

KAMARES VILLAGE MATTERS

Kamares Village Houseowners' Association Newsletter

Social



The May Masquerade Ball on Saturday, 14th May from 6:30 with buffet from 7:00. Entertainment from Melanie Ballard and Her Showgirls. At the Kamares Club - don't forget to book on 26 652 277 - tickets €22.

April 21st



Queen Elizabeth the Second celebrates the 90th anniversary of her birth. We would like to wish Her Majesty a very Happy Birthday!

Coptic Storm - April

29th April
 Khamseen winds (hot and sandy)
 Sand laden - west winds lasting about two days.

Committee News

Committee Results



The Police Presentation last Thursday 14th April 2016 at Tala Church Hall on 'Neighbourhood Watch' was attended by approximately 100 people, many from Kamares and areas, thank you for your support.

Alan Reid our Security Liaison member had worked closely with the Police and Cathi Delaney in setting up this presentation, the KVHA Committee are planning a further meeting at Kamares Club to propose ways of bringing this scheme into action. Representatives from Leptos, Police, Cathi Delaney and yourselves will be invited. This to be done as soon as possible.

Thank you to everyone who completed the Security Questionnaire, the findings proved very useful and will be forwarded to Leptos Management, also to be used in the setting up of the Neighbourhood Watch scheme.

A request for more Disabled parking bays at the Club was unfortunately refused, the problem arises from 'active' people illegally parking in them, please be considerate and leave them for the people with their blue permits!

The Committee contacted Tala Council to ask if bin doors could be closed at the time of emptying, unfortunately this would add too much time onto their rounds and cause a problem reaching the tip before it closes.

Please can we all help with this security problem by closing neighbours doors who are away. Thank you.

Half Time

'Dangerous Building' - The developer of the 'Dangerous Building' at the entrance to Kamares has started legal action against the Government, District Office and Tala Council.

Kamares Medical Centre

by Staff Nurse Tracy



Any bloods which are requested by the doctor can now be taken at Kamares Medical Centre.

We will deliver the samples to the laboratory the same morning and we will receive the results for you. This service will take place every Wednesday morning, by appointment.

Membership Mutterings



Don't forget if there is more than one person in your household they can get individual emails from the KVHA. Just email the Membership Secretary with their email address and they will be added to our database - please quote your membership number.

Email: kvhamem@googlemail.com

The Committee are still pushing for the site to made secure and in light of the legal action are debating whether the closing of the road should be considered until the Court reaches a decision.

Huge pine trees - We are still waiting for the Forestry Commission to decide the fate of the huge pine trees in and around Kamares. Please be advised that a permit is required to chop down most trees even on private property, or use a licensed contractor.

Concerns over the new water charges – The Committee are looking into these charges, once they are satisfied with their findings a meeting with both Kili and Tala Councils will be arranged.

Michael's Metals have agreed to sponsor the charity 'Cans for Kids'. Suitable designs for a cage to be sited near to the Club have been submitted and we are waiting for approval. Thank you to Committee Members Wendy Cutts and John Clifton who are dealing with this.

Val Potter KVHA Secretary



Kamares Club Weekly Activities			
Full details on the website and our Notice Board at the Club			
	Morning	Afternoon	Evening
Monday	Yoga Bridge Club	Pilates	
Tuesday	Paphos Voices Choir Hula Hoop		Quiz
Wednesday	Tai Chi Art Group	Book and DVD Library	
Thursday	Bridge Club		Monthly Wine Tasting
Friday	Orphean Singers	Quilting Group	

Public Holidays

29th April

Good Friday

1st May

Easter Sunday and Mayday

2nd May

Easter Monday

3rd May

Easter Tuesday

Useful Police Information

Police Emergency 112

Non Urgent Incidents 1460

Police Crime Prevention Office
22607217

Police Website
www.police.gov.cy

Kamares Wine Society



The Kamares Wine Society will be holding a meeting on Wednesday, April 27th at 6.45p.m. in the Palm Room with Kalamos winery presenting its wines. If anyone would like to join please contact Maggie 99318477. A wine tour has been arranged on May 12th to Zambartas Winery plus another TBA and lunch - guests are welcome.

Community Watch

By Alan Reid

The Police held a Community Watch awareness meeting at Tala Church on Thursday 14th April. Tala Council facilitated this meeting.

It was well attended with over 120 local residents and the Police sent along very senior local staff as well as the presenters from Nicosia.

At the conclusion of the formal presentations a question and answer session continued concluding in an audience registration for the new scheme. Police official explanatory leaflets were distributed on exiting the hall.



