



October 2021

U3A Newsletter

Registration Number LAR/S/67

We would like to extend a warm welcome to our members with our October Newsletter to update you on our activities.



Sadly, Jeanie Leggett, a long-time and active member of U3A passed away recently. Jeanie was a Northumberland girl and spent most of her working life as a nurse and manager in the NHS in that area. She and John took early retirement and moved to Cyprus in 2001, initially settling in Polemi before moving to Aradippou 18 years ago.

Jeanie enjoyed a varied range of activities both within U3A and with friends outside U3A. She was a regular supporter of the U3A outings, charity events, residential trips, lunches and dinners and enjoyed the quizzes, astronomy sessions and the various U3A talks about Cyprus, climate change and other topics. She and John ran the movie group until ill health and COVID restrictions made that difficult.

A special mention and date for your diary is that 'Alan Tite' our Social Secretary has booked up the Sun Hall for our Christmas Social to be held on Friday 3rd December. He has also booked 'Jed' for our evenings hosting, music and entertainment. 'Jed's flexible style provides us with plenty of alternatives should there be restrictions with respect to dancing etc. Once again we will be enjoying the Sun Hall's prestigious buffet. We have some sums to do in order to calculate actual ticket costs and the level at which we can apply a discount for our members. Alan will keep you informed of progress and when tickets will be available for purchase.

'Ye Ha!!!' Thanks to Jill Sherwood we have made contact with an enthusiastic lady teacher living in Pyla willing to coach us in the fine art of LINE DANCING. An opportunity to exercise and keep fit. But in the first instance we need to get a head count on the level of interest so that we can look at suitable venues. Please email me geoffpenn@cytanet.com

We have two [additional facilities](#) you might wish to check out :- Our website can be located via the following link www.u3alarnaca.club this is available for both members and non members. Our Facebook page is a private group for members only, if you would like access contact me by email

Current Committee

Position	Name	Phone	Email
Chairperson	Carol Anderson		
Vice Chairperson	Geoff Penn		
Group Coordinator			
Treasurer	David Barraclough		
Secretary	Barry Bicknell		
Social Secretary	Alan Tite		
Committee Member	Jacky Durrant		

Days When Groups Normally Meet

	Morning	Afternoon	Evening
Monday	Beginners Bridge Sounds, Like The 70s Advanced French Tuition	Scrabble Pilates	
Tuesday	Painting Brunch Bunch Computer Skills	French Conversation	
Wednesday	Pilates Astronomy U3A Fun Quiz	Yoga	
Thursday	Backgammon Beginners French Tuition	West End and Broadway Shows	
Friday	Book Group English Monarchy (various Days)	Patchwork and Quilting Other Clean Crafts Genealogy	
No Set Day	Charity Events Exploring Cyprus	Greek Conversation Boules (Sat Afternoon)	Page 2

ASTRONOMY & COSMOLOGY CAROL ANDERSON

Unfortunately the response to the session on Wednesday 15th September was very poor and so it has been decided to put this group on hold until the return of Carol.

knarsergio@gmail.com



Backgammon sessions are currently on ho

BIRTH OF BRITISH MUSIC KEVORK HOVSEPIAN



Kevork has kindly offered to host, at his Larnaca apartment, a four-part BBC series on classical music entitled 'The Birth of British Music' covering ' Purcell, Haydn, Handel and Mendelssohn'. Each part is an hour long. The first presentation will be on Tuesday 12th October at 10:30am and the rest on consecutive Tuesdays at the same time.

Space in Kevork's apartment is limited to 10 people on first-come-first-served basis. Contact him as above to register your interest and directions.

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.

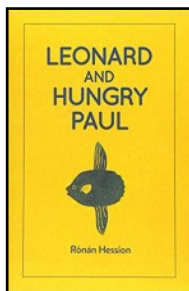
Please contact Errikos, as above, if you would like help in connecting to BBO.

