



September 2021

U3A Newsletter

Registration Number LAR/S/67

After a short Summer Break our Newsletter returns for September to update you on our activities.

Unfortunately we have just received the news that our Chairperson Carol has been admitted to hospital in Paris with a serious Pancreas infection. Although her treatment and after care management could take a lengthy three months to sort out we are pleased to learn that arrangements are currently in place for her to be cared for at her Paris apartment. I (Geoff Penn as deputy chair) will take over the reigns whilst she is away. Prior to receiving this news I had inserted into the newsletter all of Carol's group undertakings. I decided to keep the headlines in place, highlighted in blue, and have fortunately been able to put in place alternative arrangements for these specific activities.

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 certain items of equipment which Group Leaders might find useful to assist with their group presentations:-

1. Amplifier / boom box. 2. White Board with stand 3. Projector Screen -Contact a committee member to ascertain availability

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 geoffpenn@cytanet.com.cy

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)	<div>Page 2</div>



Unfortunately as members now know Carol is currently in a Paris hospital receiving treatment. We will though continue with the two sessions scheduled for September. The first session will take place on **Wednesday 15th September at 11:00** at Restolake and will focus on the historical background leading up to the current movement to colonise Mars. This will take the form of an open forum with all participants investigating via Goggle (or similar) any interesting facts or information relating to this enterprise. We will also discuss subject matter for our next meeting on **Wednesday 29th September at 11:00** at Restolake.

So far as October is concerned Savi Pema has 4 discs by Prof Brian Cox on “The Wonders of the Universe” which we will view.

BACKGAMMON (IS BACK on offer)



Serge is pleased to confirm that backgammon sessions are currently being held every Thursday from 10.00 hours to around noon at Restolake. 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.

Please note Serge will be away abroad from mid September until end October therefore the 17 Sept will be the last supervised session until he returns at the end of October.

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

Second year bridge lessons

Carol presented a big pat on the back to each of last year's bridge students. Despite Carol's hospitalisation it is suggested that the four beginners continue to meet up and practice the conventions and strategies that they were shown. Meeting on **Monday, 13th September** and then on **Monday 27th September at 10:00 hours** at Restolake.

NEW Beginners' bridge class

Unfortunately as members now know Carol is currently in a Paris hospital receiving treatment. We, therefore, will postpone the recruitment of interested members to form a beginners class.

BOOK GROUP Margaret Gross



"The Book Group will be meeting again after a very hot August and welcome you to join us on Friday September 10th at the Restolake 10am for 10.30. As always we ask you to buy a drink and support the venue which is made available to us free of charge.

We have a new reading list for the coming year and start with a review of our summer read, The Midnight Library by 'Matt Haig', led by Jill Sherwood

New members are always welcome, contact me as above.

BRUNCH BUNCH PAT BEAVER



Our August get together at the Tuck Inn Finikoudes (Nearby to Larnaca Fort) was well attended and 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 7th September

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



Those of you who have Facebook will have seen that the coffee morning at Fran and Keith Swales' home in July was an enormous success and we raised the impressive sum of €700 which has been passed to PASYKAF.

I would welcome offers from other U3A members who are willing to host something – I am always there to help and others offer raffle prizes etc – so if you have a favourite charity why not organise a get together. It does not have to be a coffee morning, we could have a games afternoon, beetle drive, sponsored something or other whatever you would like.

FRENCH CONVERSATION Cynthia Dawson



Our next French Conversation meetings are scheduled for Tuesdays 14th and 28th. September. 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 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.

EXPLORING CYPRUS

Our September meeting is **an outing to Platres** as notified previously. **in September** so that I can get it booked. This is an outing with two options: a one day visit or a residential trip of 2 or more nights.

The **one day trip** will take place **on Tuesday the 21st September** and I hope it will include the **opportunity to participate in a workshop at the Cultural Centre in Platres** (though I have not yet heard back from the organiser). Activities could include soap making and decoupage. Alternatively there is the option to just visit the centre which also hosts a very interesting exhibition about the history of Platres and then spend time in Platres pursuing own interests. I am hoping there will be enough people to organise a minibus which seats 12. If I can fill it up the transport for the day trip will work out at €20 return for the minibus. I have 4 names at present. You will then need to budget for lunch and the workshop (if you choose to do that). This day trip is open to non-members as well.



The **second option** is to combine the above with overnight stays in Platres for 2 or more nights. For those wishing to pursue this option, we will stay at the **Forest Park Hotel arriving on Monday the 20th September**. We will take advantage of the offer from the Deputy Ministry of Tourism which gives a discounted rate for stays greater than 2 nights at designated hotels. The cost will be €39 per night for a double room

bed and breakfast. The hotel has recently benefited from some refurbishment of areas such as the lounge and bar and bedrooms have new mattresses, curtains and soft furnishings. The hotel has an indoor and outdoor pool and a lovely terrace area looking out over woodland. Those staying in Platres would need to **use their own transport** (or car sharing) to get there as it would be too expensive to arrange a coach and a car is essential for getting around the area.

