



# Friends @ St Pauls

## OCTOBER 2019 NEWSLETTER

### Chairman's Message

Dear Friends,

I hope you have all had a lovely summer. We have a great programme lined up for the rest of the year, starting with Deborah Duncan. We first came to know Deborah when she was Head of the English School. She then had a spell back in Britain but decided to return to Cyprus where she now holds the position as Head of both the Junior and the Senior Schools. Even if you don't have young children it should be of great interest to hear what she has to say on the subject of education. Please come along to hear her. Also please take note of the other events in October. Looking forward to seeing you all. Do bring a friend!

*Agnete*

**HELP** needed in the Thrift Shop, please contact Agnete if you are able to give a hand.

### Regular Events



Open Saturdays from 1000

Contact - Agnete 99823785

#### Book shop



Open Saturdays from 1000

Contact –  
Alexander 99 354303

#### Recycling



*Books to the Bookshop*

Clothes and bric-a-brac to the Thrift Shop.

*Used postage stamps can be put in the envelope on the notice board in the hall. Proceeds go to Release International Humanitarian Charity.*

### Special Events

**Thu 03 Oct 10:00**

Guest Speaker -  
Deborah Duncan on  
'Education'.

**Sat 05 Oct**

Sponsored walk – 3pm

Please sign in on the form on the Notice Board.

**Sun 06 Oct**

'Harvest Festival' –

Soup & Pudding



**Fri 11 Oct 19:30**



Book in with Sylvia on 99836405 or sign in on the sheet in the Hall.

Thu 31 Oct 09:30

Picnic Lunch organized by Margaret Charalambides. RSVP the Cathedral Office.



The Flower of the Month for October is the Marigold



In English culture, marigolds stand for grace, protection, healing & love.



You may have missed this item on the BBC Web Page so here it is again -

**Difficult items to recycle**

Sticky notes – the adhesive strip can't always be removed during recycling

Toothpaste and other squeezable tubes – difficult because they contain different materials

Drinking glasses and Pyrex dishes – These are heat treated and do not melt at the same temperatures as other glass

Paper receipts – those printed on thermal paper contain a substance called Bisphenol A (BPA)

Crisp packets – cannot be recycled because grease and crisp residue clings to them.

Salad bags – they combine different types of plastic.

Plastic sleeves on Lucozade bottles – made of a different type of plastic to the bottle.

Pringles tubes – combine five different materials – metal base – tear off foil top- plastic lid – silver foil lining and cardboard outer sleeve.

Cotton wool and make up pads – some cotton wools are blended with synthetic fibres – only recyclable if not contaminated by make-up, etc.

Paper straws – McDonalds say that their straws are recyclable but they are difficult to remove from other debris and need to be collected separately. You may also have wondered why coat hangers in shops are all black – this is because they are made of

recycled plastic and the process makes them black.

\*\*\*\*\*

Hard plastic bottle tops can be recycled in a bin in Alpha Mega Hypermarket.



Clocks go back in UK/EU 27 October - USA Nov 3



**Crunching numbers**

**23 minutes** is the average time Britons spend eating every day.

**44%** of Britons phone, text or ring family members when they are all in the same house.

**70%** of shoppers like to touch an item before buying.

**100%** of Britons learn the local word for 'Thank you' before travelling abroad.



This monthly Newsletter of Friends@St Paul's will be emailed out to you at the beginning of each month. In order to ensure that you receive it promptly please keep the Cathedral Office informed of any changes of email address or server. If you do not wish to receive this newsletter please let the office know.

[stpauls@spidernet.com.cy](mailto:stpauls@spidernet.com.cy)

If you would like to contribute anything of interest to the newsletter, please contact the Editor Patricia Jordan, at

[howpat@cytanet.com.cy](mailto:howpat@cytanet.com.cy)