BRIDGE FOR BEGINNERS CAROL ANDERSON



Despite Carol's hospitalisation the four players from year 1 continue to meet up and practice the conventions and strategies that they were shown by Carol. Getting together on Monday 11th October and then again on Monday 25th October venue to be confirmed.

BOOK GROUP Margaret Gross 99560861



The next meeting of the BookGroup will be on Friday 8th October at Restolake .10am for 10.30 start. We will be reviewing The Girl on the Train and no doubt a lively discussion will ensue.

The October read is Leonard and Hungry Paul by Ronan Hession ,a totally different kind of read.

All the books are chosen by the members which makes for diverse and interesting reviews as our tastes can be very different,

BRUNCH BUNCH PAT BEAVER



Our Tuesday get together's at the Tuck Inn Finikoudes (Nearby to Larnaca Fort) are well attended as it is the perfect activity for meeting other U3A members especially if you are new to U3A. Join us for an all inclusive €5 breakfast at 10am or pop in later for a coffee and a chat. Bring a friend.

Our next meeting will be hosted by Jacky Durant and Barbara Cobben in my absence on Thursday 5th October.

BOULES AT PYLA BEACH - MOGENS



You are invited to come along and join us for some fresh air and exercise to play this fun team game.

We play a variation of Boules' which is our own version of this 'French' game (spelling too) which has been adapted by us to suit a beach environment. Although there is a certain amount of skill needed it doesn't take long for players to acquire the basic skills in order to contribute greatly (beginners luck often prevails).

We play at Pyla Beach every Saturday afternoon. **The start time is now 15:00** hours. There is a need to arrive at least 15 minutes prior to the games starting.

Please contact Mogens by email as above to register your interest and to obtain more information.

CHARITY EVENTS

The next charity event will be a sale of artwork on the 23rd November. 10am-12 noon at the EEKA café on Piale Pasha. Further details to follow in the November newsletter.

EXPLORING CYPRUS

Ten of us enjoyed an informative and relaxing four-day stay in Platres last week. We visited the Cultural Centre, tried our hand at a couple of craft activities and visited a local winery to sample wines and liqueurs. Good company and a chance to learn more about our adopted island whilst enjoying some tranquility in nature, lovely. Unfortunately the day trip had to be cancelled due to lack of support.



Our next event will be a **visit to Nicosia races on Wednesday 3rd November**. Fingers crossed that we won't have to cancel this time due to COVID restrictions!

Coach transport will be provided (pick up points in Larnaca (Mackenzie car park) and Oroklini as usual). We will have our own marquee with separate facilities for us. I have organised a three course buffet lunch there. **Total cost (excluding betting!) is €30 including the transport, buffet and tips, drinks extra. Please indicate by the 14th October** whether you want to take part in this trip as I will need to confirm arrangements well in advance. Those participating will require a safe pass and need to bring some form of ID with them. Masks will have to be worn I expect.

"FUN WITH ROCK PAINTING "

NEW



Liz Naepflin has kindly offered to organise a two hour workshop on Tuesday 19th October 10am to 12 noon in the EEKA café opposite Makuis café Piale Pasha. Drinks will be 3 Euros to cover the cost for having the room. Parking is available.

Rock painting will inspire you to pick up a paintbrush. Creativity is endless and you will enjoy it. No need to be perfect. Liz will guide you step by step to paint a lovely creation. She will bring many easy ideas and samples with her so no need to worry if you are short of inspiration.

Liz will provide the materials at a cost of 5 Euros per person (paint and brush). **All you need to do is bring a few rocks (round or oval), a water bucket, tissues and a cover for the table 1m by 1m.**

Maximum 8 people. If there is more interest Liz can plan a further session. Please email Liz before the 12th October as above to book your place on this new and interesting activity.



FOUR QUARTERS Alan Tite

A new fun idea giving individual members the opportunity to relate an experience, idea, story, or hobby to the group. The format is structured and a detailed sheet describing the format was recently sent out to all members.



