

KAMARES VILLAGE MATTERS

Kamares Village Houseowners' Association Newsletter



The Queen's 90th Birthday Bash on April 21st was well attended by 86 adults and 4 children; DJ Marcos played music from 20s to the present day and also played requests. Buffet was good and very good feedback for the evening.



We have booked Marcos for a **Twistin' Round The Pool Party** on Friday, July 22nd along with the singer Jo Allsop. BBQ buffet for €23. Tickets now available from Kamares Reception.



Committee News

By Val Potter - KVHA Secretary



Committee Results

A drone was spotted hovering over a villa in Zelemenos. Any 'Droners' out there please remember you could be breaking the law if you have a camera fitted and take pictures of people and their property without their permission!

We are disappointed to say that we have only just been informed that Michael's Metals are no longer able to go ahead with their offer of sponsorship for the Charity 'Cans for Kids'.

The Committee will have more talks with the charity and try to arrange for a small cage to be delivered to the Kamares Club for our recycled aluminium drinks cans.

Half Time

Kili Water

John Clifton, our Kili Liaison Member, is working tirelessly on our behalf to ensure an acceptable end result in water pressure, clarity of water and most important, **final charges!**

More information is still required before any information is sent out.

Tala Water

The handover date is 30th June 2016, you will be informed of any updates on this subject.

Dangerous Building

The Committee are in the process of informing the District Office of their concerns regarding the further deterioration of the road and in the actual building structure. Nothing has been done to make the site safe or to secure it from people trespassing.

Public Holidays

Monday, June 20th

Pentecost Monday

Orthodox Pentecost Monday, also known as Holy Spirit Monday, is observed fifty days (approx. seven weeks) after Orthodox Easter.

The day commemorates the coming of the Holy Spirit in the form of flames to the Apostles, as recorded in the New Testament in Acts, 2.

The Holy Spirit allowed the apostles to speak in other languages, and they started preaching the word of Jesus to the Jews who come to Jerusalem for the feast of Shavuot (Pentecost). Many Christians recognise this event as the birth of the Church.

USEFUL TELEPHONE NUMBERS	
Emergency Number for Ambulance, Fire or Police	199 / 112
Police and Fire Services - Duty Officer	1499
Medical Assistance - Hospital Information	1400
Larnaca and Paphos International Airports	77 778833

Cloakroom Facilities at Kamares Club

Although the cloakroom facilities at the Club have been refurbished, and very smart they are too - people *wrongly* assume that the disposal of the loo paper has been changed, sadly the same old system is still in place, in other words a waste bin is provided.

We are eagerly awaiting the signs advising of this!!!!

Kick Off

In light of the forthcoming December 2016 local elections Areti Pieridou and Cathi Delaney, from Tala Council, were at the Kamares Club on Wednesday 11th May 2016 to assist those who wish to register for a vote.

Please be assured that your Committee try to deal with every issue sent to them: 'Sometimes the wheels grind exceedingly slow'



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	

Cremation Update

By Clive Turner



Of the 11,686 names to date that I have as supporters for the crematorium project here in Cyprus, scores of those names are members of the KVHA. Accordingly it was thought you might welcome an update, although I did recently write an invited 'Expat View' column in the Sunday Mail about this issue (April 17).

Yes, the Crematorium Bill was eventually passed after a 14 year wait and after a period of lobbying which would have tried the patience of a Saint - and I am no Saint! Actually, the Bill was in three parts: one dealing with the regularising of funeral parlours, the second with the licensing of embalming procedures (don't ask - the standard in Cyprus is very much less than wonderful), and thirdly, the agreement that crematoria could be set up. Together with Malta, we have been the only two countries in the EU without such a Bill, despite the obvious requirement for cremation where there is a multi-faith community. There are now so many different faiths represented in Cyprus that the preponderance of the practising Greek Orthodox following is said to be outnumbered on the island. Moreover, some 13% of those wishing for a crematorium in Cyprus are Greek Cypriot Nationals.

Three times the Archbishop has told me face to face that he acknowledges all of us have the right to dispose of our remains as we see fit, within the law. "I will not stand in your way", he tells me, but he will not help us. Now the Bill is passed, he has even stated he will not provide a Service for anyone seeking a cremation - which I found could be a breach of the law. But then this is an Archbishop who somehow gained his appointment with originally just 8% of the votes. . .

