



November 2022 Newsletter

A big warm welcome is extended to all our members with this, the November issue of our club newsletter.

An important date for your diary is Friday 9th December when we will be holding our U3A Annual General Meeting. We are still deliberating with regard to the venue and time but these will be confirmed within the 'AGM' information pack soon to be distributed to all fully paid up members.

If feedback is anything to go by Our 'Autumn BBQ' proved to be a great success especially with 92 attendees. Many members passed onto us their thanks for a nice well run evening. It certainly was a relief, to us committee members, that following the afternoon's torrential rain and widespread local flooding that the event was able to take place. The BBQ food was very good and the singer was excellent too. Restolake is not the best venue from an acoustic perspective but it suited our purpose of having a secure site where we could control access for paid ticket holders only. Any further comments, good or bad are welcome by emailing myself or another committee member.

Following discussions with the management of Restolake it has been tentatively agreed that we can use the small geometrically shaped building (that graces the side of the main area). This area is ideal for use as a games room, crafts area, as a video room etc. There is a small charge of one euro per person to cover electricity costs etc. We need to organise a proper means for collection of these monies but for the time being Group leaders are to retain the money for later collection.

As per usual The Dhekelia Base have a firework display organised Tickets are available at a cost of 5 euros per ticket from the Thrift Shop.

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

Regards Geoff.

Current Committee

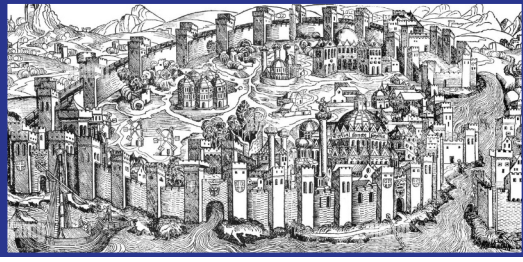
Position	Name	
Chairperson	Carol Anderson	
Vice Chairperson	Geoff Penn	
Group Coordinator	David Barraclough	
Treasurer	Barry Bicknell	
Secretary	Kevork Hovsepian	
Social Secretary	Jacky Durrant	
Meal Club Secretary		

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

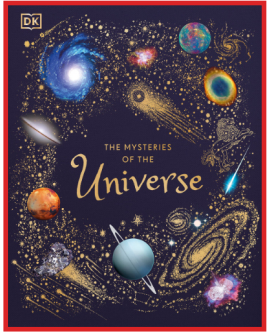
ANCIENT CIVILISATIONS Catherine Yates

Our tour of Cities in the Ancient World will come to an end in November. We will see Roman influence in the colony of Timgad, situated in modern Algeria which was founded by the emperor Trajan in AD 100. It was used as a military colony, whereas, Karanis was an agricultural community in the Fayum area of Egypt, south west of Cairo. Constantinople, the last ancient city, serves as a bridge between the cities of the ancient world and those of the medieval period. Its late Roman design became the model for medieval cities, with massive walls and the prominence of its churches..



I propose to continue our Ancient Civilisations with a series on 30 great masterpieces of the ancient world. In order to accommodate all those interested in these sessions, at least for the foreseeable future, they will take place at 2 different times on the same evening in such a way as to keep safe and happy.

ASTRONOMY & COSMOLOGY Carol Anderson



A change of program last month means that the our proposed forays into the unexplained composition of our universe will be our next session when Carol returns from France. The “visible stuff” that we consider to be the main ingredient of our universe, i.e., stars, planets, moons, asteroids, etc. makes up to 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.

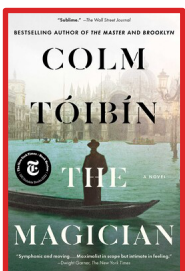
This is one of the top issues in Astrophysics and Cosmology, and this video gives a solid background to help us understand what little we know about the “stuff” and why research is increasing on these issues.

