

AD LIB

The magazine of
Paphos Third Age



www.paphos3rdage.org

Editors: Keith and Marian McEwen

March 2021



KEITH ADAIR

Sends his message from the chair

Dear Members,

Welcome to our March 2021 edition of Ad Lib in which you will read much about how Zoom video conferencing is playing a key role enabling members to continue their interests and maintain social interaction, all from the comfort of their home.

Meeting in groups as we once did still seems a long way off. It is almost a year since the first lockdown in Cyprus yet our movement is still restricted, we continue to wear masks, maintain social distancing and keep within our social bubble. However the slow easing of restrictions, coupled with the vaccination programme, presents the prospect of better times ahead.

The Covid19 vaccination rollouts are progressing apace with many of us having had our first dose. For those whose turn is yet to come there is a useful document on our website's News Page. Written locally and first published on a local website, it provides guidance on how to book a vaccination appointment - [click here](#). In addition we are seeing many GP surgeries and community council offices actively helping people to secure an appointment.

I was pleased to recently welcome into the P3A fold the members of another of Paphos's established groups, the Computer Technology Group. Surprisingly a computer group has seldom featured on the club's calendar, yet in today's world an ability to communicate electronically is pretty much essential, yet unlike students and many in work today much of the retired generation have received little or no coaching in the subject. Therefore if you are struggling in this area why not join this new group where you will get help and guidance.

It may be some time before we can once more meet inside but as warmer weather approaches a group outing to enjoy the glorious Cyprus outdoors might be a first positive step towards a resumption of "normal" activities.

Kind Regards
Keith Adair
Chair

P3A committee members

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Treasurer	John Harper
Secretary	Karen Ikin
Membership Secretary	Dale Ikin
Groups Coordinator	Simon Welch
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Contact details: <http://paphos3rdage.org/committee.htm>

CONTENTS

Message from Chair	1
Committee News	2
Groups News	3-8

P3A Video Conferencing



Over the past 12 months, we have all missed the regular contact not just with family but with our P3A friends also. One or two Groups have successfully met on line using the newly popular "Zoom" and in response to requests from members, there is now a P3A subscription to Zoom to encourage more members to meet in your Groups online. This service is free to all Groups and is not limited to the free 40-minute meetings that many of us have used to chat to family and friends.

Zoom has been designed to be very easy to use and this is one of the reasons it has proved so popular. Obviously, Zoom is not a tool that a lot of our Groups can use for their normal activities, but if you think your Group could meet online, or even just have a catch up with other members of your Group, please speak to your Group Leader and ask them to contact me.

Simon Welch
Groups' Co-Ordinator

News from the Groups

P3A Photography Group.

For most of us 2020 will be remembered as an outstanding year, but for all the wrong reasons! We battled on courageously through the horrendous Covid 19 pandemic and all the misery and suffering that it bestowed on the world and we endured the nail-biting suspense of Brexit. But in true British fashion we stiffened our upper lips and kept going. As a result of which, thanks to careful planning and forethought by Group Leaders Chris Scorer and Tom Brown the Photography Group was able to enjoy at least some of the planned activities.

During the periods when restrictions were eased members were able to enjoy and learn from an excellent series of presentations by Tom Brown at Coral Star Restaurant, aimed at two levels – basic for members new to photography, and intermediate/advanced for more experienced photographers. These were interspersed with field trips – locally at Agios Georgios, Foinikas and Cap St. George, where members had the opportunity to put into practice the skills they had learned from Tom's presentations. Additionally, we had a two night stay in Potamitissa at the Ambelikos Hotel, (featured in the previous edition of Ad Lib) from where we were able to explore the surrounding areas with many photographic opportunities.

A photographic exhibition of Members work was due to be held at the Makers Space Gallery in Tala in the late Autumn, but unfortunately this had to be postponed due to the Coronavirus restrictions. However, we are now planning to hold this in May when we are hoping that there will be more freedom of movement.

