



October Newsletter

A big warm welcome is extended to all our members with this, the October issue of our club newsletter. Now that the weather is gradually cooling down we are hoping that our groups will soon be back in full swing both in terms of activities and attendance.

It is not long to go now before our 'Autumn BBQ' and everything from the committee organisational perspective is in place. However, we still need to finalise the distribution of tickets to everyone who has reserved a place. This is extremely important as we need to collect the monies in advance in order to finalise the quantity of BBQ food required. So we need your help by contacting a committee member to speed up the process of final ticket sales.

Further to the recent questionnaire circulated by Carol Anderson; We have been in discussions with the management of 'Restolake'. The purpose of which is in securing a preferential deal for hiring the small geometrically shaped building that graces the side of the main area. Generally together with a separate external Bridge group we have received confirmation that they and the U3A will be privileged users of this space. Currently, although further negotiations may be required, it has been agreed that individual groups using-the space will be charged one euro per head which is to be handed over to 'Restolake', plus the promise of course of the users of this space purchasing drinks from the counter. We will prepare a schedule of 'usage days' for individual groups to fill in.

Although a firm date has yet to be set, this is an early heads up regarding our end of year AGM . Almost certainly some of our committee members will not stand for re-election so we will be looking for enthusiastic new blood to come on-board. **Could it be You ?**

Don't forget if you misplace your newsletter you can check out our website www.u3alarnaca.club

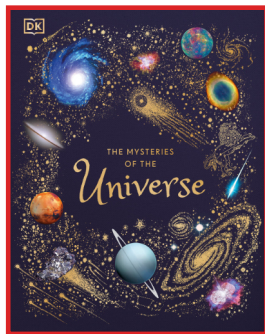
Current Committee

Position	Name	Phone	Email
Chairperson	Carol Anderson	96533217	
Vice Chairperson	Geoff Penn	96396528	
Group Coordinator			
Treasurer	David Barraclough	99512561	
Secretary	Barry Bicknell	99876443	
Social Secretary	Kevork Hovsepian	To Follow	
Meal Club Secretary	Jacky Durrant	99220526	

Days When Groups Normally Meet

	Morning	Afternoon	Evening
Monday	Beginners Bridge Sounds, Like The 70s	Scrabble Pilates	
Tuesday	Painting Brunch Bunch Computer Skills Line Dancing	□	
Wednesday	Pilates Astronomy U3A Fun Quiz	Yoga	Ancient Civilisation
Thursday	Beginners French Tuition	West End and Broadway Shows Movie Group	
Friday	Book Group English Monarchy (various Days) Backgammon	Patchwork and Quilting Other Clean Crafts Genealogy	
No Set Day	Charity Events Exploring Cyprus	Greek Conversation Boules (Sat Afternoon)	Page 2

ASTRONOMY & COSMOLOGY Carol Anderson

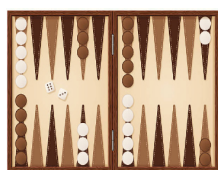


After a long summer stretching into autumn, the Astronomy group will meet once more at Restolake on Wednesday, 19th October at 11:00 to marvel at the unexplained composition of our universe. The “visible stuff” that we consider to be the main ingredient of our universe, i.e., stars, planets, moons, asteroids, etc. makes up be a mere 6% of our universe. The rest is the great unknown. Another 26% of our universe is composed of matter which is invisible and unknown to us. Hence the term “dark matter”. And a greater percentage (65%) of our universe is not even made up of matter; it is rather a mysterious energy, originating from unknown sources, which is expanding our universe at an ever-accelerating speed.

While we are still “in the dark” about how these elements arose and what they are made of, the session on Wednesday will take us through the efforts of cosmologists to unravel these unknowns.

This is one of the top issues in Astrophysics and Cosmology, and this video gives a solid background to help us understand what little we know about the “stuff” and why research is increasing on these issues.

BACKGAMMON Serge



Our Backgammon sessions are now held on Wednesday mornings from 10am to around noon. The venue is ‘Restolake’. All members are invited to join us for this stimulating and engrossing board game. This invite includes complete beginners to come along and join in the fun. Although Serge will provide backgammon boards, if you have one bring it along. Contact Serge for further information.

BOOK GROUP Margaret Gross



On Friday 14th October at Restolake we will review and then, besides that, have further discussions regarding our new ‘Reading List’ The Meeting will start at 10.30 but as always come along earlier to get a drink in lieu of us having to pay a rent.

BRIDGE Errikos Leonidou



Bridge has now returned to the Flamingo Hotel, ‘Face to Face’ That is every Monday at 5:30 pm and Every Tuesday at 2:30.

