

AD LIB

The magazine of
Paphos Third Age



www.paphos3rdage.org

Editors: Keith and Marian McEwen

April 2020

Welcome to

AD LIB EXTRA



KEITH ADAIR

Sends his message from the chair

Dear Members,

Wherever we may be, we are all affected by the pandemic. For the “swallows” presently in the UK, Germany, Australia, the USA and elsewhere, we hope it’s not too long before you are able to return to Cyprus.

As the prospect of continued social restrictions stretches out in front of us, it is going to be some time before the resumption of group meetings. In the meantime, in this extra and slightly shorter edition of Ad Lib, we share with you some of the ways in which groups are adapting. There are anecdotal accounts of a different way of life and some links to internet material which may be of interest.

Stay healthy and if you are aware of vulnerable members please make regular contact with them and provide help if you are able to.

Stay safe.

Best Wishes
Keith Adair

P3A committee members

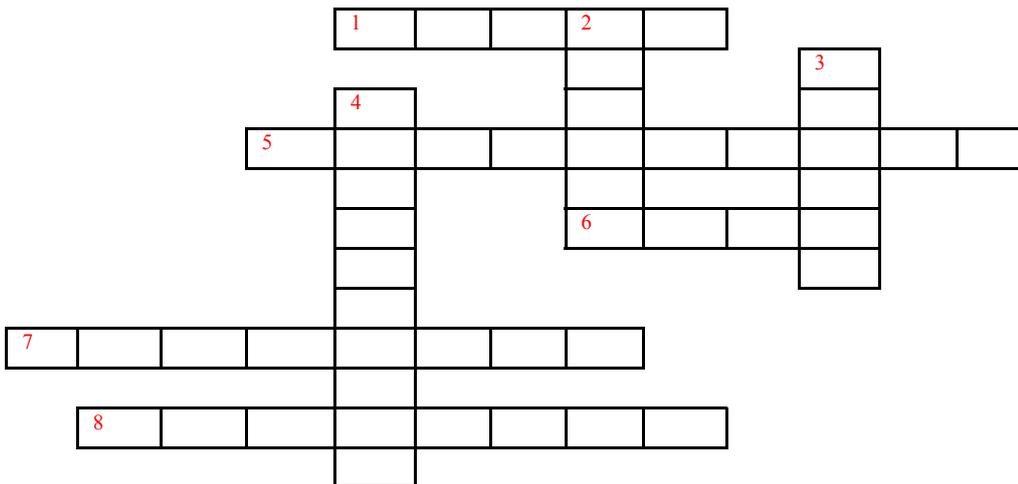
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Contact details: <http://paphos3rdage.org/committee.htm>
Facebook Page [Facebook/P3A](https://www.facebook.com/P3A)

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C R O S S W O R D



KAREN'S CROSSWORD 3 CLUES

ACROSS

1. Gravestone symbol representing long life
5. Century in which bubonic plague first reached Britain
6. Surname of the designer of Bath's Pulteney Bridge
7. Old name for a goldsmith
8. London district in which the city's first coffee shop stood

DOWN

2. First name of the patron saint of nurses
3. Country in which Sir Francis Drake died
4. Name of the last convict ship to leave Britain, in 1867

(Answers page 9)

A Teacher in Beijing wrote:

This is from a teacher in China reflecting on lock down. It's really nice. Definitely worth a read ... gives hope

We are just finishing our 7th week of E-Learning, seven weeks of being mainly housebound and seven weeks of uncertainty. We are healthy, we are happy, and we are humbled.

We are allowed to move around freely now with a green QR code that we show when we get our temperature taken. You get your temperature taken everywhere, and it's just become part of the routine. Most restaurants and shopping centres are now open, and life is coming back to our city.

As we watch the rest of the world begin their time inside; here are some of my reflections on the last seven weeks:

1. Accept that you have no control over the situation. Let go of any thoughts of trying to plan too much for the next month or two. Things change so fast. Don't be angry and annoyed at the system. Anxiety goes down, and you make the best of the situation - whatever that might be for you. Accept that this is what it is and things will get easier.
2. Try not to listen to/read/watch too much media. It WILL drive you crazy. There is a thing as too much!
3. The sense of community I have felt during this time is incredible. I could choose who I wanted to spend my energy on - who I wanted to call, message and connect with and found the quality of my relationships has improved.
4. Appreciate this enforced downtime. When do you ever have time like this? I will miss it when we go back to the fast-paced speed of the 'real world'.
5. Time goes fast. I still haven't picked up the ukelele I planned to learn, and there are box set TV shows I haven't watched yet.
6. As a teacher, the relationships I have built with my students have only continued to grow. I have loved seeing how independent they are; filming themselves to respond to tasks while also learning essential life skills such as balance, risk-taking and problem-solving, that even we as adults are still learning.
7. You learn to appreciate the little things; sunshine through the window, flowers blossoming and being able to enjoy a coffee in a cafe.

