



Combined August and September Newsletter

A big warm welcome to this our August and September Newsletter.



It is always a worry when putting together and organising the various components for a U3A social. Especially when the required planning involved negotiations with a new venue. But judging by the number of members, at the event, who

stopped by to express their thanks we can definitely say that the evening was a great success.

Our venue on this occasion, “The Nautical Club”, is maybe not as suave or as plush as ‘The Sun Hall’ but has its own personal charm with external table settings and dance floor overlooking the Mediterranean sea. The plentiful buffet was totally adequate for our needs and the entertainment was provided by Shirley.



The occasion provided the perfect opportunity to say thank you to Carol Anderson for her time serving as Chairperson for the U3A . She was paramount in finalising the U3As registration as a club with the relevant Cyprus authority.

And so now, looking forward to our Christmas social which is firmly in the hands of our social secretary ‘Joy Bett’ together with her, still to be officially appointed, sub- committee. Please contact her (see page 2) if you would like to help her organise the event

COMMITTEE AS VOTED AT DECEMBER 2022 AGM & UPDATED MAY 2023			
Position	Name	Phone	Email
Chairperson	Keith Swales		
Vice Chair & Courses Coordinator	Geoff Penn		
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		<div> Please Note That that bridge is scheduled on every Monday at 5.30 and also Tuesday at 2.30 at THE BALLROOM in Larnaca. </div>
Wednesday	Pilates Astronomy U3A Fun Quiz (m)	Backgammon (w) Yoga	- Ancient Civilisations
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)	<div> Page 2 </div>

ANCIENT CIVILISATIONS Catherine Yates



Ancient Civilizations is on hold until my return Sept/Oct.. The topic is 'Great Masterpieces of the Ancient World' but now we move to the Far East and the Americas, far from our familiar territory. Once I have a return date I will be in touch.

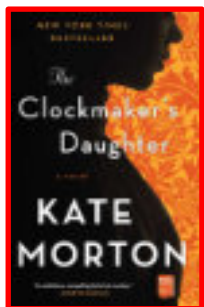
Contact Catherine to register your interest for future presentations;

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 a 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 Book Group will be taking a break for August**, so there will be no meeting planned.

However, we will be reading the 'Clockmakers Daughter' by Kate Morton over the break and the review will be on Friday September 8th at Restolake when we look forward to seeing members old and new.

Contact Margaret as above for further information.

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

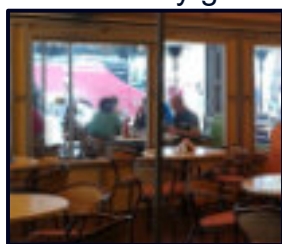
BEGINNERS BRIDGE Carol Anderson



The small group of beginners are once again meeting under the tutelage of Carol putting into practice the various conventions we have been shown.

Contact Carol if you would like to join us.

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 August & 5th September at the Tuck Inn Finikoudes (Nearby to Larnaca Fort)

GREEK CONVERSATION vathoula Klumbies



Greek conversation are now taking a break during the Summer period.

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.

It is our intention to hold an open morning the purpose of which is to demonstrate the rudiments involved in the construction of a family tree. We are currently seeking a suitable venue with adequate WI-FI capability for four computers

The date of the next meeting is up for discussion as the group normally take a break in the Summer. Contact Geoff as above if you would like join us.

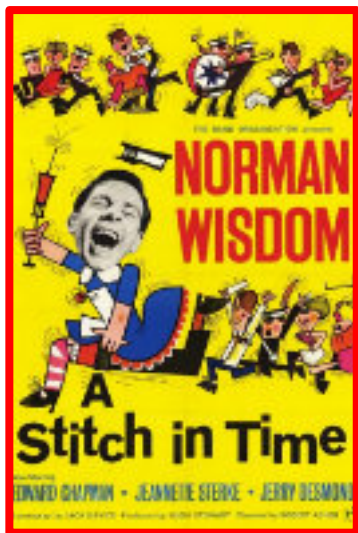
LUNCH & DINNER CLUB JACKY DURRANT



Our August L&D venture is a return to the , family run 'Acroyialli Beach Restaurant' at Mazotos. An ideal location where cooling sea breezes provide relief from the summer sun and where delicious Cypriot food and great hospitality is served in abundance.

