



# April 2022 Newsletter

Registration Number LAR/S/67

A big warm welcome is extended to all of our members, with this, our April News Letter. Hopefully the lengthy cold spell has passed on by and that we can start enjoying some warmer weather.

Last month we mentioned that 'Food Park City' were organising a series of functions to celebrate the Queen's Platinum Jubilee titled 'A Nostalgic Trip Back To The Fifties. Initially we have reserved 'Twenty Five Places' for the 2<sup>nd</sup> June. Generally it is a set menu of :- English Fish and chips or burger and Chips -English Apple pie and ice cream, together with either a Snowball or Babycham or beer. All for the Inclusive Price of €15. It is expected that this is likely to be a very popular event and so those members wishing to attend, need to advise Jacky by **29th April latest..** Places will be awarded on a first come first served basis. **Payment will be required in advance.** Note, that "Besides decorating the venue with bunting 'Food Park City' will also be entertaining us and their customers with pop hits of the era and running pub quizzes with prizes So in effect it will be just like having our own Street Party"

'PLEASE NOTE' The delivery of our U3A Newsletter to your inbox is dependent on your email details being totally correct. If you, or someone you know, is not directly receiving this newsletter, it is necessary for you or that member to send an email to Barry our social secretary. This is in order that the respective email details can be checked, corrected and updated on our U3A distribution list.

**Group Leaders -Please note that up-to-date membership application forms can be downloaded directly from our website. [www.larnacau3a.club](http://www.larnacau3a.club)**

**Two New Ideas have been passed by me for consideration, especially in preparation for the warmer weather.**

1. A regular get together for a group picnic, perhaps on the beach (or other locations) sharing food and chat.
2. A singles group for outings and company.

**If anyone is interested? Email me Geoff (Committee contacts See Page 2)**

Name	Position	Telephone	Email
Carol Anderson	Chairperson		
Geoff Penn	Vice Chairperson		
	Group Coordinator		
David Barraclough	Treasurer		
Barry Bicknell	Secretary		
Jacky Durrant	Lunch & Dinner Club Social Secretary		
Kerwork Hovsapien	Events Social Sec		

## Guide To Days When Groups Normally Meet

Day	Morning	Afternoon	Evening
Monday	Beginners Bridge Sounds, Like The 70s	Scrabble Pilates	
Tuesday	Painting Brunch Bunch Computer Skills Line Dancing	French Conversation	Expert Bridge (Radio Link) Ancient Civ
Wednesday	Pilates Astronomy U3A Quiz	Yoga	
Thursday	Exploring Cyprus	West End-Broadway Shows Movie Afternoon	
Friday	Book Group Backgammon	Patchwork and Quilting Genealogy	
Saturday		Boules	
No Set Date	Charity Events Health & Well Being	Greek Conversation	Page 2

## ANCIENT CIVILISATIONS CATHERINE YATES



With Catherine back in the UK., our study of the important cities of the Ancient World will remain on hold waiting for her return.

Information about the resumption of this activity will be posted in next months newsletter.

## ASTRONOMY & COSMOLOGY CAROL ANDERSON



I will be in Cyprus for a couple days in mid-April and will take advantage of this break to hold an Astronomy session on **Wednesday 20<sup>th</sup> April at 11:00** at Restolake. The session will cover some amazing information about our solar system, its planets and their moons - facts that are probably unknown to most of us. This will lead, in May, to a more in-depth view of each of the planets in May.

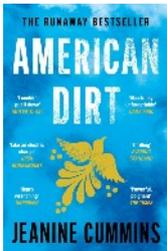
## BACKGAMMON Serge



Our small Backgammon group meets every Friday 10 -12 am and already complete beginners have progressed and are enjoying themselves.

New players are most welcome whether experienced or totally new to the game so come along and enjoy a social gathering that is both stimulating and good fun. Contact Serge if you need further information

## BOOK GROUP Margaret Gross



Our next Book Group Meeting will be held on Friday April 8th at 'our new venue 'The Second Cup Coffee Place' Meeting at 10am for 10.30. We will be reviewing American Dirt by Jeanine Cummins a thought provoking tale about the escape route from Mexico to freedom in the USA and a woman's determination to give her son a new life.

As always new members are welcome to join us for coffee and some lively debate. Contact Margaret as above for more information. We look forward to seeing you.

## BRIDGE Errikos Leonidou



Until further notice, we will continue to play Bridge on BBO on Monday at 4pm. Tuesday at 2.15 pm and Thursday morning at 10 am.

Please contact Errikos, as above, if you would like help in connecting to BBO.