To those just beginning this journey, You will get through it. Listen to what you are told, follow the rules and look out for each other. There is light at the end of the tunnel.

What a sobering lesson from this Teacher, Hope it helps

Rosie Christie - Yoga

For my yoga class , I've made these two videos. The yoga one has gone to them. I've had some feed back on the yoga saying they were thrilled and will use it everyday.

Feel free to share these with any groups in the P3A because these can help all people.

Take a look first at both, the yoga one is such fun, and easy to do, and Toby dog would lift anyone's heart.

Two of the group came to participate before the shut down, so there's banter added. Lol we had such fun making it.

The affirmations will help everyone, as fear is prevalent for many now.

Thank you for reaching out to us all, for now is a time to share and care for each other more than ever!

Kind regards

Rosie Christie. - Yoga Instructor.

Affirmations

<https://youtu.be/w-nCTmjSKjA>

Full one with Toby

https://youtu.be/Ez_eOWk_Zg0

Learn more about the Earth from Earth Sciences

The COVID-19 pandemic should make us wonder more about the fragile nature of our planet. In Earth Sciences we try to understand the past, the present and the future of Earth's intricate systems. This interest has led in the past to our members enrolling in a series of free distance learning courses. Part of the learning was through short plain language videos, which we copied with the idea of re- using them at meetings on "rainy days".

Well the rainy days are here and it's time to share this extensive collection of five-minute videos. As you might expect their content pertains to the study of the Earth, from its formation, through its evolution, to today's challenges like climate. The first series, comprising fourteen videos, is ready to send to those who may be interested. Two or three will be emailed at a time and sent out at suitable intervals.

Even though you may not be a regular Earth Science member this offer is made to P3A members with an interest. To be included please contact Keith or Anneke at -

<http://paphos3rdage.org/Earth-Sciences>

Brian Twigger Bridge

We are very lucky that Bridge can be played online, so although we missed 2 weeks of normal Group play, we are now nearly fully operational online.
Here's a quick heads up:

1. Ian Hines' Wednesday Intermediate Group is playing high quality competitive bridge online.

We have embraced the other non-P3A Bridge Clubs in the Paphos area and linked with the CBF (Cyprus Bridge Federation)

In the event the CBF have generously permitted us to join in their activities, temporarily without Affiliation.

CBF Chairman, Philippos Frangos has enabled competitive online bridge for us, that we could not have done on our own. We owe him a massive debt of gratitude. I hope that the Paphos Council Officer responsible for registration is still working and chasable by phone or email?

We played on Monday, Wednesday and Friday this week and we are up to 36 players participating. Ian has worked tirelessly and continuously to make this happen.

2. Sue and my Monday Improvers' Group will go online on Monday with a target of 40 players, replicating what we do at Angelika's hopefully with a Zoom video conference to emulate our much-loved coffee break!

We are particularly reaching out to our lonely, aged, less computer literate P3A Members.

When we are running, we could easily welcome folk who have played in the past and even potentially sign up new P3A Members during the "lockdown".

My next job is to re-start my teaching and coaching online.

For more information contact Brian at brian.twigger@gmail.com

10th Anniversary Gala Dinner

One of the casualties of the current situation is the Gala Dinner to celebrate our 10th Anniversary which was to be held on 28th May.

The event has now been cancelled.

Bookings had reached almost twenty tables with still two months to go before the event so it looks like the Ballroom would have been full. We therefore hope that this will be a postponement to sometime in the future when we all feel safe at such large events once again.

From Hugh Atkinson:

Meanwhile, the Lockdown is a NIGHTMARE !

This lockdown and self- isolation is a nightmare. Here we are stuck in a villa overlooking a boring empty beach, watching the monotonous waves breaking on the sand. We have no thumping pop music from the beach cafes to listen to and no tourists to entertain us as they turn lobster pink in the sun. And we miss those pretty jet skis that zoom around the Bay between the cruise ships playing their delightful serenades.

Sadly we can't tap our feet to Elvis belting it out at Blazing Saddles late into the night: nor can we chat to the restaurant owners on the Coral Bay Strip encouraging us to taste their fare.

With the draconian lockdown legislation there are no roaring quad bikes racing by creating clouds of dust to excite us and the lack of traffic makes driving rather boring. The deserted ghostly villages are rather dreary too. And of course, we miss the heady scent of diesel and carbon monoxide.

Now we have to watch cheeky swallows swooping down to drink from our pool before soaring into the sky to chase off the hovering kestrels. Below, the kittens keep chasing the butterflies on the lawn. Gulls sail in the wind . . .

A nightmare?

No, it's a dream come true!

Have a good day

+++++

Diane James Signing Group

Greeting to everyone from the sign language group.

This very trying time for us has created a wonderful opportunity for the sign language group. It has allowed us to create our own supportive community.

We have started a WhatsApp group, with which all our members in Cyprus and those stranded overseas, stay in touch and share their news.

