



February 2023 Newsletter

As planned we held our U3A AGM on the 9th December at Restolake, the minutes of which will soon be available upon request. However, and as usual, a copy of the minutes will be circulated within the pack for our 2023 AGM. At the AGM the new U3A committee was voted in place and then subsequently the designated roles of the committee were agreed at a specially convened meeting held on the 19th January, The table of appointed committee members is shown on page 2 of this newsletter.

We mentioned in the last Newsletter that the small side room was available for groups to book at a charge of one euro per person. Currently several groups have taken advantage of this comfortable room for their meetings. Group leaders are to retain the money for later collection. **To avoid double bookings it is important to note: That all bookings for this room must be recorded in advance within the Restolake Site Diary, held at the counter. Generally, to avoid all clashes of usage it should be noted that the same requirement for booking ahead applies for all activities to be undertaken at Restolake. The charge mentioned only applies to the side room.**

The committee would like to extend their grateful thanks to Janet Swainger for her many years of tireless endeavours in respect to her specialised groups. Her fascinating talks, visits to interesting place and the organisation of charity events will be a hard act for anyone to follow. Janet is not going anywhere, she wants to pursue other adventures outside of the U3A, she will still remain a U3A member.

It should be noted that all activities and events described in this newsletter are open to all members. Your U3A committee are very keen to ensure that solid lines of communication are in place so that no single members are left out on their own. It is important that all activities are open to everyone whether single or not.

Regards Geoff.

Committee As Voted on 9th December 2022

Position	Name	
Chairperson	Carol Anderson	
Vice Chairperson	Geoff Penn	
Group Coordinator		
Treasurer	David Barraclough	
Secretary	Barry Bicknell	
L&D Club Secretary	Jacky Durrant	
Social Secretary	Joy Bett	

Days When Groups Normally Meet

	Morning	Afternoon	Evening
Monday	Beginners Bridge Sounds, Like The 70s	Scrabble Pilates Bridge	
Tuesday	Painting Brunch Bunch Computer Skills		Ancient Civilisations Bridge 5:30
Wednesday	Pilates Astronomy U3A Fun Quiz (m)	Backgammon (w) Yoga	
Thursday	Writing Group	West End and Broadway Shows	
Friday	Book Group	Sewing & Knitting Group Genealogy	
No Set Day	Charity Events Exploring Cyprus	Greek Conversation Lunch & Dinner Club (Usually mid month on Wed or Thur)	Page 2

ANCIENT CIVILISATIONS Catherine Yates



This popular group will be on hold during the first part of February whilst Catherine takes a short break back to the UK. On her return she will contact her regulars plus a stop press will be issued bringing everyone up to date.

Just to remind you that having sufficiently covered 'Cities of the Ancient World' the next venture was to study "30 Masterpieces of the Ancient World " A literal trip around the world examining some spectacular artworks from diverse places and times, including such various cave paintings from the dawn of human creativity in the Palaeolithic age. Moving then to discuss the contents of tombs and buildings, remarkable stone sculptures, gold objects and textiles. So plenty to whet the appetite.

ASTRONOMY & COSMOLOGY Carol Anderson



POST PUBLISHED DATE ADDITION

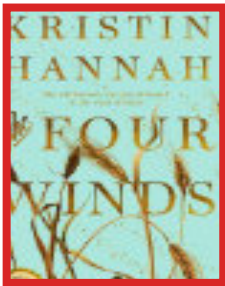
Carol freshly back from France has organised a astronomy presentation on Wednesday 15th February

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



As the group were unable to meet in January and as so many members were away we intend to review The Four Winds by Kristen Hannah Book on Friday 10th February at Restolake, 10 for 10.30.

We welcome all of you book lovers to come and join us at our regular meetings on the second Friday of the month.

Contact Margaret as above for further details.

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.

BEGINNERS BRIDGE Carol Anderson

Carol freshly back from France has organised an open house bridge get together for both beginner groups on the 6th and 13th February.

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 7th February at the Tuck Inn Finikoudes (Nearby to Larnaca Fort)

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.-The next meeting will be held on Friday 24th February 2023 at 'Restolake'. Contact Geoff as above if you would like join us.

LUNCH & DINNER CLUB JACKY DURRANT

37 members attended our last lunch time date at the ever popular Balti Indian Restaurant



For our February venture "Please make a note in your diaries for Wednesday 22nd when I have arranged for a Brunch at Food Park City, Interested members to advise me before Monday 20th, including their choice

from the attached menu. I have agreed a 10% discount which will be deducted when you settle your bill at their till. As a guide please arrive at 10.45am, as it is anticipated to eat at around 11-11.15am depending on numbers. Any problems viewing the menu please contact Jacky who will send a copy as an attachment."