Our photographic year concluded with an excellent Christmas lunch at D'Arcy's Restaurant which we just managed to enjoy before lockdown was re-imposed. At this event Tom Brown presented certificates to the winners of the quarterly photographic competitions, where members are invited to submit three photos each quarter – 2 into an 'Open class and one into a 'themed' class. Entries are normally critiqued and points awarded at one of our weekly meetings. Due to Covid that was not always possible but a slideshow of entries was sent out for all members to view and entries were critiqued and points awarded digitally. 'Photographer of the Year' was Chris Scorer, seen here receiving his certificate from Tom, with Michael Watts and Andrew Hogg taking second and third place respectively.



Congratulations to all the winners. Praise is also due to all members who submitted entries of a very high standard, giving the independent judges a hard time when it came to choosing the winning entries.

Photography con'td

Although we are still in lockdown we were able to hold the first of our quarterly digital photo competitions for 2021 in early February. Members were asked to submit three photos – two based on an 'Open' class with any subject of their choice, and one based on the theme for this competition which was 'Still Life'.

The large number of digital entries for this competition (nearly 60) proved that members were not just sitting at home bemoaning the lockdown, but were busy taking (within the limits of the lockdown restrictions) and editing photos to add to their portfolios and to select three for the competition.



These are copies of photos which scored the four highest points, all in the themed section of 'Still Life'.

Entries were expertly critiqued and points awarded by Steve Wright – himself a member of the Group.

All those of us who submitted entries were able to learn from his carefully thought out judgment. As all entries were submitted, judged and the results published on line we can now look forward to further quarterly competitions during the year, regardless of any lockdown restrictions which may still be in place.

We are now looking forward to expanding our membership and learning opportunities in 2021 and it goes without saying that we hope that this year will be a happier, healthier and more enjoyable experience for all of us.

Liz Unwin.

February 2021

Friday Walking Group (FWG)

Spring

Pardon the pun but the FWG really did land on its feet when Covid regulations were relaxed last May. Outdoor groupings were restricted to ten people, so the FWG quickly adapted to multiple pods of ten people, all operating independently of each other.

People had missed the social contact of group walking and there was enormous enthusiasm to make up for lost time. Coming out of the first lockdown some of our walkers were more cautious than others but we respected social distancing and wore masks appropriately. An important feature of our walking events is a good social catch up with friends afterwards, over beer and some typical Cypriot food in a popular taverna, sitting outside in the fresh air.

FWG went to the Troodos for a long weekend early June – it was so successful that we did it again in the Autumn. The trip to Radstadt, Austria scheduled for the last week in June was deferred till 2021. Our planned October trip to Transylvania, Romania was also postponed to 2021.

Summer

Post lockdown, the Summer came up very quickly and we took the decision to walk Friday evenings right through the hotter months. Of course, with the humidity and heat we were less energetic and spent more time socializing in the taverna. Walking right through the Summer is an acquired taste – the group dynamic provides a powerful incentive – and it's an opportunity to retain fitness levels.

Autumn

Approaching the Autumn, the FWG was attracting a regular stream of guest walkers, with many applying to become new members. FWG is rather unusual, placing almost as much emphasis on socializing as walking, for example, tenpin bowling, minigolf, Sunday lunches, barbecues & group evenings out - it is also well known for its overseas hiking and cultural holidays, all organized by our members. The group seems to operate best when we restrict the number of walkers to circa thirty. Indeed, we were getting so popular that we reluctantly closed our membership till October 2021. The group relies on members' leading a walk and finding a taverna – there's enormous enthusiasm and diary slots are filled in days, often oversubscribed many times - FWG quickly had a full group programme to June 2021.

Winter

For the third year running, the group had its Christmas Party at Gustoso Restaurant in Paphos – this year we had six tables of six – place settings were chosen randomly out of a hat, mixing old and new members very effectively. The atmosphere was truly amazing and provided a wonderful memory because next day restaurants were all closed as part of Covid restrictions. Responding to Government decrees, we had to cancel group walks throughout Winter but most of our members are avid walkers and continued to hike as part of their daily exercise allowance.

Friday Walking Group cont'd

At time of writing, restrictions on group walking are still in place. But FWG will be out walking as a group the first available Friday, adjusting to whatever new regulations are in place.

When the P3A Committee announced the group's Zoom Account, a great initiative, the FWG again was quick off the mark booking a regular slot for Friday's between 4pm and 6pm.