Currently a moderate interest has been shown but for the idea to be totally successful more participants would be desired, even if, in the first instance, you come along to watch!.

The venue would probably be Restolake during the morning, Please contact Alan as above for details and to indicate your interest,

FRENCH CONVERSATION Cynthia Dawson



Our next French Conversation meetings are scheduled for Tuesdays 12th and 26th October. Cynthia will liaise directly with regular members as to the planned venues for the set dates. Generally this friendly group assembles in members' homes for tea or coffee to chat in French. There are no "lessons", we just want to practice our conversation and all you need is to be able to carry on a basic conversation. Our members range from near-native to not-so-good speakers. Come and join us if you would like to maintain or brush up your French language skills.

Contact Cynthia for further information.

FRENCH TUITION Dominique Flavigny

This French tuition group is **CURRENTLY ON HOLD**



It is a group for those members who would like to learn French pretty well from scratch. With a choice of two French classes, one at the beginner level and the other a little more advanced. Beginners would start with vocabulary, grammar, and conjugation. Whilst the more advanced students would move on to conversation, short dictations and simple essays.

The beginners class would be held every Thursday morning from 10:30 to 12:00 and the advanced class would be held on Monday mornings from 10:30 to 12:00. The classes will be held at my home in Oroklini. If you are interested, please let me know and I will contact you with details and directions to my home.

Please contact me as above if you are interested in joining me because I look forward to welcoming you to the wonders of the beautiful French language and culture.

GENEALOGY & Social History Geoff Penn



The very nature of our monthly Genealogy meetings drive our accompanying discussions along avenues of how things used to be and how every day life has changed for us and our families. Memories passed down from our fore bearers make interesting reference points for our family histories and which come to light when investigating our family trees. The next meeting is planned for Friday 29th October at 'Restolake' at 15.00 hours

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

We were pleased to have a visit from Rochelle, who dropped in to say hello

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.

For anybody who is interested you can get in touch with me as above 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.

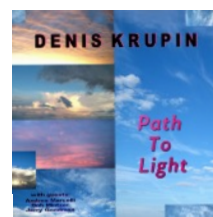
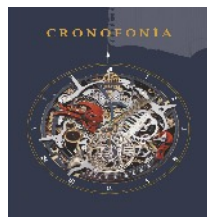
LUNCH and DINNER CLUB Jacky Durrant

The Lithos Bar and Restaurant in Oroklini Village, was the choice for our September lunch time date. A venue which is always a popular choice due to it's comprehensive menu and attentive service.

Our venue for October is the ever popular 'Balti' Indian Restaurant where we have negotiated a special €16 per head lunch time meal deal on Thursday 21st October at midday comprising starters and curries. A separate notice will be issued, following the newsletter, providing more specific details.

SOUNDS, LIKE THE SEVENTIES GROUP Geoff Penn

At our meeting in September we focused our attention on a range of modern bands who have adopted a progressive folk sound in the style of 'Magna Carter' utilising strong keyboard and guitar combinations with male and female harmony vocals. Contact Geoff if you are interested in joining in with the fun..



On the Edge of Time and Space JOHN PALMER



I have reserved the library room at 'The Library Hotel in Kalavassos', for our first meeting of this 'Astronomy' spin-off group. Starting at 11.00 hrs on Thursday 14th October when Cynthia Dawson will present a topic for discussion entitled '**The Nature of Reality**'.

At this stage, the whole programme is still at the experimental stage and we will be assessing it as we go along. With luck I hope that 6 people will come, contribute or just listen, and enjoy a fascinating subject. It is intended to be a social occasion with a focus, something perhaps we have all been missing over the past 18 months. It will be followed by lunch in the Library restaurant at a very reasonable cost for those who wish to stay.