## BRIDGE FOR BEGINNERS CAROL ANDERSON



I will be away from Cyprus for much of April and the first part of May, but Errikos Leonidou, my bridge partner, has agreed to cover for me while I am gone. Therefore, bridge lessons will continue to be held **at my house** from 10 to 12:15 at the following dates:

**Monday April 4<sup>th</sup> and Monday April 25<sup>th</sup> for Beginners.** Errikos will take you through the No Trump conventions of a Stayman and a Transfer, both of which are fundamental to any no trump contract. We wish them good luck and lots of fun!

**NB: Errikos See Details above in normal Bridge classes.**

## BRITISH MONARCHY CAROL ANDERSON



And so the 1500-year history of the British Monarchy, its trials, tribulations, intrigues and murderous interludes, all of which have forged Britain's unique Constitutional Monarchy has come to an end. Not the actual end, you understand, just the end of the TV series presented by Carol. We look forward to another equally absorbing series, Any volunteers? Contact Geoff (See Page 2)

## BRUNCH BUNCH

PAT BEAVER

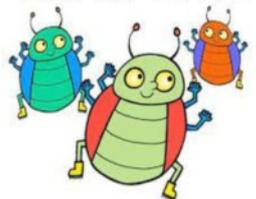


Our Tuesday get together's at the Tuck Inn Finikoudes (Nearby to Larnaca Fort) are well attended and it is the place for meeting other U3A members especially if you are new to U3A. Join us for an all inclusive €6.50 breakfast at 10am or pop in later for a coffee and a chat. Bring a non U3A member friend.

Our next meeting will be held on Tuesday 5<sup>th</sup> April 2022

## CHARITY EVENTS

### Beetle Drive



The charity coffee morning and beetle drive is the **7<sup>th</sup> April from 10.30am** at the Stadium coffee shop on Stadiou Street. **All proceeds from the day will go to Alzheimer's Research UK which is involved in trying to find better treatment and a cure for this condition.**

Come along for a coffee and, if you wish join in playing "beetle" (not mandatory but could be fun). If playing, you can either organise your own team of four or join with others on the day to make up a team. "beetle will begin at 11.15 am. There will be the usual raffle

– I have plenty of prizes at present and we can do a book and DVD exchange for a small fee as well. Hopefully the weather will be kind and it will be possible to sit outside as an alternative to inside.

As this is a charity event, there will be an entrance fee of €10 per person which will include one cup of tea or coffee (or a small bottle of water), a cake and a €5 donation to the charity. Raffle tickets will be available at €2 per strip. There will be a donation box for any further donations. If you want other drinks (or more tea or coffee) then you will need to buy them separately.

**Please come along and support this fund-raising event for an important cause.** This event is open to both **members and non-members** so feel free to bring friends along.

Alzheimer's is an awful illness and although we have support groups on the island (in Larnaca and Paralimni) there is no charity here supporting research which is so important for better treatment and in due course a cure we hope. Hence my choosing Alzheimer's Research UK. It would really be helpful if you can drop me an email to let me know if you plan to come.

**Please email me** –As above **no later than 3 April.**

## COSMOLOGY PLUS John Palmer



The next Cosmology Plus group will meet on Saturday, 30<sup>th</sup> April at Sula's home in Pentakomo. Andrew Dexter will take the floor with a title presentation of "Not Without Risk – Earth's Journey Through the Milky Way". There will be much on this exciting agenda to discuss and debate. A reminder that as this is foremost a discussion group, we are encouraged to bring in our own ideas on the subject.

I will be out of Cyprus at that time, so if you are a regular attendee to this group or wish more knowledge about it, please contact John Palmer

FOR billions of years, Earth has been on a perilous journey through space. As our planet whirls around the sun, the whole solar system undertakes a far grander voyage, circling our island universe every 200 million years. Weaving our way through the disc of the Milky Way, we have drifted through brilliant spiral arms, braved the Stygian darkness of dense nebulae, and witnessed the spectacular death of giant stars.

## EXPLORING CYPRUS

Taking inspiration from the initiative set by the 'Larnaca Tourism Board' regarding the statues around Cyprus, Janet took us on a pictorial journey based around a series of themes regarding statues, for example ; friendship and service, war and conflict, women and mothers, culture and arts, modern sculpture. Certainly, she achieved her goal of providing us all with the ammunition needed to impress our friends and family members when they come out on holiday in the warmer months.



