



# MARCH 2023 NEWSLETTER

A big warm, or should we say warmer, welcome to our March newsletter as the cold snap in Cyprus seems, at last, to be passing us by. It certainly has been a lengthy period of cold weather and one that will, no doubt, be difficult to recollect in the middle of this coming August's heat.

Thinking about the year ahead and in particular the massive increase in the cost for food and entertainment. We have, as a committee, been thinking about what we should do in the way of social events. Our initial thoughts are to hold a Summer BBQ (in a similar fashion to the one we held in the autumn of last year). However, for Christmas to return to a more formal dinner dance format as previous years. It would be useful to get some kind of feedback from you, our members, with regards to your thoughts. Some very rough estimates suggest that somewhere similar to the 'Sun Hall' would cost around 60 euros per head, almost three times that of previous years. Email Jacky or I as per the table on sheet 2 to give us your thoughts,

Now for those of us who have left behind our previous gardens in more Northerly climes. The problem of how to maintain a garden during the heat of a Cyprus summer can be a frustrating experience. Jacky has organised for a special guest speaker to give us a presentation on what is needed to create a beautiful garden space / or terrace in Cyprus. See Page 4

**PLEASE HELP SUPPORT THIS VENTURE, IT WILL BE EXTREMELY EMBARRASSING FOR US TO HAVE A POOR TURNOUT WITH A SPECIALLY INVITED GUEST SPEAKER**

Both the Book Group and Genealogy Groups are planning open sessions to encourage additional members to join.

The Book Group in the form of a charity event / book sale

The Genealogy Group in the form of a presentation / workshop demonstration where members / friends can be shown how to gather information to create their own family tree

Watch out for further information in the April Newsletter.

## 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		

# Days When Groups Normally Meet

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

## ANCIENT CIVILISATIONS Catherine Yates



Unfortunately Catherine's return to Cyprus has been delayed. This popular group will remain on hold until her return. A stop press will be issued accordingly.

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

Thanks to everyone who came to review 'The Four Winds' by Kristin Hannah, an interesting session with an American perspective of life in the Thirties.



We have now agreed to defer some of the suggested titles on the Reading List and we will be reading and reviewing 'The Rose of Sebastopol' by Katherine McMahon at our meeting on Friday 10th March. Thanks to Cynthia for taking up the baton.

We have also agreed to run a charity coffee morning and book sale to encourage a few more members to join us. This will be at Restolake on Friday 31st March. Details will be circulated nearer the time but if you have any books you want to donate to a worthy cause we would be pleased to receive them at the next meeting.

## 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.

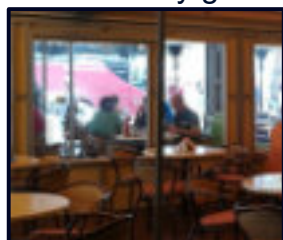
## BEGINNERS BRIDGE Carol Anderson

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

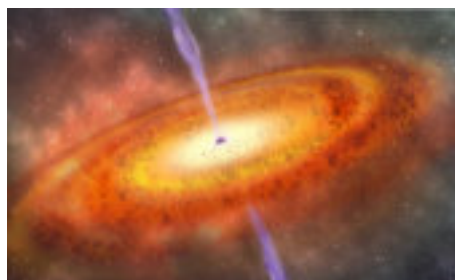
Our Tuesday get-together's remain an important part of the U3A diary when members and their friends can chat about U3A activities and plan together their programme of events for the coming month. This group also remains the first port of call for new members to get to know others. So join us at 10am for an all exclusive reasonably priced breakfast at 6.50 euros or indeed later for a coffee.



Next meeting is Tuesday 7<sup>th</sup> March at the Tuck Inn Finikoudes (Nearby to Larnaca Fort)

## COSMOLOGY +Group

What springs to mind when you hear the term “black holes”? An empty place with a powerful gravitational force, A scary point of no return these are probably some of the renowned notions that describe black holes.



John has arranged for a presentation about ‘Black Holes ‘ to be delivered by Garth Denman followed by a discussion about ‘Black Holes and Their Significance’.

This has been planned to take place at John’s house in Apesia at 11.00hrs on Sat 25th Mar 2023.

Lunch is provided afterwards by Sula Catering for a modest charge and everyone is invited to stay.

Please let John know if you wish to attend and whether you intend to stay for lunch as accommodation is limited. He looks forward to welcoming you.

## 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

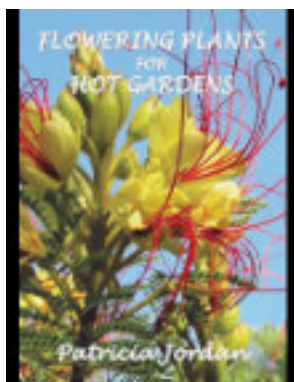


**We are currently planning an open morning whereby we can demonstrate the rudiments involved in the construction of a family tree, details of this session will be published in the April Newsletter**

The next meeting will be held on Friday 31<sup>st</sup> March 2023 at ‘Restolake’. Contact Geoff as above if you would like join us.