Contact Errikos as above for further information.

BRIDGE FOR BEGINNERS CAROL ANDERSON



Advanced beginner’s bridge will be held on the **10th October** at 10:00 at my home in Oroklini. I will ask Errikos to offer you a lesson at my home on the **31st October**.

Beginner’s bridge will be held at my home on the **3rd October at 10:00** if all of the students have arrived in Cyprus from their various travels.

The second session will be held on the **17th October at 10:00**. Please let me know in advance if you can or cannot attend. There is still space for brand new beginners to join this class, before the others get too far ahead. Just let me know.

BRUNCH BUNCH Par Beaver

Our Tuesday get-together's remain an important part of the U3A diary when members and their friends can chat about U3A activities and plan together their programme of events for the coming month. This group also remains the first port of call for new members to get to know others. So join us at 10am for an all exclusive reasonably priced breakfast at 6.50 euros or indeed later for a coffee.



Next meeting is Tuesday 4th October at the Tuck Inn Finikoudes (Nearby to Larnaca Fort)

CHARITY EVENTS

There are no charity events scheduled for the moment. Janet is still eagerly awaiting offers from members to host charity events either over the summer or in the Autumn.

COSMOLOGY +GROUP John Palmer / Carol Anderson

Our scheduled discussion in October that was to be held on the 22nd in Limassol has had to be cancelled due to the presenter's inability to return to Cyprus. But we are moving forward and will continue to present ever-more interesting and thought-provoking cosmological issues in the next few months, starting in November. If interested in joining the discussion group, drop John Palmer or myself a note. (In the meantime, interested individuals may wish to join the U3A Astronomy/Cosmology group that will meet on 19th October at Restolake in Oroklini.)

EXPLORING CYPRUS

This group is taking a break for the moment. It has been quite difficult to find sufficient people to fill a 20 seater coach and venues closer to home for car sharing are not that numerous., making it difficult to arrange suitable outings. I will have a think about the best way to proceed and update those who are interested in this group in the next newsletter. Suggestions for places to visit welcome

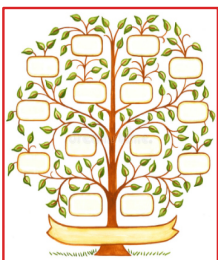
GREEK CONVERSATION vathoula Klumbies



The format for our Greek conversation group depends on where I am currently located , and is either in the form of face to face meetings or by video call . At the moment I am located in Cyprus and therefore a good time for you to contact me, as above, for a face to face meeting to discuss the purpose of the group. Please note this is a conversation group for people with a knowledge of Greek and is not suitable for members wishing to learn the language from scratch.

GENEALOGY / SOCIAL HISTORY Geoff Penn

First and foremost the objective of this group is to explore and develop our own family trees. Group participation then follows assisting each other in breaking down those tricky barriers which prohibit final conclusion to certain branches of our heritage. Such studies then often lead to forays along paths of social history especially stories from our past and recollections passed on by relations from years gone by.



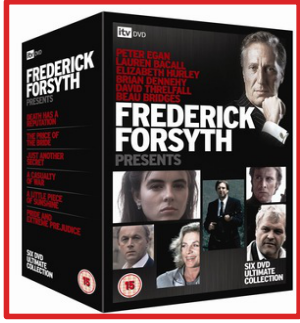
Generally too, one of our members, will research and present a short talk on a Genealogical related subject.

Contact Geoff if you are interested in coming along.

LUNCH & DINNER CLUB JACKY DURRANT

Our Restolake BBQ on Friday 21st October is, in a sense, our next L&D club date with Jacky having played a major role in its organisation. And so we will let you know the venue for November as soon as we have decided.

MOVIE GROUP



The Movie Group meets on the second Thursday of every month at 2pm at John's home in Aradippou. At our next meeting on Thursday the 13th October we will be watching the spy story "Just another Secret", based on the book by Frederick Forsyth,

When Five CIA agents go missing in East Germany, top American agent Jack Grant (Beau Bridges) is sent undercover to try and find out what happened to them. Having slipped into East Germany, masquerading as a concert musician, Grant starts snooping around, using his persuasive talents to get inside information from within the Communist organisation. But what he discovers surprises him as a forthcoming visit by Mikhail Gorbachev looks like it is going to be blighted by an assassination attempt.

We are a small friendly group that watches a varied selection of films chosen by the group members. If you would enjoy an afternoon in front of the TV watching a movie, especially as the winter months approach, then please come and join us. John provides tea/coffee and biscuits. It is important that existing and new members of the group let John know in advance if they intend to attend so that he can organise seating. Please email or phone him to let him know.