We are resuming our outings in April with a visit to Agios Theodoros (on the way to Zygi) for a demonstration of Flaouna making. This seemed appropriate as Orthodox Easter approaches. The Cyprus Rural Women's Association will host us on the **15<sup>th</sup> April**. This will be a morning visit. I have organised a **coach to pick up by the birdwatching hide next to RestoLake at 9.00am** (note change of location) and from **Mackenzie car park** (the end near the roundabout) **about 9.15 am** so that we can be at Agios Theodoros for coffee and a snack at about 10am. We will then have a demonstration of how to make the flaounas and the organisers will tell us a bit about their purpose and range of activities whilst the flaounas are cooking. Then of course we get to sample them. The whole session should last 2.5-3 hours so we will be back in Larnaca around 2pm. I had considered having lunch but to keep cost down I have not planned for that on this occasion. The cost for the demonstration, coffee, snack, tasting and coach trip is €25 (to include tips).

**NOTE: I need to know numbers quickly for this one so email me as above by the 7<sup>th</sup> April latest so I can book the coach and confirm numbers for the demonstration.**

## FRENCH CONVERSATION Cynthia Dawson



Regrettably, our French Conversation Group will be taking a break due to a drop in the current level of membership. Hopefully this group will be back on track when the warmer weather has returned and once again we can frequent our favourite places to parlez-vous

**We will keep you updated**

**Contact Cynthia for further information.**

## GENEALOGY & Social History Geoff Penn



At our February meeting, Margaret introduced a comprehensive article for discussion. The subject matter, of which, described the different kinds of cemeteries and how the information gained from these places can provide clues to assist us with our genealogical progress.

At our March meeting and after looking at our recent progress especially now the 1921 census is available, we discussed the impact that transport has had throughout our lives. **The next meeting is planned for Friday 29<sup>th</sup> April at 'SECOND CUP' (our new venue) time 15.00 hours.**

New members will be most welcome, contact Geoff as above.

## GREEK CONVERSATION Vathoula Klumbies



The format for our Greek 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 this group. but please note this is a conversation group for people with a knowledge of Greek and it is not suitable for members wishing to learn the language from scratch.

## LUNCH and DINNER CLUB Jacky Durrant

Our March afternoon tea session at Food Park City proved extremely popular attracting a bumper attendance of around 40 members. It was nice to do something different and the event was enjoyed by all.



**Our next Lunch Time Venture** has been arranged for Thursday 21st April at **Alexander, Restaurant** 101 Athens Ave, (Phinikoudes) towards the Fort end. Meeting at 12:30 for 1pm. Jacky has secured a 10% discount from the menu. To minimise waiting time Jacky is requesting that members pre-select their meals from the menu <https://alexanderlarnaca.webs.com/>

Please register your interest, directly to Jacky, as above, by 17<sup>th</sup> April so that the restaurant can organise a seating area for us.

## LINE DANCING Jill Sherwood



Our line dancing group meet at the Corner Cafe in Pyla, on a Tuesday morning. Please contact Jill as above for details of the actual dates for March. Each session is supervised by Sherri a very experienced teacher who will show us the moves.

Please contact Jill, as above, if you would like to join in with the fun.

The cost is €5 per one hour session. Additional refreshments are available to purchase.

## MONTHLY HAPPY HOUR MEET & GREET PAT BEAVER



The 'monthly **HAPPY HOUR** meet and greet' is a kind of extension to our 'Bunch Brunch' concept and the opportunity for members to enjoy a nice friendly atmosphere with soft gentle music for cocktails and drinks at 'Harry's Bar' in Larnaca. Please contact Pat as above if you would like to be included.

Red or white wine 87ml. 3 for 10 euros, Rose 3 for 10.50 euros, Leon Beer half pint 1.70, Pint 2.50, Cocktails: 5 euros, Local Gin & Tonic 3.50 euros, Gordons 5 euros, Soft drinks 1.50 euros, Fruit juice 2.00 euros

## MOVIE GROUP



The Movie Group meets on the second Thursday of every month at 2pm at John's home in Aradippou. **The next meeting is on the April 14<sup>th</sup> at 2pm** when we will be watching "**The Book Thief**, a 2013 [war drama film](#) directed by [Brian Percival](#) and starring [Geoffrey Rush](#), [Emily Watson](#), and [Sophie Nélisse](#). The film is based on the [2005 novel of the same name](#) by [Markus Zusak](#) and adapted by [Michael Petroni](#). The film is about a young girl living with her adoptive German family during the Nazi era. Taught to read by her kind-hearted foster father, the girl begins "borrowing" books and sharing them with the Jewish refugee being sheltered by her foster parents in their home. The film features a musical score by Oscar-winning composer [John Williams](#). *The Book Thief* received [Oscar](#), [Golden Globe](#) and [BAFTA](#) nominations for its score. For her performance in the film, Sophie Nélisse won the [Hollywood Film Festival](#) Spotlight Award, the [Satellite](#) Newcomer Award, and the Phoenix Film Critics Society Award for Best Performance by a Youth in a Lead or Supporting Role – Female.