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



The next read for the group is The Magician by ‘Colm Toibin’ to be reviewed by Barbara on Friday November 11th

As always we meet at Restolake 10 for 10.30 and we ask you buy a drink in lieu of rent ,look forward to seeing you there. We welcome new members please contact Margaret as above.

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

The new programme for Advanced beginner's bridge will be circulated upon Carol's return from France



BRUNCH BUNCH Pat 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 1st November at the Tuck Inn Finikoudes (Nearby to Larnaca Fort)

CHARITY EVENTS

There are no charity events scheduled for the moment. Janet is eagerly awaiting offers from members to host charity events at their homes such as coffee mornings, games / Beetle Drive etc

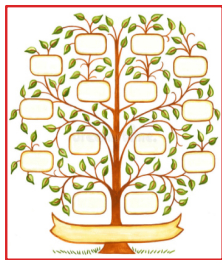
GREEK CONVERSATION vathoula Klumbies



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. For example last month we explored burial practices through the ages

Contact Geoff if you are interested in coming along.

MOVIE GROUP

The movie group will meet as usual on the 10th November at 2pm at John Leggett's home in Aradippou. This month we will be watching "Men of Honour" starring Robert de Nero and Cuba Gooding Jr.



Based on a true situation, the film tells the story of Carl Brashear (Cuba Gooding Jr.) is an ambitious sharecropper who joins the U.S. Navy to become the world's first black master diver. But as he works through diving training, the bitter and racist Master Chief Billy Sunday (Robert De Niro) sets out to make Carl's journey as difficult as possible. Despite the entire Navy doubting his potential and sabotaging his training, the determined Carl proves that he can overcome the discrimination around him.

As usual, please let John know if you will be coming so he can ensure there is enough seating. New members are always welcome.

LUNCH & DINNER CLUB JACKY DURRANT



Our next lunch time date will be held at the 'Ristorante Spaghetteria Italia' On Thursday 24th November at 12.30 for 1.0 pm. It is a small family run restaurant located behind 'Wagamma' Jacky has secured a 10% discount off the food with drinks at menu prices. There is street parking nearby.

To register your interest please contact Jacky by 17th November latest, spaces will be limited. The menu (which is available on line) will be circulated later to those interested members.

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, SEWERS, KNITTERS & QUILTERS Lynne Moses



Now that we are back to using the smaller side room at Restolake and In order to attract more members across the sewing and knitting community. I have decided to rename the group as above to be more inclusive to other dedicated crafters.

I wanted to keep our original identity but also welcome those who wanted to sew or knit in all its forms, but didn't have a group they could access. With a wide mix of expertise of skills I hope the group can flourish in passing on those varied skills to new members who are thinking of taking up a new craft.

We currently meet on the third Friday of each month at Restolake at 2p.m. in the small side room. As there is electricity available, sewing machines can be readily used and the tables are much more sturdy than those in the awnings. Our last meeting saw cross stitchers, quilters, a knitter and a sewer, so already a variety of crafters meeting.

A small fee of One Euro per person is payable each time, to the U3A, to cover use of room, electricity or heating, collected by me and passed on to the committee plus an agreement to purchase a drink from the café.

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.

You are cordially invited to attend our Exhibition of Art Work at the :-

The E.E.K.A.Restaurant..Piale Pasa / Opposit Macou Cafe. Opening time 10 am to 12.00 on Tuesday 22nd November 2022 .

Where you can purchase a wide variety of

Original paintings, bookmarks, prints and Christmas cards etc,

The money raised goes to different charitable organisations.



SCRABBLE Tricia Cooper

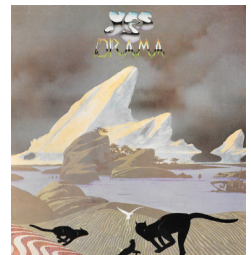


With most of us now back on island our scrabble sessions fully resume on Monday 26th September at 2 o' clock. We welcome new members including beginners. We meet in various houses but mainly in Oroklini or Larnaca.