Depending upon the success of this first meeting, I have a topic prepared for a November meeting entitled 'Alien Life: Are We Alone'? We can then also discuss It may not appeal to many members, we shall see, but 6 - 8 in number would be the aim, at the moment. Each meeting would have a different presenter and leader so that everyone has an opportunity to 'have a go' if they wish: no pressure or formality. Enjoyment and knowledge are the primary aims.

PATCHWORK & QUILTING LYNNE MOSES



The next meetings will be held on the Friday 15th October from 2:00 p.m. at the Restolake centre. 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.

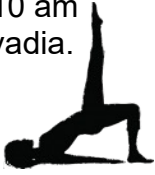
ADDITIONAL CRAFTS

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.



PILATES & YOGA GILLIAN ARMSTRONG cypruspinklady@gmail.com 99030426.

Gillian's classes start again on Monday the 6th of September at 2 pm for Pilate's and Tuesday 7th September at 10 am for Yoga. Thereafter 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. Cost is 5 euros per session. Contact Gillian Armstrong for further information as above



THE INSPIRATIONS WRITING GROUP angelabett60@gmail.com



The Writing Group held its first meeting on 6th July at the home of Angela Joy Bett, known as Joy at her home in Paralimni, joined by Carol Anderson and Savitri Pema. We explored the stories within us in non judgemental ways, chatting informally and writing in any style preferred. Following a short stimulus, we wrote for 20 minutes and shared our work, which varied from memoire, prose, and a descriptive article about 'Secrets.' If the thought of writing is daunting to you, come along and participate in a way that suits you.

The group is aimed at people who have some experience in writing and want to share their work in a supportive group environment. There will be an opportunity for writers to explore different aspects of writing and have a go at writing in that particular style.

New members welcome. Future meetings will be held monthly @ 10.30 am on the last Friday of each month. The next meeting will be held on FRIDAY 24th SEPTEMBER. Contact me for further details and directions

PAINTING GROUP Liz Naepflin



If you like painting come and join us at our EKKKA Cafe meeting place which is next to the big car park opposite Makuis. Everyone is welcome to come along especially new participants including complete beginners. It is a small friendly group meeting every Tuesday. Generally it is for those who want to spend time painting rather than as a class with structured tuition. So if you enjoy painting and need some encouragement to "get those brushes out and do some painting" and at the same time enjoy the company of others with similar interests then please come along.

Contact Liz for more information

NEW

PHOTO GROUP Geoff Penn



For those U3A members who would like to take better and far more interesting photos Lynne Moses and I will be putting together a series of interactive get together's to discuss and practice camera techniques especially getting to know the features of your camera

The first meeting will be held on Monday 18th October at Restolake meeting at 2 pm

The aim of the group would be for you to take smarter photos. In addition we will have a later look at photo enhancement using the Computer.

Please bring along your camera's / camera phones and if possible the associated manuals

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



SCRABBLE - ONLINE

On-line games such as scrabble and chess are now proving a very popular feature of our regular activities.

All you need is an email address or a Facebook account and a tablet or computer to download the app.

You can then play scrabble with your U3A and other friends regardless of where you are at anytime. We play whilst here in Cyprus but also whilst abroad and on holidays including cruises. Playing online also gives you plenty of time to work out your moves which is very handy when you have an awful set of letters! If you would be interested in finding more about this and joining those of us playing this way please contact Tricia Cooper or Janet and we will help you get started.

U3A MONTHLY FUN QUIZ GEOFF & JAN PENN

The next quiz at 'Restolake' will be held on the 13th October 21 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 a 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.

Team Positions after September Quiz

Jerms	98.50
Busy Bees	95.50
Jam Dodgers	93.50
United Nations	90.50
Anna & Co	57.50
Bee Gee's	55.00
Us & Them	52.50
Odd Balls	51.00
First Timers	24.00
Team Scandinavia	15.00



WEST-END & BROADWAY SHOWS JUDITH MANSELL

I shall be taking a break in October and therefore my next presentation will be in November, details to follow.