Each week one of our members shares and leads discussion on a different subject. The primary theme is 'Out & About' with the secondary theme being 'What We See, Hear, Smell, Touch & Taste'.

To give you a flavour, last Friday Kathy & Chris Sewell shared a very professional Powerpoint presentation entitled 'A Thousand Miles in Lockdown, on Foot'.

This week, Chris Morgan, is leading with "Spring Flowers of the Pykni Forest, Peyia" – as he's out with his camera most days and is our resident botanist, this promises to be another success.

We quickly realized that Zoom, aided by photos in Powerpoint presentations, would be an ideal medium to update members on planned group trips including:

- Pan Handle, Northern Cyprus – May, 2021
- Radstadt, Austria – June, 2021
- Transylvania, Romania – October, 2021
- Zakopane, Poland – June, 2022

If circumstances change, the group is ready to move decisively but important decisions are normally taken after a straw poll of our members.

We look forward to being back on the hills with our friends, hopefully very soon.

Unfortunately, we end this update on a sad note remembering the passing of four of our members, including Tony Campbell, Paul Connor, David Greensmith and Burckhard Frank-Lindner – on behalf of the group we once again offer the families our condolences.

Alf Oldman

P3A Computer Technology Group (CTG).

The P3A Computer Technology Group (CTG) has been 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 aim to cater to those members at the basic end, and the advanced Tech' levels.

One-to-one sessions will allow those confused about Computers to gain confidence when safe physical meetings hopefully become possible again later this year. (Covid regulations permitting)

For new computer users, simple tasks like using and writing emails etc. Use of Word or similar applications'; understanding Social Media like Facebook, Twitter etc and their uses.

Safe online practices, Personal security, organizing photo storage, making better use of smartphones and online storage are among the many topics that are planned in the coming months.

For the more experienced members, topics will cover higher levels of expertise and extend to Technologies that are impacting our daily lives.

Due to the ongoing Covid situation, the Group meetings are being run with Zoom video conferencing until further notice.

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

Group Leader.
Derek Noronha

Discovering and Exploring the Real Cyprus Group

Post Covid restrictions—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.

Have a look at the photos on <https://photos.app.goo.gl/CsyzxiXuFtFQYeEE7> to learn more. A typical hard day's discovering.

If any of any of this appeals to you contact Brian or Suzanne Brianandjeanincyprus@gmail.com 96136047 You will be most welcome.

Fiction Book Group



Zooming Marvellous

Back in March 2020 when Cyprus first went into lockdown we thought it would just be a temporary measure and life would quickly get back to normal. Dream on.

In the Fiction Book Group we continued to read the books on our reading list and for a couple of months members continued to submit their comments and scores so I could write a review.

Naturally we missed our face to face meetings but this was better than nothing and it kept members interested and involved.

It wasn't long before Zoom became the buzz word in the media and we seized the opportunity to resume our monthly discussions face to face as it were.

We are fortunate to have tech-savvy Paul Clarke as a member. He was the one who kindly agreed, and continues, to set up our meetings on Zoom and more recently said 'It is business as usual for the Book Group despite the Covid pandemic, because all the members have adapted perfectly to the challenge of video conferencing.' What a relief! That is not to say we haven't had some hiccups.

We soon learnt that turning on the video is essential if you want your fellow members to see you and switching on the audio helps if the rest of the group are unable to lip read. Oh, and seeing more than the top of your head is really good if you want everyone to recognise you. Nobody can see if you still have your slippers on but Michelle in our group thinks that's certainly a bonus.

When I asked members of our group to contribute to this article, a consistent message emerged. Zoom had provided the means to stay connected, stay interested, stay motivated and stay normal. We have continued to enjoy stimulating and challenging discussion from a broad range of genres and authors and are encouraged to read books that we would have never considered buying. That's what we like about Book Group and that's why we've been book lovers all of our lives.

When Suzanne from the group quoted Cicero; '*if you have a garden and a library, you have everything you need*', she added that along with Book Group and Zoom, all have provided some much needed sanity in the long year of Covid. And so say all of us.

Karen Henderson
Fiction Book Group