



May 2022

Newsletter

Registration Number LAR/S/67

A big warm welcome is extended to all our members with this May issue of our Newsletter

U3A Member Alan Tite, who is also a member of Dhekelia Sailing Club has extended an invitation for us to attend DSC's **"Try Sail"** day on Saturday 7th May. The occasion is not just you as a passenger, you will be given the opportunity to Sail the boat under the auspices of a qualified instructor (about 30 mins sailing time)

Initially you need to register your interest with Alan ([REDACTED]) He will then give you details, such as start time, what to wear, directions on how to get to DHC. Then you just turn up, sign in with Alan & then go sailing in the Mediterranean. And then afterwards enjoy an egg & bacon roll or two at a reasonable price and of course the opportunity to chat & meet new people. The event is Free,

As previously mentioned regarding Charity Events Anyone who has a charity that they would like to support and who would be willing to host some type of event please let Janet know as above. She is particularly keen to examine new ideas for such charity events. ie: Organised walks, a games morning/afternoon, a whist drive or even an organised 'U3A Larnaca' Has Talent' etc etc.

Group Leaders -Please note that up-to-date membership application forms can be downloaded directly from our website. www.larnacau3a.club

We need a member to front and organise trips to go and see classical music concerts, especially those by the Cyprus Symphony Orchestra. Catherine Yates has expressed an interest to help. Generally, the role would be to establish interest, book tickets and organise transport. Contact Geoff ([REDACTED])

Your Committee As Voted 10th December 2021

Name	Position	Telephone	Email
Carol Anderson	Chairperson		
Geoff Penn	Vice Chairperson		
	Group Coordinator		
David Barraclough	Treasurer		
Barry Bicknell	Secretary		
Jacky Durrant	Lunch & Dinner Club Social Secretary		
Kerwork Hovsopian	Events Social Sec		

Guide To Days When Groups Normally Meet

Day	Morning	Afternoon	Evening
Monday	Beginners Bridge Sounds, Like The 70s	Scrabble Pilates	
Tuesday	Painting Brunch Bunch Computer Skills Line Dancing	French Conversation	Expert Bridge (Radio Link) Ancient Civ
Wednesday	Pilates Astronomy U3A Quiz	Yoga	
Thursday	Exploring Cyprus	West End-Broadway Shows Movie Afternoon	
Friday	Book Group Backgammon	Patchwork and Quilting Genealogy	
Saturday		Boules	
No Set Date	Charity Events Health & Well Being	Greek Conversation	Page 2

ANCIENT CIVILISATIONS CATHERINE YATES



With Catherine back in the UK., our study of the important cities of the Ancient World will remain on hold waiting for her return.

Information about the resumption of this activity will be posted in next months newsletter.

ASTRONOMY & COSMOLOGY CAROL ANDERSON



The only Astronomy session in May will be held on **Wednesday 18th** at 11:00 at Restolake. It will again look at those catastrophes that influenced our planet's development and the consequences they had on the emergence of life. This session will look at the Snowball Earth, a time when early earth was completely covered in snow and ice. This natural disaster effectively wiped out almost all living organisms that existed prior to the ice age – with the exception of some extremophile's which adapted in order to survive. The catastrophe gave a boost

to our planets ability to create life through repeated adaptation of organisms due to dramatic upheavals in nature.

The next session of Astronomy after the 18th May will be held on Wednesday, 1st June. More details in the June Newsletter.

BACKGAMMON Serge



Our Backgammon sessions are held now on Friday mornings from 10.00 hours to around noon.

All players are welcome whether experienced or totally new to the game so come along and enjoy a social gathering that is both stimulating and good fun. No need to bring a backgammon set, but if you have one, bring it along. Contact Serge if you need further information

BOOK GROUP Margaret Gross



It's May already and we are halfway through our selected reads for this year.

We will be meeting up on Friday May 13th to review our choice of The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffe. By popular request and with the warmer days now arriving we will be returning to the Restolake venue as it should not be so crowded and gives us more space. Meet up time 10 for 10.30 am and purchase of a drink is welcomed in lieu of rental charge.

Everyone welcome to join us, contact Margaret as above .

BRIDGE Errikos Leonidou



From Monday 2nd of May Bridge is returning to the Flamingo hotel. Face to face !! That is Every Monday at 5.30 pm and every Tuesday at 2.30.pm.

Everyone is welcome.

Contact Erikos as above for further information.

***NOTE UPDATE**

BRIDGE FOR BEGINNERS CAROL ANDERSON



As I will be out of Cyprus for the first couple weeks of May, our schedule for bridge lessons, both for beginners and advanced beginners, will be held with the kind collaboration of Errikos Leonidou when I am not in Cyprus. It is important that the bridge lessons continue at a constant pace, otherwise one forgets what has been learned and we start by relearning old lessons, cutting into the advances that all would like to make. Lessons will continue at my house at 10 AM on Mondays. The following is the proposed schedule for

May:

Monday, 2nd May – Advanced Beginners with Errikos.