The space for burial is extremely limited now, and frankly the cost of plots severely stretches many families. Ask Tala or Chlorakas. The alternative of sending a body (which firstly has to be embalmed) to the nearest crematorium facility in Israel or Bulgaria is high indeed, and anyway, why can we not now expect this facility to be provided in Cyprus? Shall we have to wait another 14 years for it? In the Sunday Mail piece I explained that in post-Mycean times and also in the Archaic period, cremation was relatively common, but with the ashes being buried. In the Western world cremation on open fires was introduced by the Greeks (yes the Greeks!) as early as 1,000BC when it was associated with value, virtue and military glory - and regarded as the only fitting conclusion for an epic life.

Cremation actually goes back to the Stone Age, and there is evidence that it was a practice as far back as 8,000 BC. It was thought that fire freed the soul from wandering and searching and indeed purified the departed person's soul. Earth burial was believed unhygienic. Cremation was considered to be an entirely fitting, dignified, and time honoured farewell. And this has been the case in many, many enlightened countries since.

The Archbishop feels that a cremation prevents those left with no way of grieving over those they have lost, but ashes can be interred in the crematorium; they can be scattered in a favourite place; they can be kept at home in an urn (many do exactly this) where they can be prayed to close by at any time, and, as the Archbishop requires, whatever the choice, the soul is equally well dignified, protected, and given a respect for the Holy Spirit.

Membership Mutterings



As you may know we use a mail distribution company to send emails to you on our behalf - they're called MailChimp and you see their logo on the bottom of all our emails. Occasionally, we get members who 'unsubscribe' and, as a result, won't get any further emails from us. When someone does unsubscribe they are presented with a page that enables them to resubscribe if they made a mistake and if they do, all is well.

If you do find you're not getting emails from us when you expect to it could be that you have 'unsubscribed' in error so just drop us line at

kvhamem@googlemail.com

and we will send you a resubscribe link. If someone unsubscribes we are unable to write to them to ask why or was it a mistake as that is considered bad form and may lead to complaints to MailChimp so we have to wait for you to contact us!

If you have any problems then do please contact us on the link above.

In Japan almost 100% of departures are through cremation. In the UK it's 75%, and of course in India and many other countries, the custom is ancient, considered very desirable, and entirely honourable.

We need to find around 5,000 square metres of tranquil land not too far from a motorway, and we also have to construct the crematorium, maintain it, and run it professionally. The Government at one time said any crematorium would have to be privately provided, and then a week later rescinded that, and maintained it would have to be a Government provision. The police ludicrously complained they were against it because it would enable local criminals to dispose of bodies illegally, and when I wrote to the police chief to explain there have to be no less than 22 checks before any cremation may take place, I expected no response, and of course got none.

We have architectural plans and illustrations ready. We have access to a huge amount of expertise, and have retired expats here on hand with past management experience of crematoria who would be happy to offer their help. We know where to source the necessary modern and up to date equipment. We just need the Government's goodwill and vision to turn it in to reality. And by the way, it would be an income generator both for the Government and the Churches. . . And the cost of cremation is entirely reasonable by comparison with a burial procedure.

I write regularly to the President and to the Interior Minister to seek their co-operation, neither responds, although meeting the Minister face to face on October 30 last year in Paphos, he did promise me a reply - within a week - to past correspondence sent to him. I am still waiting. However, I now remember I did once receive a reply from the President's Office "wishing me health and happiness". You really couldn't make it up.

If you want to add your voice to the issue, please write to me for the address of the Minister of the Interior (Socratis Hasikos at present) although he may not be the incumbent after the up-coming elections. His Department has charge of such an issue, so the address will be the same as now. That said, you could also write to the President and I can give you his address too.

email: newventure@cytanet.com.cy

—ooOoo—



EMERGENCY MEDICAL CENTRE

Reception 26 653 328

EMERGENCY NUMBER 99329434

Some Interesting Facts About The Heart

The first heart cell starts to beat as early as four weeks after conception

Your left lung is smaller than the right to make room for the heart

Your heart is about the size of your two hands clasped together

The heart beats about 100,000 times a day

Each minute the heart pumps about 1½ gallons of blood

A woman's average heart beat is about 8 beats faster than a mans

The heart pumps bloods to almost all of the body's 75 trillion cells. Only the corneas receive no blood

The heart does more physical exercise of any muscle during a lifetime

Owning a cat can reduce the risk of heart attacks and strokes by more than a third (researchers found)

The Blue Whale has the largest heart which weighs 1,500 pounds

Myocardial Infarction or MI or Heart Attack

By Staff Nurse Tracy

of the Kamares Village Emergency Medical Centre

Definition: The heart requires its own constant supply of oxygen and nutrients, like any muscle in the body. Two large, branching coronary arteries deliver oxygenated blood to the heart muscle. If one of these arteries or branches becomes blocked suddenly, a portion of the heart is starved of oxygen, a condition called "cardiac ischemia."