If you are interested in joining us for this, or other sessions, please contact John to let him know.

## PILATES & YOGA GILLIAN ARMSTRONG

Gillian's classes are held on Monday afternoons at 2pm for Pilate's and Tuesday mornings at 10 am for Yoga. Classes are held in her air conditioned home studio near Stelios Supermarket in Levadia. Contact Gillian Armstrong for further information as above



## PATCHWORK & QUILTING LYNNE MOSES



Our next meeting will be held on Friday 15<sup>th</sup> April at Restolake from 2pm New members are always welcome, bring along ideas, sewing machine and material (old dresses and shirts) to get started.

**Contact Lynne as above if you would like to join this productive group.**

### ADDITIONAL CRAFTS

A new group that wish to engage in other crafts not covered by Lynne's group has been created There fore members wishing to undertake other clean crafts such as knitting, sewing or weaving, crochet are welcome to join in with Lynne's group. However, Lynne will only act as a non instructive focal point whilst these alternative groups get themselves organised. Anyway come along with your knitting etc and enjoy the company of others whilst being productive.



## PAINTING GROUP Liz Naepflin



For those of you who like painting come and join us. Our Group meet up every Tuesday from 10 to 12,00.

The venue is currently at Liz Naepflin's home whilst government restrictions are in place New members are always welcome, join us for painting, doodling, zen tangle, dot art or sketching. If you like to learn one of these techniques Liz will gladly give you instructions. Everyone is welcome to come along especially new participants including complete beginners.

**Contact Liz for more information**

## Sounds. like the Seventies Geoff Penn



As usual, at our meeting in March we once again focused our attention on a range of new releases from a variety of progressive rock bands from around the world. This is a group for music lovers with a particular penchant for progressive, psychedelic and blues sounds from the 70s but also paying attention to the many bands who are replicating this style of music albeit with a modern edge.

Contact Geoff if you are interested in joining in with the fun..

## SCRABBLE Tricia COOPER

All levels of player are welcome so if you enjoy word puzzles come along and join us. We play every Monday at 2:30 and the venue rotates between member's homes Details of where we meet each week are sent directly to members so if you are interested in joining and have not been previously, please email Tricia

## THE INSPIRATIONS WRITING GROUP



A story or piece of writing can start from the oddest things: At the March meeting of the writing group it started from a picture taken from Zadie Smith's article in The New York Times. It led to some fascinating pieces of writing as all members approached the picture from a different angle.

This month six lines of writing are encouraging our members to write in any style and on any topic suggested by the lines.

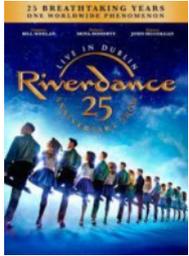
For this month only the venue has moved to Xylofagou. The group will meet at 12-30 to enjoy the location and the writing will commence at 1:30 **Put the date in your diary for 4th April.**

The group is fun and it is aimed at people who want to share their work in a supportive group environment. Feedback is given in a sustaining way.

New members are very welcome.

Contact Joy Bett by email or telephone as above

## WEST-END & BROADWAY SHOWS JUDITH MANSELL



Judith has organised a real treat for her group in the shape of the 25th Anniversary edition of the stage version of Riverdance which she will show on Thursday 28th April at 2pm at her home. As usual Judith will contact her regular group members in advance, However, if you have never before attended please contact her, as above, to ensure sufficient seating space is available.

## U3A MONTHLY FUN QUIZ GEOFF & JAN PENN

The next quiz at 'Restolake' will be held on the 13th April 2022 at 10:0 hours for 10:30 kick-off .

**As usual we ask you to note : We do not pay for the room so we would ask that Everyone purchases drink from the counter.**

There is always time to assemble a team for registration. A team comprises four players two of whom must be members therefore guests can be invited to make up the number of required players. Also, for those players who do not wish to commit to a team you are welcome (in fact encouraged) to come along as a floating substitute.

**Remember :**

Mobile phones are not to be used to gain an unfair advantage during the quiz. Please keep them away from the table top.

# Quiz

Jerms	290.00
Busy Bees	287.00
Jam Dodgers	274.50
United Nations	259.00
Anna & Co	230.00
Bee Gee's	207.50
Us & Them	185.50
Odd Balls	105.50
Team Scandinavia	101.00
First Timers	24.00