A message from the chair: our subs may spring into autumn

After another beautiful February amid the greenery and almond blossom, there seems like no better time to get out in the sunshine, and this edition of Ad-Lib highlights some outdoor activities. The P3A now has three separate walking groups, as Alan Bowd reports, and we can take up kayaking, thanks to Christine Menzies and Monica Williams. Meanwhile Linda Maidment has been working as hard as ever, collecting a whole raft of ideas from members, and enabling the launch of our new bird watching Group.

It is membership renewal season again, and I hope you have all seen Dale’s message about subscriptions. The amount is so small that it’s easy to forget, but Dale has given us several options to make cash payments as easy as possible.

The widely dispersed nature of the club has always meant that subs tend to trickle in over a long period. In fact both my own experience (during three years as membership secretary) and now Dale’s, has been that having a renewal date of 1st April is far from ideal. Many of our members are packing up to leave during the spring, and disappear over the summer, with the result that their renewals finally come late in the autumn.

We discussed this among the Committee, and discovered that the 1st April was originally chosen for the sole reason that the P3A launched at that time. We all agreed that a date of 1st September would actually fit better with the club’s annual cycle of activities. It will, however, require a change in our Constitution, so we plan to put this to the vote at the AGM, scheduled on 25th May.

If approved, all our members will get five months extension of membership free, since the next renewal date would be 1st September 2017. More time to do all those things we want to – if only there were more days in the week! For now, I wish us all a glorious spring.

Ros Sparrow

Group wish list comes up with ideas galore...

Many thanks to those who replied to my email in January asking for suggestions for new groups, writes Linda Maidment, Group Coordinator. Members came up with these ideas (in no particular order):

Jazz Music Rock Music Second Classical Music Group Opera Music
Local History Singing Theatre/Concert Group Gardening
Travel Discussion Bird watching Group Food & Nutrition 3rd Current Affairs Group
Antiques Appreciation Geography/Sociology Water Colour Painting Basic DIY

A diverse list! If you are interested in any of the above please let me know and if we have sufficient interest we can look at how we can set up some of these groups.

We have already pursued this approach with the bird watching group – originally there were 6 enquiries but when we set up a meeting more than 40 expressed interest – see page 2. So I need to know what you’re interested in or the opportunity may pass us by!

As well as the new bird watching group a new intermediate walking group started at the beginning of February – many thanks to all of you for your fantastic response to this group, with over 70 members interested (see page 4).

It appears that members are not only keen on expanding their minds but also on keeping fit and enjoying this wonderful island we have adopted as our home. There is also an article written by Monica Williams and Christine Menzies about a prospective new kayaking group (see pages 5 and 6). So there is another way to enjoy some exercise and see Cyprus from a new perspective!

I look forward to hearing from you if you are interested in the groups above or have any more ideas for new groups. This is YOUR P3A and your contributions and support are the sole reason the P3A exists.
**P3A Committee members**

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<td>Secretary</td>
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<td>Treasurer</td>
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<td>Membership Secretary</td>
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<td>Group Coordinator</td>
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<td>Events Organiser</td>
<td>Jeremy Wall</td>
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<td>Technical Officer</td>
<td>Brian Chalcraft</td>
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Contact details: [http://paphos3rdage.org/committee.htm](http://paphos3rdage.org/committee.htm)

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**Saturday Talks and Events**

19 March 2016 Barry Heywood: Antarctica

16 April 2016 Tai Chi Demonstration: Mei Rees

14 May 2016 Eddie & Pam Lane: In the Footsteps of Shackleton

11 June 2016 Jolyon Kay: The Trojan War

For further information on venues and subjects to be covered in the Saturday Talks please contact Jeremy Wall, jglwall(at)gmail.com

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**Bird watching group off to a flying start**

Over 30 members attended a meeting at the Coral Star restaurant which looked at setting up a new P3A Bird watching group, writes Linda Maidment.

We were glad to have John Stapley, vice chairman of Birdlife Cyprus, and his colleagues Dave Walker and Ian Bloomer attending the meeting.

John spoke to us about Birdlife Cyprus and how they operate field trips, and they have also offered to assist us with initially organizing a couple of field trips and a presentation on bird identification – dates to be confirmed.

This will be a great help as many of the prospective members do not have any in depth experience of bird watching!