If cardiac ischemia lasts too long the starved heart tissue dies. This is a heart attack otherwise known as a myocardial infarction -- literally, "death of heart muscle."

Causes: A blockage can develop due to a buildup of plaque, a substance mostly made of fat, cholesterol, and cellular waste products.

MI is common. About 146,000 people in the UK have an MI every year. Most occur in people aged over 50 and it becomes more common with increasing age. Sometimes younger people are affected.

Risk factors that can be modified and may help to prevent MI include:

- Smoking
- High blood pressure
- Overweight
- High cholesterol
- Inactivity. You should aim to do some moderate physical activity
- Diet. You should aim to eat a healthy diet
- Diabetes

Family history and ethnic group are also risk factors.

Sign and Symptoms: While the classic symptoms of a heart attack are chest pain and shortness of breath, the symptoms can be quite varied. The most common symptoms of a heart attack include:

pressure or tightness in the chest	pain in the chest, back, jaw, and other areas of the upper body that lasts more than a few minutes or that goes away and comes back	shortness of breath
sweating	nausea	vomiting
anxiety	a cough	dizziness
	a fast heart rate	

It's important to note that not all people who have heart attacks experience the same symptoms or the same severity of symptoms. Chest pain is the most commonly reported symptom among both women and men. However, women are more likely than men to have:

shortness of breath	jaw pain	upper back pain
lightheadedness	nausea	vomiting

In fact, some women who have had a heart attack report that their symptoms felt like the symptoms of the flu.

What to do if you are at home and someone takes a heart attack

Stay close to your victim.	Call your emergency number and tell them you suspect a heart attack.	Make the patient comfortable, place the victim in a sitting upright position with a hard surface behind i.e. the wall and bend the knees up to towards the chest. By doing this it releases the pressure on the heart.
Ask the victim do they take any chest pain medication i.e. nitroglycerin.	Loosen any clothing and talk to the person to reassure them. Explain help is on the way, try to keep them calm.	If necessary, give CPR (CardioPulmonary Resuscitation).

Treatment:

- Blood thinners, such as aspirin, are often used to break up blood clots and improve blood flow through narrowed arteries
- Thrombolytics are often used to dissolve clots
- Antiplatelet drugs, such as clopidogrel, can be used to prevent new clots from forming and existing clots from growing
- Nitroglycerin can be used to widen your blood vessels
- Beta-blockers lower your blood pressure and relax your heart muscle. This can help limit the severity of damage to your heart
- ACE inhibitors can also be used to lower blood pressure and decrease stress on the heart
- Pain relievers may be used to reduce any discomfort you may feel

—ooOoo—

Community Watch Update

It is anticipated that a meeting will be held at the Kamares Club to update the membership on the progress of the Community Watch Scheme and to provide a session on general security with the opportunity for the audience to ask questions and offer suggestions.

Be Aware But Not Afraid

With the gardening season upon us it is timely to remind ourselves that the snake population of the island has finished their hibernation and come out to feed and breed. If you see a snake don't approach - it will soon move away when it knows you are there. Wear shoes and long trousers if you are going into long grass - make a noise as you approach. Don't put your hands or feet where you cannot see - you never know what might be there.

If you are bitten by a snake seek immediate medical assistance but try to remain calm. Few people in Cyprus are bitten and none have died from a snake bite in years.

Disclaimer

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

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by Maggie Wright

27 members and guests enjoyed a day out on Wednesday, May 11 visiting two wineries - Zambartas in Agios Amvrosios sampling five wines - they have just won 2 gold and 4 silver awards at the recent 9th Cyprus Wine Competition. The second winery was Vlassides in Koilani where 3 wines were tasted. Lunch was at Maria's taverna in the centre of Koilani village.

To see photographs of the visit - [click here](#)

May Ball

By Maggie Wright

95 residents and friends attended the Masquerade Ball on Saturday, May 14 with Melanie Ballard and her Showgirls, Charlene and Cherry. A very warm but enjoyable evening. Again thanks to Marinos and his bar staff for ably serving everyone and Chef Mikalis for a great buffet.



Dallas and David Bingham

More pictures on the website - [click here](#).