll through one of Cyprus' many natural habitats, learning about some of the plants we shall encounter along the route, as well as any animal species we can find. After each trip I aim to produce a photographic newsletter documenting what we have seen. While I can't bring you herds of wildebeest sweeping across the Serengeti, the magic of digital photography can reveal exquisite detail in many smaller living things, which flourish often unnoticed around us.

The group will definitely have a social aspect – field trips will usually conclude with an optional lunch at a nearby taverna. I shall advertise an inaugural meeting in September. I look forward to making some new friends (and reconnecting with some old ones) with a shared interest in the natural world.



The Southern White Admiral butterfly (*Limenitis reducta*) found in sunny woodland glades or by mountain streams

**Ros Sparrow**

## Around The World in 80 Dishes

Our group were able to meet up at last for a meal together in a restaurant in April, the first time we had been able to meet since last November!! A very enjoyable meal it was too!

We made tentative plans at that time for our next two themed meals in May and June in the hope that restrictions would lift and that we would be able to meet as a group of 9 in each other's homes once again.

Oh Joy! Restrictions being relaxed on the 10<sup>th</sup> May has enabled us to confirm our Caribbean meal on the 17<sup>th</sup> May.

We were all busy looking in our cookbooks and we put together a menu of Mojita cocktails and Tortilla chips as an aperitif with Jamaican 'Solomon Gundy', a Red Herring Pate.



We started with Curried Pumpkin Soup, followed by a main dish of Jerk Chicken with Rice and Peas accompanied with Mango Salsa



We managed to leave enough room for desserts and enjoyed Pineapple Up-side Down Cake and Tropical Rum Crumble. Yum Yum!!

In June, the cookbooks will be coming out again as we search for Malaysian cuisine.

Our group is currently full but if you enjoy cooking and dining in convivial company, please contact me and I can add your details to a waiting list to start another group.

The ideal/minimum number in a group is six people as we meet in each other's homes and, therefore, need space to accommodate people around a table.

Happy Dining!

**Carolyn Hart**  
Tel: 97 762371

## P3A Computer Technology Group (CTG).

Despite the lockdown the new P3A Computer Technology Group has had eight Zoom meetings since the inaugural one on the 10<sup>th</sup> of Feb 2021. These have proved popular and numbers have been gradually increasing, so I guess we must be doing something right.

Admittedly it's not the same as having a physical meeting but the participants seem to have found it helpful.

Meetings are held once a fortnight and we try to cater for all levels of knowledge from newcomers to experienced, which is not easy, but once we start physical meetings it will be easier to share the knowledge amongst the group. It is not sure when this will be as it will depend on Government regulations but hopefully around the middle of the year.

Content of the meetings is largely based on member's requests but we also try to include advances in the latest technology.

The second last session on the 5th of May covered Microsoft XL spreadsheets which seemed to go down very well.

There are no boundaries within the group, everyone is treated equal and we are always looking for people who are willing to share their particular field of expertise and perhaps do the odd presentation.

So, if you are having computer problems or feel your expertise could contribute to the Group, why not contact us and get involved.

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

## [Dealing with Scam Emails](#)

Scam emails continue to catch users out when least expected.

This first started in the 90s with the first email clients and still continue to be a big problem today.

Scammers use even more deceptive ways and terminology today to achieve their own ends.

Phishing emails and text messages often tell a story to trick you into clicking on a link or opening an attachment. *They may*

- ~ say they've noticed some suspicious activity or log-in attempts
- ~ claim there's a problem with your account or your payment information.
- ~ say you must confirm some personal information.
- ~ include a [fake invoice](#)- Sometimes a fake message from banks, delivery couriers like DHL, UPS etc.
- ~ say you're eligible to register for a [government](#) refund.
- ~ offer a coupon for free stuff?

Scammers want you to click on a link to make a payment; **NEVER do this.**

Always Login on the [actual](#) website itself to do this, checking it has a padlock and https in the address line.

e.g., 

Many scam emails have a generic greeting, "Hi Dear."

If you have an account with the business, it wouldn't use a generic greeting like this. The email invites you to click on a link to update your payment details.

Resist the temptation to reply OR open up suspicious emails even those purporting to come from contacts you know where the wording **IS** uncharacteristic of the emails' THEY SEND YOU.

When in doubt, contact them to check?

The other danger with scammers is they contain attachments which can activate when you next use the computer or phone/ tablet to read your contacts list and send the info' back to the scammers without your knowledge.

## Steps to Protect Yourself from Phishing

Protect your computer /laptop/PC/ Android hardware by using security software. Set the device software to update automatically so it can deal with any new security threats.

e.g., **Bitdefender Anti-Virus Free edition**, is one of the better ones as it works in the background without intrusive Ads like Avast, evira.

2. Protect your mobile phone by setting software to update **automatically**. These updates could give you critical protection against security threats.

Protect your accounts by using multi-factor authentication. Some accounts offer extra security by requiring two or more credentials to log in to your account.

This is called multi-factor authentication. The additional credentials you need to log in to your account fall into two categories:

Something you have — like a passcode you get via text message or an authentication app.

Something you are — like a scan of your fingerprint, your retina, or your face.

**Multi-factor authentication** makes it harder for scammers to log in to your accounts if they do get your username and password.

Google's Gmail, AOL, are examples of this where you can setup provision of an SMS text code on your phone at the point you sign into your accounts.

It will add an extra inconvenience going through this additional step every time. However, it will make life a lot less worrismatic in the long-term for peace of mind.

This is also recommended advice for reputable shopping sites like Amazon, eBay etc. You can set this up when you login to your account and set the parameters in the account security.

The simple measures described will provide the basis for safer use of emails and peace of mind.

**Derek Noronha (p3a CTG)**