Geoff Walker offered to take over the role as the group leader and Danne Johnston has volunteered to assist him. Many thanks to them both for taking on this challenge. If you would like further information about the group please contact Geoff – geoffreyw@primehome.com.
The weekend starts here...though for us it doesn’t

A P3A Talking Point

MAYBE it’s just me.

The weekend never played a great part in my life. Work patterns usually meant Saturday and Sunday were normal working days (with less traffic and a quieter office).

And retirement didn’t change things much. I’ve rarely had the thrill of knowing the weekend starts here, or indeed saying tgi to Friday. Every day feels much the same, and to me Saturday often feels very like a Tuesday.

Though perhaps that was just one of my senior moments.

Even so I’m a bit surprised that in P3A we stick so rigidly to the traditional working week when we have no real need to.

Our groups page on the website tells the story: eight or nine groups meet on Mondays, Tuesdays, Wednesdays and Thursdays. On Fridays there are only three. On Saturdays there are two (Lunch and the Saturday Talk) and on Sundays just one (anyone for tennis?)

So basically we shut up shop on Friday, replicating the big sigh of relief that we’ve got the working week behind us.

Am I the only person who finds this a bit odd? I know new groups sometimes struggle to find a gap in the weekly calendar, while three days of the week are very thinly populated.

Are there over-riding reasons why groups shy away from the weekend? Are venues not available because of the draw of Sunday lunch? Do lots of members go away for a couple of days when hotels are at their most expensive?

Or is it that the weekend is so embedded in our culture and subconscious that we have trouble thinking outside the box? After all, it’s such a powerful concept that le weekend is even accepted as normal French usage.

But maybe it IS just me... do write and let me know your thoughts.

Nigel Harris

This Talking Point is the first of an occasional series on the shape of P3A. All contributions welcome: send them to nigelhmharris@gmail.com
WALKING in the P3A is very popular, with approximately 190 members spread over the three walking groups on Monday, Thursday and Friday, writes Alan Bowd.

The reasons for its popularity are surely the wonderful climate, the beautiful scenery and the unrestricted access to such lovely walks. I don’t think there is another country where you can just about walk anywhere.

Plus the fact that it is very healthy - every medical article I read mentions doing regular exercise is good for the heart and many other problems. Walking is also stress free - it is possibly the only sport which is not competitive, it does not matter if you come first or last.

It is also a very good way of making new friends... two or three hours out in the fresh air gives you plenty of time to find a compatible person or persons.

There are three walking groups in P3A:

1. **The new Monday walking group (pictured above)** usually does about a 5 mile walk at a fairly reasonable pace and is not too taxing. On the walk between 11.30 and 12 o’clock a 15 minute picnic lunch is taken, which is proving to be very popular. After the walk refreshments are taken at a taverna. This walk is described as intermediate as it fits in nicely between the other two. There are still places on this walk: please contact joint group leaders Linda Maidment 97857652, Sandra Greensmith 99103156, Monica Williams 96303187 or Alan Bowd 99127028.

2. **The Gentle Strolls walking group** meets on a Thursday, and as the name suggests does a nice easy very friendly walk of about 2 hours. After the walk they go for refreshments at a tavern. At the moment the group is full but it is always worth putting your name down on the waiting list as places do come available. Contact Danne Johnston on 99907004.

3. **The Friday walking group** walks are between 10 and 12K and done at a fairly good pace usually with a reasonable amount of ascent. This group eats afterwards, though this is entirely optional. This group is also full at the moment but it is well worth putting your name on the waiting list as places frequently come available. Group leader Alan Bowd is on 99127028 and is pictured above, back left.
WOULD YOU LIKE TO EXPLORE THE COASTLINE OF PAPHOS WITH OTHER PADDLERS?

Then this new kayaking group might be for you….

Christine Menzies & Monica Williams are keen Kayakers and P3A members. They would be willing to co-ordinate a paddling group for the P3A and arrange taster sessions for anyone who would like to learn how to Kayak, with a view to joining the group.

As the taster sessions will be done using sit-on Kayaks, NO ESKIMO ROLLS ARE REQUIRED.

At present the two ladies meet on a Wednesday mornings, at 8am for an 8.30 start, depending on the location, sea and weather conditions.

The early start is because the sea tends to be calmer and the sun isn't too hot at this time in the morning. They are on the water for 1 1/2 to 2hrs and would like to aspire to /Continued
Continued... a morning expedition from one bay to another. So far, they have explored the coastlines of Mandria, Timi, Geroskipou, Coral Bay, Sea Caves and Lara Beach.