We are trying to create our own videos each day using our sign language skills, with mixed results. What we lack in expertise is made up with enthusiasm! As the boredom sets in I'm hoping we will interact more and start telling jokes in sign.

The videos enable us to stay in touch, practice our sign language and learn new signs. We are keeping it light and fun while all the time increasing our skill level and creating a caring community.

Stay safe.



Stay home.





Supermarket and Food supplies

Below and on next page are the contact details for those wishing to order Supermarket supplies for delivery. Also a list of restaurants offering a Take Away service. Thanks to Brian Chalcraft who compiled the list .

GARDEN OF EDEN Ο Κηπος της Εδου

Order by phone - 26600813 - 26600829 or 26934809

Order €20+ - payment by cash or card

Pre 12 noon for same day delivery. After 12 noon, next day delivery

Delivery to Paphos, Geroskipou, Salamiou, Mesogi, Tala, Chlorakas and Kissonerga

SUPERMARKETCY

Shopping and delivery online. They deliver to Nicosia, Limassol, Larnaca, Paphos & Famagusta

<https://www.supermarketcy.com.cy/>

PHILIPPOS

Minimum order €100. Delivery service available every day from 8am to 3pm. Elders and vulnerable will get priority. Payment by cash or card.

Order by phone 99476710 or message on Facebook

The Farmyard	Kathikas	Collect only	Thurs, Friday, Saturday	4pm till 8pm	The Farmyard	70009696
The Flying Dragon	Chlorakas	Call to confirm	Tues, Wed, Thurs, Fri, Sat, Sun	Tues - Sat 11am - 2pm evenings & Sun 5pm -11pm	The Flying Dragon	96774055
Poppadums	Coast Road, Chlorakas	Call to confirm	Daily	5pm till 9 pm	Poppadums	26 949435
The Curry House	Kato Paphos	Call to confirm	Call to confirm	5pm till 10pm	The Curry House	99 864607
The Imperial Chinese	Kato Paphos	Call to confirm	Call to confirm	6pm - ???	The Imperial Chinese	26 954010
The Maharaja	Kato Paphos	Call to confirm	Mon to Saturday	5pm till 10pm	The Maharaja	99 433 953 26 935 955
The Rugby Arms	Kato Paphos	Call to confirm	Call to confirm	Call to confirm	The Rugby Arms	99 716250
Searays	Agios Georgios	Call to confirm	Call to confirm	Call to confirm	Searays	99617415
Tavernaki	Mesoigi	Call to confirm	Call to confirm	Call to confirm		99 058122.
Easymeals	Tala	Call to confirm	Call to confirm	Call to confirm	easymeals	96632003
Wagamama	Paphos Mall	Call to confirm	7 days a week , call to confirm	12 till 11pm	Wagamama	77 77 70 78
Rignano	Paphos Old Town	Call to confirm	7 days a week , call to confirm	12 noon till 11:30 pm	Rignano	77.77.78 .72
Oliver's	Paphos	Call to confirm	Mon to Saturday	9am - 5 pm Mon-Fri, 8:30 -13:30 Sat	Oliver's	99750073

Supermarket Delivery Services

PAPANTONIOU SUPERMARKET

Free delivery for orders over €100 and providing the location to deliver is within 10km distance from a Papantoniou store. Priority given to elderly and vulnerable.

Place your order by email, fax, fill in the form online [see below] or phone:

	email address	Tel
Paphos	20001@papantoniou.com.cy	26 936600
Chlorakas	s0002@papantoniou.com.cy	26 270128
Kato Paphos	s0003@papantoniou.com.cy	26 911000
Polis	s0004@papantoniou.com.cy	26 815200

You will then be contacted to confirm product availability, total value, payment method [cash or card] and schedule the delivery.

General enquiries - email customer.services@papantoniou.com.cy

Website: <https://www.papantoniou.com.cy/en/>

Pick up service - email, phone or there is now a form you can fill in on line - and, if you wish, then you just pick up from the store [orders €70+] <https://www.papantoniou.com.cy/en/pickup-delivery/>

CROSSWORD 3 ANSWERS

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Ad Lib in June

The next scheduled edition of our Ad Lib magazine is due out in June.

As June is the actual 10th anniversary month for Paphos Third Age we would like to make it an 'Anniversary Special' looking back over the past ten years.

If any of you have memories you wish to share, photographs, stories of Group activities during that time do please send them to us by 20th May. If we do get many we must reserve the right to edit as necessary.

Send them to :- marianadlib2020@gmail.com

Obviously we would also like to hear of any current activity your Group may be up to at this very strange time.

Marian & Keith

MARSHALL MISSISSIPPI TODAY
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**GIVE THE
GIFT**
that shows
**HOW MUCH
YOU CARE.**



A little ditty.....sent in by Ken Jones

I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s -
If you only knew the truth!

There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full

But to bury us before we're dead
Is like a red rag to a bull!

So here you find me stuck inside
For four weeks, maybe more
I finally found myself again
Then I had to close the door!

It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no bloody flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this bloody virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!