Monday 9th May – Beginners with Errikos

Monday 16th May – Advanced Beginners with Carol

Monday 23 May – Beginners with Carol

Monday 30th May – Advanced Beginners with Carol

It is important that as many people as possible attend the lessons. Errikos will not teach a class if there are two or less people attending. I will teach if there are two people attending, fully aware that repeated absences will be detrimental to one's progress and hold everyone back. I will send the lessons to Savi and Geoff who are away in the hopes that the entire Beginner class will all be on the same level by this fall.

If you are unable to attend, please contact either Errikos or myself to let us know.

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 €6.50 breakfast at 10am or pop in later for a coffee and a chat. Bring a friend.

Our next meeting will be held on Tuesday 3rd 2022

CHARITY EVENTS



Sixteen members joined me for the charity coffee morning and beetle drive on the 7th April in aid of Alzheimer's Research UK. Although a relatively modest group we had a good time playing Beetle and participating in the raffle. It was also a good opportunity to top up on reading material. We managed to raise the magnificent sum of about €300 Euros on the day which was enhanced by further donations after the event from people who could not attend. This has brought the final total to **€380** which I topped up when converting to sterling so that **we sent €320 to the charity**.(see below).

I believe that raising funds for good causes is an important U3A activity and at the same time it provides a pleasant social event. Now that the warmer weather has come please give some thought to whether you could perhaps host a coffee morning/afternoon, games session, "bring and share food" or other get together

EXPLORING CYPRUS

Sadly, the visit to Agios Theodoros for a demonstration of Flaouna making had to be cancelled as numbers were insufficient to make the price reasonable.



I am persevering with our outings though and on **Friday 20th May at 10am** have arranged for us to have brunch at “Jars” in Kato Drys (near Lefkara). For those of you who are not familiar with Jars it is a mother and daughter business making home-made jams, pickle and chutney. They offer a comprehensive brunch for **€12.50** with the aim of promoting their products and enabling guests to try them out. It is an extensive spread with bread/toast, cheeses and samples of many of their chutneys, scones and various jams, cake, bacon and egg and coffee. The brunch offers very good

value for money. Of course you can also stock up on jams and chutneys afterwards if you wish but there is no pressure to buy.

Kato Drys is a pretty village that has benefitted from a lot of renovation in recent years. There is an interesting bee and honey museum and some local shops and it is also a quiet place to wander around. There is a convent in the next village for anyone interested in visiting churches and Lefkara is fairly close by. Since some of you may wish to “make a day of it”, and because mini bus transport is expensive, this outing is **using your own transport**. Car sharing is obviously an option for those without transport or who prefer not to drive. There is a car park behind the shop.

This is likely to be popular if past experience is anything to go by and **places are limited to 10** due to the size of the area for eating, so please book your place early. **I need to know numbers by the 14th May**

FRENCH CONVERSATION Cynthia Dawson



Regrettably, our French Conversation Group will be taking a break due to a drop in the current level of membership. Hopefully this group will be back on track when the warmer weather has returned and once again we can frequent our favourite places to parlez-vous

We will keep you updated

Contact Cynthia for further information.

FRENCH TUITION Dominique Flavigny



With regret our French tuition Group will remain on hold until further notice due to insufficient interest.

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. Such discussions at our April meeting looked at how the means for communications has changed so drastically. The use of computers in our lives being the most obvious and the rapid extraction of information particularly for genealogy research. Looking back to our childhood and discussing writing letters or waiting for an important item in the post for example. All these memories in our own lifetimes 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 27th May at 15.00 hours. venue to be

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

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. 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 this group. 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.

LINE DANCING Jill Sherwood



Our line dancing group meet at the Corner Cafe in Pyla, on a Tuesday morning. Please contact Jill as above for details of the actual dates for February. Each session is supervised by Sherri a very experienced teacher we will show us the moves.

Please contact Jill, as above, if you would like to join in with the fun.

The cost is €5 per one hour session. Additional refreshments are available to purchase.

LUNCH and DINNER CLUB Jacky Durrant

Jacky's choice for our May lunch time date will hopefully be our old favourite 'Balti' Indian Restaurant. This venue, always, proves to be an extremely popular choice and as such attracted a very good attendance of our members over the past years.

We still need to finalise arrangements and we will issue a stop press once details have been agreed.