For any further details please email or phone me as above

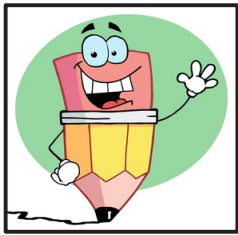
SOUNDS, LIKE THE SEVENTIES Geoff Penn

In September we listened to Jethro Tull and so in a similar fashion in October we covered the music of 'YES' an English progressive rock band formed in London in 1968 by lead singer and frontman Jon Anderson, bassist Chris Squire, guitarist Peter Banks, keyboardist Tony Kaye and drummer Bill Bruford



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 Nilesh Shukla on "Telling Your Story"

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

Contact me as above for more information.

The SOLO FRIENDSHIP GROUP

In October the Solo's friendship group met and enjoyed a meal at Kalamies in Pernera. The beautiful setting was admired by those who did not previously know the venue. This was followed by Coffee at The Grecian Park and an opportunity allowed us to view some Tango.



November promises to be a fuller programme, I am told that the Firework display at Dhekelia will go ahead this year., Tickets are required and can be obtained at the 'Thrift Shop' This is a good opportunity to use the email list and go to the event with friends.

2nd to 4th November David Wright is hosting a weekend at The Atlantica Miramar Limassol. Contact Joy if interested. **15th November** Janet Swainger and I are proposing that we meet for coffee at 11 -30 at The new Radisson Blue Hotel. This will be an opportunity to discuss the festive season. Teresa Miller has already put forward a suggestion and emailed members. **24th-27th November** the suggested trip to Thessaloniki is going ahead. We are staying at The City Hotel and anyone interested should contact Joy.

The music venues raised interest but so far members in the group are making their own plans because transport and the time of the performance involve an overnight stay in Nicosia. But If there are enough of us transport can be arranged so I will draw your attention to an exciting Rock and Opera performance with amazing visuals that is coming to Nicosia and Limassol. The best voices of The **Bolshoi Theatre** are performing as follows. **Sat 12th November** at Palliheio Theatre Limassol. **Sun 13th November** at Strovolos Theatre Nicosia. The start time is 7 o'clock.

Should you wish to join any of the activities contact me as above.

U3A MONTHLY FUN QUIZ Geoff & Janet Penn

Come and join us at our monthly fun quiz on Wednesday November 9th meeting at Restolake 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!

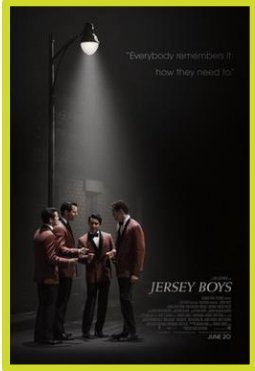


If you would like to participate on a regular basis but do not currently belong to a team contact Geoff as above who will arrange an introduction to a team short of players. In addition we welcome members to come along as floating substitutes to join those teams which might be short on the day. As a 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	68.00
Busy Bees	60.00
Jam Dodgers	60.00
United Nations	58.00
Anna & Co	52.00
Rexless	27.00
Visitors	24.00
Bee Gee's	0.00

WEST END & BROADWAY Judith Mansell

For my next screening I intend to show the exceedingly melodic and captivating story of the 'Four Seasons' in the guise of the 'Jersey Boys' on Thursday 1st December at my home at 2.00 pm. If you are interested please let me know as soon as possible, after reading the newsletter, so that I can organise seating etc. For any new people wishing to attend please confirm your interest to me by email. Please include your telephone numbers.



Outline Story: In Belleville, New Jersey there were many, mostly Italian, street bands performing what was known as 'Do-Wop'. One such band 'The Variety Trio' was the forerunner of the 'Four Seasons'. This is the story of their climb to fame and the emergence of Frankie Valli as one of the most enigmatic yet remarkably gifted singers of that period.

