



# April 2023 Newsletter

Dear U3A Members, your committee would like to wish you all a very pleasant Easter Period and we hope you gain much fulfilment from this special time in this beautiful island of Cyprus.

We are extremely pleased that so many of you found the time to attend our specially organised presentation by gardening expert, 'Patricia Jordan' titled 'The tricky business of Veranda Gardening and the maintenance of a Summer Garden in Cyprus'. The good news is that

On the 31<sup>st</sup> March Our Book Group held a combined charity morning and book sale in aid of PASYKAF raising 150 euros for this much worthwhile charity. It also should be noted that following his recent death this denotation has been given to PASYKAF in the memory of Nicolaas Nuesink RIP.

A date for your diary is Tuesday 2<sup>nd</sup> June when our 'Genealogy Group' open their doors to the rest of the membership in the form of a presentation / workshop demonstration. It is an opportunity for you to check out how to develop your family tree assisted by our experienced members. If you plan to come along it will help us if you could supply some basic information in the form of dates, places, birth/death/marriage details etc. **So get sorting now.** Watch out for further information and guidance in the May Newsletter.

You will notice that currently many of our steadfast activities no longer exist. For example our 'Out and About' visits to interesting places in Cyprus, our routine charity events, outings to music, drama, or other educational presentations are now far and few between. Please can everyone put on their thinking caps on so that we can regenerate our U3A group. If you have an idea please contact one of our committee members.

## Committee As Voted on 9th December 2022

| Position           | Name              | Phone | Email |
|--------------------|-------------------|-------|-------|
| 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 |
|-------------------|---|--|---------|
| <b>Monday</b>     | Beginners Bridge<br>Sounds, Like The 70s    | Scrabble<br>Pilates<br>Bridge  |         |
| <b>Tuesday</b>    | Painting<br>Brunch Bunch<br>Computer Skills |  |         |
| <b>Wednesday</b>  | Pilates<br>Astronomy<br>U3A Fun Quiz (m)    | Backgammon (w)<br>Yoga   |         |
| <b>Thursday</b>   | Writing Group                               | West End and Broadway Shows  |         |
| <b>Friday</b>     | Book Group                                  | Sewing & Knitting Group<br>Genealogy   |         |
| <b>No Set Day</b> | Charity Events<br>Exploring Cyprus          | Greek Conversation<br>Lunch & Dinner Club (Usually mid month on Wed or Thur) |         |

Please Note That that bridge is scheduled on every Monday at 5.30 and also Tuesday at 2.30 at THE BALLROOM in Larnaca.

**Ancient Civilisations**

## ANCIENT CIVILISATIONS Catherine Yates



Although Catherine's return to Cyprus has been delayed longer than expected she is positive about her return taking place during mid May when her popular group will return. A stop press will be issued as soon as dates are formalised. Just to remind you that the next area of study will be looking at "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.

## 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



Meeting up on monthly basis we are a group of avid readers who enjoy a vast variety of different reading material that we share from a group reading list. The opportunity to then share our personal views, about the monthly selection, can then be both stimulating and interesting opening up lively discussion.

The Book Group will be reviewing Songbirds by Christy Lefteri ,a disturbing tale based on true events that took place here in Cyprus. by at the next meeting on Friday April 14 10 for 10.30. There is a warm welcome waiting for you, contact Margaret as above,

## BRIDGE Errikos Leonidou



Bridge is now held. 'Face to Face' in the Ballroom , Larnaca That is every Monday at 5:30 pm and Every Tuesday at 2:30.

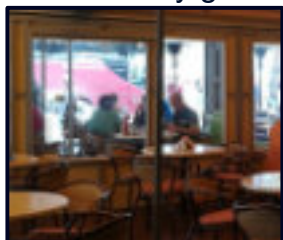
**Contact Errikos as above for further information or clarification**

## BEGINNERS BRIDGE Carol Anderson

There are a small group of beginners that are meeting up in Carol's absence putting into practice the various conventions we have been shown.

Formal lessons will resume on Carol's return.

## 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 4th<sup>th</sup> March 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



**We are currently planning an open morning on the 2<sup>nd</sup> June whereby we can demonstrate the rudiments involved in the construction of a family tree, details of this session will be formalised in the May newsletter when you can book some time with our Genealogical experts in order to start your family tree growing.** The next meeting will be held on Friday 28<sup>th</sup> April 2023 at 'Restolake'. Contact Geoff as above if you would like join us.

## LUNCH & DINNER CLUB JACKY DURRANT



Our next venture for our L&D Club will be an early evening visit to the Tai Pai Chinese Restaurant in Larnaca.on Thursday 20<sup>th</sup> April meeting at 19.00 hours for 19:30. Jacky is currently finalising details with the management based on their Set Menu for two people at a a cost of 18.50 euros per person (To be confirmed). All drinks are extra at enu Prices.

A further stop Press will be issued : If you would like to be included please let Jacky know by the 17<sup>th</sup> April

## 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. This month the movie group's meeting will be at 2pm on Thursday, 13th April. When we We will be watching another golden oldie, " a 1975 political thriller directed by Sydney Pollack and starring Robert Redford, Faye Dunaway, Cliff Robertson and Max von Sydow. The screenplay is based on the 1974 novel "Six Days of the Condor" by James Grady.

Set mainly in New York City and Washington DC, the film is about a bookish CIA researcher who, returning from lunch finds that his co-workers have been murdered. The film charts his efforts to outwit those responsible.

Regular and new members welcome. Please will everyone let John know in advance if they plan to attend so he can organise seating arrangements.

Please contact John as above if you intend to come along

## 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 17<sup>th</sup> March 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



We last met up back in December when we enjoyed an exchange of our collective writings being a beautiful mixture of tender, powerful and totally compelling expressions that we enjoyed sharing

Unfortunately, since that date we have been somewhat dispersed as a group with some members out of the country and others unavailable. Hopefully this situation will be rectified by next month when once again we will be able to resume our purposeful jottings . You are all welcome to join us, this empathetic group of people having fun and sharing ideas .Please contact Joy for further information by email or phone as above

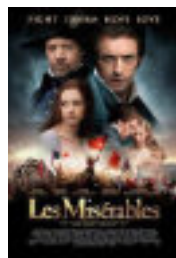
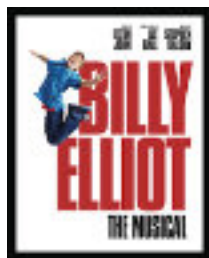
## SOUNDS, LIKE THE SEVENTIES Geoff Penn

Our March meeting was postponed pending my hospital visit. The impact of Psychedelia and its influence on the advent of the British Progressive music of the early 1970s will remain a central theme for our next meeting. New members always welcome, contact Geoff as above.



## WEST END & BROADWAY Judith Mansell

Judith is currently busy helping a friend with health issues. Her popular West end and Broadway group will in the meantime remain on hold until time once again permits.



## U3A MONTHLY FUN QUIZ Geoff & Janet Penn



Come and join us for our **next** fun quiz on Wednesday April 12th 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        | 383.50 | 1 |
| Jerms            | 381.00 | 2 |
| Jam Dodgers      | 327.50 | 3 |
| United Nations   | 332.00 | 4 |
| Bee Gee's        | 290.00 | 5 |
| Anna & Co        | 274.00 | 6 |
| Us & Them        | 205.00 | 7 |
| Team Scandinavia | 173.50 | 8 |