MONTHLY HAPPY HOUR MEET & GREET PAT BEAVER

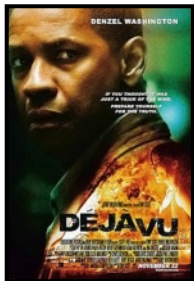


The 'monthly **HAPPY HOUR** meet and greet' is a kind of extension to our 'Bunch Brunch' concept and the opportunity for members to enjoy a nice friendly atmosphere with soft gentle music for cocktails and drinks at 'Harry's Bar' in Larnaca. Please contact Pat as above if you would like to be included.

Red or white wine 87ml. 3 for 10 euros, Rose 3 for 10.50 euros, Leon Beer half pint 1.70, Pint 2.50, Cocktails: 5 euros, Local Gin & Tonic 3.50 euros, Gordons 5 euros, Soft drinks 1.50 euros, Fruit juice 2.00 euros

MOVIE GROUP

johnleggett@cytanet.com.cy



The Movie Group meets on the second Thursday of every month at 2pm at John's home in Aradippou. **The next meeting is on Thursday May 12th at 2pm** when we will be watching the movie "Déjà Vu". Denzel Washington stars in this fast-paced, action packed thriller with a spectacular mind-bending twist. In the wake of a devastating terrorist attack on a slow New Orleans ferry, the A.T.F. special agent, Doug Carlin, joins an experimental top-secret government program to find the bomber. Designed to bend the very fabric of time, this state-of-the-art technology enables the user to observe a detailed representation of what happened four days and six hours in the past, tracking the target's every move prior to the attack. However, the man responsible for the deadly explosion

is bound to strike again. Can Carlin figure out who he is, when he is always precisely four days behind? Hold onto your seats for an explosive and intriguing thrill ride you will want to experience again and again.

If you are interested in joining us for this, or other sessions, please contact John to let him know.

PILATES & YOGA GILLIAN ARMSTRONG

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



PATCHWORK & QUILTING LYNNE MOSES



With much sadness, Lynne will be reviewing whether it is worth continuing with this group because the level of interest has dropped considerably. Even the offer to host other craft groups outside of P&Q has failed to stoke up any interest for, what was once, a previously very enthusiastic and industrious group. Maybe the COVID situation has put people off from participating in following group activities.

But notwithstanding the imminent closure of this group Lynne will still be available at her house in Larnaca if anyone wants to come along for a chat, coffee and some machine sewing on the 3rd Friday afternoon of each month. Let her know in advance if you would like to join her and she will give you directions to her home.

PAINTING GROUP Liz Naepflin



For those of you who like painting come and join us. Our Group meet up every Tuesday from 10 to 12,00.

The venue is currently at Liz Neepflin's home whilst government restrictions are in place. New members are always welcome, join us for painting, doodling, zen tangle, dot art or sketching. If you like to learn one of these techniques Liz will gladly give you instructions. Everyone is welcome to come along especially new participants including complete beginners.

Contact Liz for more information

Sounds, like the Seventies Geoff Penn



At our meeting in April we once again focused our attention on a range of new releases which also included a whole host of re-issued albums re-recorded utilising modern digital equipment.

This is a group for music lovers with a particular penchant for progressive, psychedelic and blues sounds from the 70s but also paying attention to the many bands who are replicating this style of music albeit with a modern edge.

Contact Geoff if you are interested in joining in with the fun..

THE INSPIRATIONS WRITING GROUP



The members of the writing group met and enjoyed themselves immensely in Xylofagou. It is amazing how six lines of writing can stimulate such different writing styles in our members. All written pieces were engaging and exciting, some were powerful. They would certainly keep an audience reading until the end of the piece.

Three words "Generosity turned sour." Is the title of our next pieces of writing and we would like to invite new members to listen to our written pieces.

The group is meeting on the 4th May in Pyla. Directions will be sent by the host and we meet at 12-30. Should anyone wish to join the group please contact Joy Bett by email or phone as above.

U3A MONTHLY FUN QUIZ GEOFF & JAN PENN

The next quiz at 'Restolake' will be held on **Wednesday 11th May 2022** 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.

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 April 2022 Quiz

Busy Bees	321.00
Jerms	319.00
Jam Dodgers	302.50
United Nations	282.00
Anna & Co	254.00
Bee Gee's	236.50
Us & Them	185.50
Team Scandinavia	137.50
Odd Balls	105.50
First Timers	24.00

Quiz

WEST-END & BROADWAY SHOWS JUDITH MANSELL



Judith will be showing the 25th Anniversary version of Riverdance on Thursday 26th May at her home at 2.00 pm. **IMPORTANT: Will her regulars please confirm if they are coming a week in advance so that she can organise sufficient seating.** If you have never previously attended but are interested in coming along, please email Judith with your mobile number as spaces might or might not be available