BRUNCH	
EGGS BENEDICT	€
ANGUS Poached egg, avocado, cherry tomatoes on an english muffin with hollandaise sauce Add: onion, ajonjolios, mushroom, eggplant, potato or new potato	7.50
SACON Poached egg, bacon, cherry tomato, onion english muffin with hollandaise sauce Add: onion, ajonjolios, mushroom or potato, potato or new potato	9.50
POURRIFFE Poached egg, prosciutto, onion tomatoes on an english muffin with hollandaise sauce Add: onion, ajonjolios, mushroom or eggplant, potato or new potato	9.50
SMOKED SALMON Poached egg, smoked salmon, cherry tomatoes on an english muffin with hollandaise sauce Add: onion, ajonjolios, mushroom, vegetable or potato, potato or new potato	11.50
SPRINCH & MUSHROOMS Poached egg, sprinchi mushrooms, cherry tomatoes on an english muffin with hollandaise sauce Add: onion, ajonjolios, mushroom, vegetable or potato, potato or new potato	7.50
OMLETTE Cheese, onion, bacon, hollandaise sauce and onion Add: onion, ajonjolios, mushroom or potato	6.00
FULL ENGLISH Three eggs, baked beans, mushrooms, onion, english sausage, tomato and potato Add: onion, ajonjolios, mushroom or potato, potato or new potato	8.50
HAM & CHEESE Toasted sandwich / Thin slices of ham and cheese	4.00
PANCAKES	
RED FOREST 12 strawberries, blueberries, raspberries and cream sauce Add: onion, ajonjolios, potato or new potato	8.50
Chicken Crisped chicken and onions, sautéed potato, tomato and white cheddar Add: onion, ajonjolios, mushroom or potato, potato or new potato	8.50

Well our best and most delicious for a selection of pastries, yogurt, juice and cold sandwiches

MOVIE GROUP

This group meets at the regular time of **2pm on the second Thursday of the month** at John Leggett's home in Aradippou. John has a very big TV and although there is no popcorn there are always nice biscuits!



Our film on the 9th February is Angels and Demons based on the novel by Dan Brown. As usual we will meet at John Leggett's home in Aradippou.

In Ron Howard's thrilling follow-up to The Da Vinci Code, expert symbologist Robert Langdon (Tom Hanks) follows ancient clues on a heart-racing hunt through Rome to find the four cardinals kidnapped by the deadly secret society the Illuminati. Starring Tom Hanks and Ewan McGregor and classed as a drama, suspense and action movie, it is sure to provide us with an interesting viewing afternoon.

Please will everyone let John know whether they intend to come along so he can arrange seating. New members always welcome.

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



This friendly group comprise of members from across the full spectrum of the sewing, knitting and crafting community. In effect providing a wide mix of expertise and skills all together in one place. A group that provides a platform for passing on these varied skills to new or existing members. Crafters who would like to extend their skills by 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.

Our next meeting is Friday 17th February at 2p.m. at Restolake and I look forward to meeting as many old and new members who wish to come along, even if its only for a chat to see what we do.

PAINTING GROUP

If you have a passion for art or would like to receive help with your drawing, come and join us. Learn about doodling, zen tangles, dot art, sketching and painting. Such techniques of which 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, even if you are complete novice.



Contact Liz Naepflin, as above for more information. We normally meet on a Tuesday morning but check with Liz as above for more details and venue

SCRABBLE Tricia Cooper



Our scrabble sessions continue on Monday's 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

The INSPIRATIONS WRITING GROUP

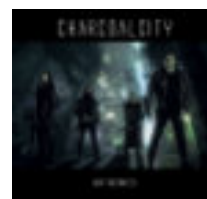
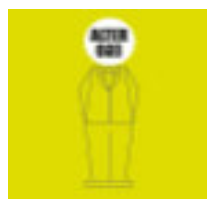


The meeting in December was held at a member's house and the extracts read went from tender and powerful to totally compelling.

Unfortunately all members are out of the country until March so there will not be another meeting until then. Whatever level of writing you have experienced, We would very much welcome new members. You will find an empathetic group of people having fun and sharing ideas so please join us. Please contact Joy for further information by email or phone as above

SOUNDS, LIKE THE SEVENTIES Geoff Penn

At our December meeting we looked back at the albums that we felt had the greatest impact on us during 2022 New members always welcome, contact Geoff as above.



The SOLO FRIENDSHIP GROUP

My thanks go to Janet who tried to make the outing to The Carpenters work but in the end there were not enough people to make the transport cost worthwhile so it was cancelled.

As I am now on the Committee I am withdrawing from running this group.

I have a list of names and emails of those who are in the network and I hope you will continue to contact members.

SOCIAL ACTIVITIES

Advanced notice of a concert in early March.

Enjoy exceptional musicianship, glittering interpretation and creative energy from two musicians Jacques Offenbach and Roberta's Grod on Cello at Larnaca Municipal Theatre on March 3rd at 20:30.

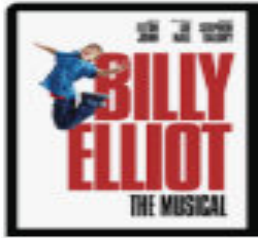
Zone A tickets are 25 Euro or 18 on concession

Zone B tickets are 20 Euro or 15 on concession

Zone C tickets are 17 Euro or 12 on concession

As the concert is in Larnaca I suggest that everyone purchases their own ticket and makes their way to the theatre. We can arrange to meet in the foya and at the interval.

If you wish to be put in touch with other participants so we can go together email Joy Bett on angelabett60@gmail.com.



For my next screening I intend to show the stage version of Billy Elliot (with sub titles for those who do not understand Geordie) This will take place on Thursday 23rd February at 2pm at my home. If you are interested please let me know, as soon as possible, by email so that I can organise seating etc. Please include your telephone numbers.

The music is by Elton John, and the book and lyrics are by Lee Hall, who wrote the film's screenplay. The plot revolves Billy, a motherless British boy who begins taking ballet lessons

U3A MONTHLY FUN QUIZ Geoff & Janet Penn

Come and join us for our **next** fun quiz on Wednesday February 8th 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.**

Busy Bees	149.00	1
Jam Dodgers	148.00	2
United Nations	141.00	3
Anna & Co	136.00	4
Jerms	123.00	5
Rexless	114.00	6
Us & Them	98.00	7
Bee Gee's	20.50	8