Programme "The duration is 2 hours with workshops on soap making and decoupage during that time. The programme will be: welcome with lavender dream (drink) and lavender hydrosol (ritual), presentation about the History of Platres, presentation about Lavender (uses, healing properties) culinary tasting of lavender products, and trial of beauty products, presentation about decoupage and the actual workshops".

I now urgently need to know by the 3rd September if anyone who has not notified me already wishes to go either for the day or for a residential stay so that I can make bookings. I have already made the hotel booking for the eight people who expressed an interest previously. Workshop costs will be communicated individually by email once I know the final level of interest but I anticipate it will be fairly modest. The workshop and presentation about Platres is €10? The workshop is optional and will be for any of us who wish to attend (we need 10 minimum). Please email urgently at the address above.

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,

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 24th September at 'Restolake' at 15.00 hours

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.

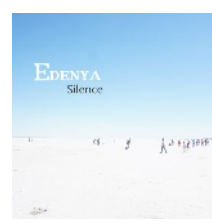
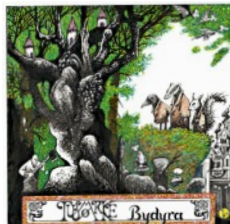
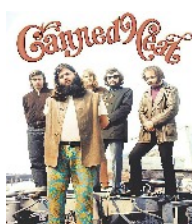
For anybody who is interested you can get in touch with me as above but please note this is a conversation group for people with a knowledge of Greek and it is not suitable for members wishing to learn the language from scratch.

LUNCH and DINNER CLUB Jacky Durrant

The Akroyiali Beach Restaurant in Mazatos, was the beautiful breezy sea side setting for our July lunch time date. This family run beach tavern proved a popular choice. Currently nothing as yet has been arranged for September but we may investigate a Fish and Chip lunch time date. As soon as details and deals have been thrashed out we will issue a stop press announcement.

SOUNDS, LIKE THE SEVENTIES GROUP Geoff Penn

At our meeting in July we enjoyed another rag-bag musical mixture of old psychedelic bands compared to a lively assemblage of new modern bands with a penchant for old school noisy rock. Contact Geoff if you are interested.



On the Edge of Time and Space JOHN PALMER

This new discussion group, haphazardly named 'The End of Space and Time' sprung up from the desire to continue, in an open forum style, many of the elements which were briefly touched upon in the Astronomy/Cosmology group.



First of all, the inaugural meeting will be in the first fortnight of October with the subject and exact date and venue to be fixed. The Library Hotel in Kalavasos has been mooted as a suitable place and, of course, there would have to be a charge for room hire and lunch for those who wish to stay. It will be open to all members of Larnaca U3A.

The projected monthly meetings would take the form of an initial presentation, perhaps of 20-25 minute duration and then thrown open for a general discussion on the topic lasting perhaps a further 30-40 minutes, depending on the enthusiasm of the members. Topics will be on subjects like 'the meaning of reality', 'what is time?', 'blackholes', 'alien life', 'space/time' and many other areas where there are currently many exciting discoveries and developments being made.

Contact John as above to express an interest, Further information will follow in the October Newsletter.

THE RISE of the ENGLISH MONARCHY



Due to Carol's unfortunate hospitalisation 'The British Monarchy' will be on hold until further notice.

PATCHWORK & QUILTING LYNNE MOSES



The next meetings will be held on the Friday 17th September from 2.30 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 are 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 memoir, 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 Margaret King



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 Margaret for more information

PHOTO GROUP Geoff Penn



We have a small group of members interested in setting up the photo group.

The aim of the group would be to become more familiar with the features of your camera and to take smarter photos. In addition, we will look at photo enhancement using the computer.

A slight delay now planning to start in OCTOBER when it is a bit cooler. Meetings would be held at 'Restolake' day and time to suit members. If you would like to add your name to the list of interested members, please let me know.

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

Our fun quiz welcomed **Team Scandinavia** to the fray and a welcome back to Team Anna & Co.

The next quiz at 'Restolake' will be held on the 8th September 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 July Quiz

Jam Dodgers	69
Jerms	68
Busy Bees	67
United Nations	60
Bee Gee's	55
Anna & Co	26
Us & Them	26
First Timers	24
Odd Balls	22
Team Scandinavia	15



WEST-END & BROADWAY SHOWS JUDITH MANSELL

The next showing of my new video venture, will be a production of 'Miss Saigon' which I will show on Thursday 30th September at my home at 2.00 I will remind my usual participants by email a week before. However for anyone else interested please contact me as above including your telephone number. My intention is to screen a different show on the last Thursday of every month.