Between the two of them they have four different types of Kayaks, which you are welcome to try out during the taster sessions.

Monica Williams is pictured on the previous page in the inflatable blue and grey Pathfinder Kayak, and Christine Menzies is seen above in the touring Kayak, Perception Triumph.

If you want to take up Kayaking, you should be able to swim at least 50 metres. It is open to all ages who can achieve this distance.

If this sport is for you, then eventually you will need:
- A Kayak of your own
- Paddle
- Life vest
- Waterproof beach shoes for stony beaches (optional)
- Hat to protect your head from the sun (optional)
- Transport for taking your Kayak to different locations

Monica & Christine would like to start up the group for the 25th of May.

Anyone interested can ring or email Monica on 96303187, mmwincyprus@gmail.com or Christine on 9225501, chris101011@btint.com
Ancient and modern...the Philosophy Group deals with everything from Socrates to the state of modern marriage

Questions, questions, but never any answers as the philosophy group ponders birth, death and everything in between

by Linda Maidment

“True wisdom comes to each of us when we realize how little we understand about life, ourselves, and the world around us” - Socrates, Greek Philosopher

The Philosophy Group was started by Vivienne Rathband over 7 years ago. When she moved permanently back to the UK with her husband John (see page 11) she handed her ‘baby’ over to me. It was a hard act to follow!
The group looks at many topics and, after a lifetime of experiences, all the members can bring very different ideas and opinions to the meetings.
It can get controversial but never personal and we are not afraid to look at subjects relating to religion, politics or other contentious issues.
Recent discussions have covered immigration, the philosophy of birth, morals & morality, know thyself, crime & punishment and the philosophy of death.
Sometimes we can look at less weighty topics and have had great fun exploring our differing opinions on such subjects as marriage and monogamy!
Whatever the discussion we never come away with an answer – only more questions!
The group is quite small and a maximum of 12 members take part in the discussions. This gives everyone a chance to make a contribution.
If you like to spend time pondering various unanswerable questions relating to life and the world in general and would enjoy the stimulation of doing this with others this group could be for you!

If you would like more information please contact either Linda Maidment at lindamaidment52@gmail.com or Jean Alston at jeanprice@cytanet.com.cy.
World of art comes to life as group sets out its plans

The Art Appreciation Group continues to meet to examine and explore the inexhaustible depths of artists and their work through talks, studio and gallery visits, writes Marion Campey.

The group started 2016 with a presentation in January by Carole Tapper, who gave the group her latest presentation on one of her favourite artists, this time on the life and times of the beady-eyed satirist William Hogarth.

Her talk, "Hogarth's Progress", included an introduction to Hogarth, and looked at the pictures which constitute "The Harlot's Progress" and "The Rake's Progress" - both searing visions of 18th century moral squalor.

We have these plans for the first half of 2016:

* A second presentation on Rembrandt by Marion, following the first in November exploring his late works. This one will deal with his revelatory self-portraits from the same period. Here is an artist whose examination of self surpasses that of the modern "selfie". This meeting is on Friday 11th March at 10.00 at Technopolis 20 in Paphos.

* In the second half of April (date to be decided) Miriam McConnon Papageorgiou will open her studio to the group and give an informal talk about her new paintings and drawings which are to be exhibited in Nicosia the following month. Miriam is a professional artist whose daily practice, dedication and commitment are reflected in the quality of her work - see www.miriammcconnonart.com.

* In May we will travel to either Nicosia or Limassol, depending on what is on offer in these cities. A talk is planned for June so watch this space!

Art Appreciation Group meeting times vary depending on what is on offer, so if this group interests you, please contact Marion on 99156605 or email marion.campey@gmail.com.

Right, from top: members on an earlier visit to Nicosia; Rembrandt self-portrait; and a detail from Rake's Progress
Quilters help the hospice

2015 proved a very satisfactory year for the Quilting Group. We spent the year looking at circular designs and had a workshop in the summer when we tackled a Wedding Ring pattern, which was demanding but enjoyable – and resulted in some imaginative projects.

At the end of the year we usually do something with a Christmassy theme for our December meeting but this year we decided to do something different.