In summary, the scheme will be run in co-operation between the local Tala Council and the Police.

The Police will provide road signs, stickers, etc. showing that the area is participating in the scheme.

All residents who registered their details will receive a SMS from the Police liaison Officer informing them of any reported suspicious activity in the area.

Volunteer members of the community could form organised patrols through a local civilian co-ordinator and report any suspicious activities to the Police co-ordinator.

The main thrust of the Community Watch scheme is co-operation within the community to actively participate in assisting the Police in catching criminals, particularly but not exclusively burglars.

Dehydration

An article from the medical staff of the Kamares Emergency Medical Centre

With summer not that far away and with the temperatures we will be experiencing we thought we would highlight the risk of dehydration. Water, as we all know, is essential to our survival and well being. Failure to replenish lost water will result in dehydration in varying degrees, mild, moderate or severe.

There are many causes of dehydration with probably the most common one for those of us living in Cyprus is through sweating resulting from physical exercise or heavy manual labour in hot temperatures. Simply sweating will result in dehydration if the lost fluid isn't replaced.

Another cause of dehydration is diabetes due to the high levels of glucose in the blood which the kidneys will try and get rid of by creating more urine therefore running the risk of becoming dehydrated.

Illness, such as fever, gastroenteritis resulting in diarrhoea and vomiting may also result in dehydration.

So it's a nice day and you are thirsty so an alcoholic drink is the choice for the parched mouth. Unfortunately, alcohol is a diuretic which causes the body to pass more urine which, again, may lead to dehydration. Did you know that if you suffer from a hangover combined with a headache - that is the result of dehydration!

The Kamares Village Emergency Medical Centre

TELEPHONE
26 653 328

EMERGENCY NUMBER
99 329 434

With that last thought in mind - what are the symptoms of dehydration? Well, in moderate to mild forms; a dry mouth, feeling sleepy or more tired than usual, thirsty, low urine output, dry skin (sweating has stopped), headache, constipation and dizziness or light headedness. In severe cases dehydration may manifest itself in extreme thirst, fussiness or sleepiness, a very dry mouth, little or no urine and colour is concentrated (dark brown), sunken eyes, shrivelled and dry skin with loss of elasticity, low blood pressure, high pulse and breathing rate, fever and unconsciousness.

All sounds quite bad so how to avoid dehydration in the first place.

- Drink plenty of water or juice. It is recommended that two litres of fluid should be consumed over a 2 to 4 hour period when in conditions described at the start of this article.
- Stop your activities that could lead to dehydration and rest more.
- Stay out of direct sunlight and rest in a cool shaded area.
- Avoid overheating by removing extra cloths.
- If you have a case of gastroenteritis - get it treated.

It is worth remembering - 75% of your body weight consists of water.

Diary Dates

1st May - Easter Sunday Lunch Buffet at The Kamares Club

Crematoriums Approved

Clive Turner, a previous Chairman of the KVHA and current resident of Kamares, has seen his 14 year campaign for cremation to be permitted in Cyprus succeed with Parliament voting unanimously in favour of its introduction. There is still much work to be done including the construction of a crematorium. The law will require those wishing to be cremated to register. It will not be permitted for the decision to be taken by a relative after death.

More information will follow but, in the meantime, Clive's *Sunday Cyprus Mail* article may be read by clicking on this link.

<http://cyprus-mail.com/2016/04/17/cremation-a-dignified-time-honoured-tradition/>

Copyright

This document may not be reproduced in whole or in part without acknowledgement being given to the Kamares Village Houseowners' Association and *Kamares Village Matters*.

Disclaimer

The KVHA does not necessarily endorse the views expressed in this publication.

Pick Up Litter Day

By Maggie Wright



Our 6th Pick Up Litter Day was held on Saturday April 16th - 7 Kamares residents including the amazing Norman Kenyon who is 87 years young, helped in picking up the usual cans, plastic and cigarette packets. Due to the heat we will now have a break, but please pick up whenever you see any rubbish on your travels.

There is, in fact, a sign **Keep The Community Clean** which is hidden and I am sure no-one knows where it is - email the KVHA secretary if you know where it is!!



KVHA Website

<http://kvha19.wix.com/kvhasite>

Members' only password - **StoneArches**

Kamares Medical Centre

Monday to Friday	09:00 to 12:00	GP Service
Wednesday	By appointment	Blood Works
First Thursday of the Month	By appointment	Dietitian Dietary input, weight management, diabetes mellitus counselling, metabolic disorders plus much more.
Friday	By appointment	Chiropodist/ Podiatrist