Jacky has booked the restaurant for August 24th at 12.30 for 1pm - To secure a place you need to confirm your interest by Sunday 20th August with your choice of food from the lunch menu (a copy of which will be forwarded in a stop press)

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.

So for our next presentation we meet on Thursday 10th August for a Norman Wisdom comedy film titled 'A Stitch In Time'

John welcomes both regular and new members but please let him no in advance so he can organise seating arrangements.

"An accident in the butcher's shop leads Norman and Mr Grimsdale to the hospital where, after causing the normal amount of chaos, Norman finds Lindy, a little girl who hasn't spoken or smiled since her parents were killed in an aeroplane accident. Norman decides to help.

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

We are taking a break until September and so our next meeting will be Friday the 15th September at Restolake.



This group is for anyone who is interested in anything to do with sewing, quilting, knitting, crochet, embroidery, cross-stitching or any other needle crafts I look forward to anyone, interested in these crafts, who would like to come along and join us. We have power for sewing machines and are in the little room which is away from any children's activities.

Contact Lynne, as above, if you would like more information.

Russian Romanov Dynasty Carol Anderson

The August session of the history of the Russian Romanov Dynasty will be held at my home on Thursday, 17th August at 10:00. It will focus on from his first wife, and Peter, son of Alexis from his second wife. Ivan V was sickly and unable to take the reins of power and Peter was too young, thereby providing an opportunity for Sophia to live her dream of being regent to the boys and hopefully more thereafter. Her ultimate fall from power at the hands of Peter the Great concludes the second part of this session, where we will focus on his life and how he earned the title of Peter the Great, bringing Russia into a modern and politically strong country.



The September session of the history of the Russian Romanov Dynasty will be held on Thursday, 14th September at 10:00. The 15-20 years that followed the death of Peter the Great brought saw a number of supplicants anxious to take the crown. This included the short reign of Catherine, Peter's wife. Her death signed the start of a period of palace revolutions and Peter II, young son of Alexi whose drinking and debauchery led to an early death, hastened by a bout of smallpox, all before he married and produced an heir. This led to a period of Oligarchy and the crowning of Anna, daughter of Ivan V. The choice was unorthodox but otherwise allowed the continuation of the Romanov dynasty. And finally, into this chaotic period of "where will we find an appropriate successor" came the daughter of Peter the Great, Elizabeth, whose rule as Empress of Russia lasted 21 years.



NOTE: The October session will depend on when I return to Cyprus and will be announced in the appropriate U3A newsletter. There is a possibility of holding dual sessions, first the continuing sessions for those who will have attended the first 4 sessions, and secondly a smaller group who wish to attend but will only be arriving in Cyprus around the end of September. More on this later.

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 writing group met and enjoyed some thrilling, wise and moving pieces.

It was decided that there will be no meeting in August.

In September we will meet on Thursday 7th September at 11-30. The venue is Xylofagou when we will be exploring the title "Trespass" in our writing

New members are welcome. "Relax, Indulge and discover the writer within you."

If anyone needs directions or a lift from Larnaca to the venue please contact Joy Bett as above

PAINTING GROUP Liz Naepflin



Our painting group will be taking a break until September after which they will once again resume their amazing feats of art using multiple techniques with a variety of materials. Liz has been an inspirational leader assembling together a dynamic group, a real initiative of eager artists. Liz tells me "I'm so pleased to have such a dynamic group....to share my art skills with".

In September the group will once again meet up on a Tuesday morning. New members are very welcome even those who have never painted before. Contact Liz for further information.



SOUNDS, LIKE THE SEVENTIES Geoff Penn

At our July meeting we once again returned to the Progressive Rock scene of the 70s to enjoy those early sounds that has inspired the next 50 years, and still going strong, progressive music scene of today

Contact Geoff as above if you would like to join the fun!



Quiz Geoff & Jan PENN



There will be no quiz August the next one being held in September.

A stop press will follow.