We have collected quite a lot of squares between us that have been made whilst trying out new designs and we enlarged them each to one metre square size and made them into small lap quilts. These were then taken to the Archangel Gabriel Hospice for patients to use when sitting in the armchairs.

As a group we would like to be involved in the wider field of activities being planned for the 2017 Culture Year. At present we are planning two quilts – one a large map of Cyprus entirely made with small hexagon shaped pieces and the second will be to enlarge the opening picture used at the presentation back in October which several of us attended.

It was a beautiful radiant circle of colours and lent itself to lots of ideas as to how we could make it with fabrics. Our ultimate idea is that if it works we will arrange an open workshop at one of the community events where anyone can make a square or hexagon for one of the two projects.

For now we are just at the planning and trying out stage – but we had the most enormous fun at our January meeting when a visitor joined us who had a wonderful machine that set patterns and churned out pieces like a sausage machine!! We were hard put to keep up with a supply of material, but it certainly did get us off the ground.

On the 30th March we are planning a whole day workshop when we have a visiting quilter showing us how to do applique work. We are happy to open it up to anyone interested who would like to join us. Ring 26 911489 for further details. Jill Dare
Foodies say sí, oui and yes to Europe

The cookery group Around the World in 80 Dishes is a new group, but we have had some wonderful foodie adventures since we began.

Pictures here show our Spanish evening, when we worked our way through a typical Spanish tapas selection before enjoying a simply delicious paella.

Each part of the meal at each meeting is brought along by members to share. Most of us had had holidays in Spain and we reminisced over where and when we first encountered various dishes.

This was followed by an unusual December meeting when we planned a French lunchtime meal. The day turned out to be one of those glorious hot December days when we were able to sit out under a large orange tree. No pictures sadly, the camera wouldn’t play ball. Neither did the Paphos road works department, who turned up an hour before and took up the approach road to Liz’s house.

Too late to change venue or contact folk - we all arrived in the village, parked where we could and processed along to her house bearing our dishes like the three kings going to the Nativity! Whoever said life was dull here!

This year we started off with a winter warmer – Indian night, when we were welcomed by a glowing picture of the Taj Mahal on the screen in our host’s home and enjoyed a table full of spicy food to keep the January cold at bay.

There is so much Indian food to choose from and we found it hard to limit ourselves, so undoubtedly we will visit this country again – maybe taking a region at a time.

We were lucky to have one member going back to Leicester for Christmas – that heart of India in England! – where many lovely little shops sell ingredients that aren’t easy to find here.

Jill Dare
Our P3A: more home thoughts from abroad

**Vivienne Rathband continues the family’s UK adventures in U3A**

Last month my husband John contributed an article for Ad-Lib. Now it’s my turn, and I hope to present a slightly different spin on our move back to UK nearly two years ago, in particular our experience of the U3A here.

I share John’s frustration with our local U3A – high annual subscription charge, activities not financially self-supporting, insufficient number of groups, 20% of members (and group leaders) not on email, disproportionate ratio in membership (four women to every man), and poor communication between committee and members.

However, I am taking a stand to do something about all these deficiencies: I started a new group back in September (*Everyday Philosophy*), and in October I joined the local U3A committee – my first committee experience – as Vice Chairman. And now I have been ‘awarded’ the role of Group Coordinator.

I was initially very hesitant about starting my new group. Despite running the Philosophy/Discussion group in Paphos for many years, I was concerned that my new U3A just didn’t have the calibre of members I was used to.

I need not have worried: it was as if a wonderful collection of members (mostly new to U3A) were waiting in the wings for me to start the group. Sessions so far have included: Migration, Christmas Consumerism, Political Correctness, and a guest speaker talking about his father, a Conscientious Objector in WW2.

The group proved to be so popular that I persuaded a member on my waiting list to start another similar one, and his group is called *Contemporary Issues*. Linda (who of course now leads the Philosophy group in Paphos) and I continue to share ideas and notes.

One problem I am encountering, however, is a general reluctance here for members to play an active role in leading a discussion themselves. The local U3A culture is more passive; so I shall have to work on that one.

Meanwhile, my time on the local committee has been fraught with tensions, almost reminiscent of the old days of C3A which some of you will recall.

**For a local U3A membership of 550, we have 14 (!) committee members, two of whom – including the Chairman – are not on email, and half of whom have been there forever, do not appear to do anything or know many members, and who do not believe in change. So I have my work cut out here.**