PILATES & YOGA Gillian Armstrong



Gillian's classes are held on the following days: Monday at 2pm for Pilate's and Tuesday at 10pm for Yoga subject to holidays etc. Both classes are held in her air conditioned home studio which is located near to Stelios Supermarket in Levadia. Cost is 5 euros per session. You will need to bring a towel, Contact Gillian

PATCHWORK & QUILTING Lynne Moses



For those interested in pursuing the art of 'patchwork and quilting. Please contact Lynne as above to make arrangements to join her.

PAINTING GROUP Liz Naepflin



At our September meeting we picked up our brushes and resumed our doodling, zen tangles, dot art and sketching. Interesting techniques of that we are eager to pass on to anybody who would be interested in joining our happy throng of artists. Everybody is welcome to join us no matter how skilled you are or even if you are complete beginners.

A note for your diary is the 22nd November when our 'Art Group' will be holding a Charity Art Sale at the same venue as last year.:-

The E.E.K.A.Restaurant..Piale Pasa / Opposit Macou Cafe. Opening time 10 am to 12.00.

Contact Liz, as above, for more information.

SCRABBLE Tricia Cooper



With most of us now back on island our scrabble sessions fully resume on Monday 26th September at 2 o' clock. We welcome new members including beginners. We meet in various houses but mainly in Oroklini or Larnaca.

For any further details please email or phone me as above

Solo's Friendship Group. Joy Bett

The friendship group is proving to be a lively and expanding group.



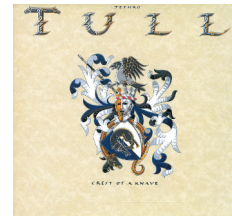
In September we met for an afternoon tea and this gave us an opportunity to talk and listen and find connections with others. Our thanks go to Janet Swainger for opening up her home and superbly organising this event.

Several suggestions have been put forward for the October venue. The date will depend on the activity chosen and details will be announced in a stop press.

In the meantime members can contact each other via the email list for more spontaneous arrangements.

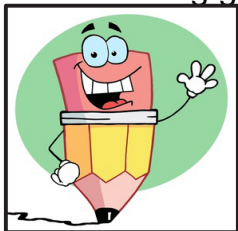
SOUNDS, LIKE THE SEVENTIES Geoff Penn

Jethro Tull are a British rock band formed in Blackpool, England, in 1967. Initially playing blues rock and jazz fusion, the band soon incorporated elements of English folk, hard rock, and classical music, forging a signature progressive rock sound. The group's bandleader, founder, primary composer and only constant member is Ian Anderson, a multi-instrumentalist who mainly plays flute and acoustic guitar, and is also the lead vocalist. So it was towards 'Jethro Tull' that we turned our attention at our September meeting. Give me a call if you are interested in coming along to a session



The INSPIRATIONS WRITING GROUP

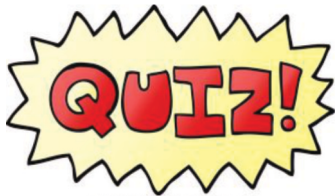
As the writing group starts up again I should like to encourage new members to join us..We are a very friendly group who write in response to a stimuli and then share our work in a supportive environment. There will also be time during each session for members to read and discuss their own writing.



This month the format will be slightly different as I went on a workshop in the summer and I should like to share the work of Niles Shukla on "Telling Your Story"

The venue for October will be my flat in Paralimni on Thursday 13h October at 11-30.

U3A MONTHLY FUN QUIZ Geoff & Janet Penn



As scheduled our fun quiz started up again last month with six teams participating. At least two more of our regular teams are expected to join us at our next session on Wednesday 12th October.meeting at 10am for a 10:30 kick off. Time therefore to buy a drink at the counter, as you know we do not pay for the room!

If you would like to participate on a regular basis but do not currently belong to a team contact Geoff as above who will arrange an introduction to a team short of players.In addition we welcome members to come along as floating substitutes to join those teams which might be short on the day. As a reminder a team comprises four persons two of which need to be U3A members. All mobile phones to be switched off and kept clear of table top.

Jerms	35.00
Busy Bees	34.00
Jam Dodgers	30.00
Us & Them	28.00
United Nations	26.00
Anna & Co	25.00
Bee Gee's	0.00
Team Scandinavia	0.00

WEST END & BROADWAY Judith Mansell

For my next screening I intend to show the wonderful RIVERDANCE on Thursday 27th October at my home at 2.00 pm . If you are interested please let me know as soon as possible so that I can organise seating etc. I will send out reminders a week in advance to all those who have registered their interest with me.



For any new people wishing to attend please confirm your interest to me by email Please include your telephone numbers..