## Veranda Gardening and the Cyprus Summer Garden

We are delighted to announce that Jacky has organised for the celebrated gardening expert and author ‘Patricia Howard’ to enlighten us, with respect to ‘Veranda Gardening and the Cyprus Summer Garden’. This talk will provide members with help and advice in the successful growing of plants both in the ground and within patio pots and containers. Also included will be a short accompanying film. In order to reinforce her advice Patricia will bring along some of her books for you to purchase if you wish. Please check out her informative web site



This has been arranged for Thursday 16th March at the “OLD GSZ STADIUM” (opposite the Municipal Theatre Larnaca) from 10am . As we do not pay for the room please purchase something from the counter (tea/coffee cake/pastries are available )

**PLEASE LET JACKY KNOW BY Monday 13th so we have an idea of numbers.**

## LUNCH & DINNER CLUB JACKY DURRANT

A delicious brunch at Food Park City was our February choice for the L&D club.

o At the time of Newsletter issue Jacky is looking at arranging our next L&D date at Marzano on one of the following March dates 12,23,or29.

A stop press will follow once arrangements have been finalised.

## 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!



On the 9th March at 2pm, movie group members are taking a trip down memory lane and watching a comedy oldie "Operation Petticoat". Made in 1959, this World War II comedy tells the story of Lieutenant Commander Matt Sherman (Cary Grant) who is in charge of the submarine "Sea Tiger" which was badly damaged at a Philippine Shipyard by a Japanese air raid. Thinking the sub is un-seaworthy, the US navy redeploys his crew to other ships but gives him first call on any other personnel who become available. Wanting to set sail before an impending invasion, he enlists the help of Lieutenant Nick Holden (Tony Curtis), a con artist and uses his talents to procure the necessary supplies for the trip. Repaired but barely seaworthy, the submarine sets sail. En route it picks up five army nurses who need evacuating but Sherman cannot find anyone who will agree to take them ashore. Various adventures ensue before the sub finally arrives in Darwin.

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 Lynne Moses



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



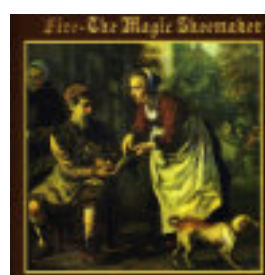
The meeting in December was held at a member's house and the extracts read went from tender and powerful to totally compelling.

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 February meeting we investigated the impact of Psychedelia and its influence on the advent of the British Progressive music of the early 1970s. New members always welcome, contact Geoff as above.



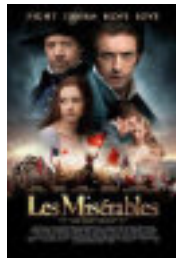
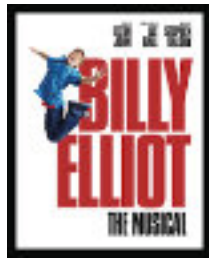
## The SOLO FRIENDSHIP GROUP

**This group is now closed as the group does not fall within the U3A constitution- Joy Bett**

**Committee Comment: All U3A Larnaca activities listed in the Newsletter should be open to all members regardless of married status. It is therefore, with regret that as the current format of this group remains rigid to singles only that we could not continue to support the group under the banner of U3A Larnaca. The group of course is free to operate as an independent unit.**

**The U3A Larnaca committee will of course review on how to ensure that single members are never isolated and that everything is done to ensure that they are able to fully enjoy all of our future activities**

Judith will be taking a break during March but is planning to re-run one of the previously popular shows where the enthusiasm outweighed the availability of spaces. Watch this space



**U3A MONTHLY FUN QUIZ Geoff & Janet Penn**



Come and join us for our **next** fun quiz on Wednesday March 8<sup>th</sup> 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.**

<b>Busy Bees</b>	<b>182.00</b>	<b>1</b>
<b>Jam Dodgers</b>	<b>177.50</b>	<b>2</b>
<b>United Nations</b>	<b>170.00</b>	<b>3</b>
<b>Anna &amp; Co</b>	<b>163.60</b>	<b>4</b>
<b>Jerms</b>	<b>152.00</b>	<b>5</b>
<b>Rexless</b>	<b>140.50</b>	<b>6</b>
<b>Us &amp; Them</b>	<b>120.50</b>	<b>7</b>
<b>Bee Gee's</b>	<b>46.50</b>	<b>8</b>