

KAMARES VILLAGE MATTERS

Kamares Village Houseowners' Association Newsletter



Diary Date

The next social will be on

Friday, 24th June

The Kamares Club Presents

Classic Jazz

More Details - page 4

KVHA Social Events

Twistin' Round the Pool

Friday, 22nd July with

with DJ Marcos

and singer, Jo Allsop;

BBQ buffet for €23

children under 12 €10.

*Tickets available from The Kamares
Club Reception*

Jazz at the Kamares Club

Saturday, 1st October 2016

Droushia Dixie Seven Jazz Band

Look out for the poster and more
details!

Christmas Party

Wednesday, 14th December

with Whitemouse Duo

Committee News



by Val Potter KVHA Secretary

Some of the potholes at the top of Eglistra Street have been filled in, a more substantial job is expected to be carried out by Tala Council in September 2016, using heavy machinery.

Your Committee have voted to purchase a couple of wheelie type bins which will be placed near the Club, to encourage the collection of cans for the Charity 'Cans for Kids'. They will be labelled accordingly.

Once they are in situ (I will let you know) please use them for any used (rinsed) drink cans. We will deliver to the dropping off points.

Thanks go to Panayiotis Kezoudi for proving new sun parasols for the tennis courts, we may need more due to the popularity of the courts!!

Half Time

Kili Water - is still causing concern, we will pass on any information as soon as is possible.

Dangerous Building at the entrance to Kamares – letters have been sent to the District Office regarding the safety of the building, requesting warning notices to be displayed and making the perimeter secure against trespassers.

Tala is still expected to take over the water supply from Leptos, with effect from 30th June 2016 – all being well!

Please remember that Tala will bill us every three months instead of the two months with Leptos. Care will have to be taken with water usage over the longer time period as it could go into the higher charging band!

Disabled parking areas



We have been advised that cars without disabled stickers have been parking in the two blue disabled parking areas at The Kamares Club; please do not park in these unless you have a sticker.

Answer to 'where is the sign'



The Keep the Community Clean sign is just before the Cliff Bar on the right hidden by bushes and a telegraph pole!! No-one has replied so obviously no-one has seen it!

Neighbourhood Watch Meeting
at The Kamares Club,
on
Wednesday
22nd June 2016 at 4pm

Kick Off

We are hoping to have your support at the Neighbourhood Watch Meeting at Kamares Club, on Wednesday 22nd June 2016 at 4pm, it should be interesting! It will also give you the chance to join the scheme and to be involved in any information sent out seeking our help.

Litter – Please help to stop fly tipping by making a note of the vehicle concerned, the date, place, its make, registration number and description of the vehicle.

Contact myself, Val Potter, kvhasecretary@gmail.com

Or Cathi Delaney on toffee@primehome.com I am assured all information is treated in confidence but action will be taken against the offenders...Thank you.



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	



Membership Mutterings

Thank you to all of you for renewing your membership in such a timely manner. We have more households as members than we've had since we changed from individual members to household membership. There are still some "ex" members who have not yet renewed but we know that some will be renewing when they are next in Kamares. So your Association membership is very healthy which is where we gain our strength when in discussions with various groups and organisations.

Another aspect, which is pleasing, is the number of new members who have joined - welcome to you.

If you have still to rejoin then we look forward to receiving your subscription. If you are reading this and haven't been a member and would like to join, you will find a form in the Reception of the Kamares Club and that, and €5, posted in Kamares Box 19 will ensure your membership.

KVHA - Peace Bridge Club

by Peggy Lightfoot and Grace Cullen



Peace Bridge Club was formed over 4 years ago. We started off in a taverna but after a very hot summer and a cold winter, we decided we need to look for a new venue.

Through the KVHA, a Thursday bridge group had been formed in 2007 and still operated at the Kamares Club. We decided to approach the

Kamares Club management with a view to bringing Peace Bridge to play at the Club. They agreed we could play on a Monday morning.

Now the Thursday group have voted to join the Peace Bridge Club so we now play on Monday and Thursday mornings under its auspices. Both sessions are duplicate sessions where each pair play the same boards as the other members.

The standard for Monday mornings is intermediate plus, while on Thursday mornings it is quite social and everyone from beginners and beyond play. Several people play on both days.

We record scores on an electronic system known as Bridgemates which give us the results of the session immediately at the end of play. We also use a Dealer 4 machine to deal the hands. The benefit of this is that at the end of every session there is a complete analysis of the hands, how you have done and what the optimum contract which was possible. This is great for both beginners and intermediate players who can see where they did well and what needs improving.

When we started the Club the aim was to improve the standard of the bridge we played and to introduce new people to the game.

We have over the time we have been taught by Philippos Frangos, the coach and player of the national Cyprus Bridge. We hold at least one inter club tournament a year, generally in October, where we have had other members from Nicosia, Limassol and Pissouri participating. During these tournament



EMERGENCY MEDICAL CENTRE

Reception 26 653 328

EMERGENCY NUMBER 99329434

Tala Blog

For Security information and Know Your Neighbour on the Tala Blog the website link is:

<http://talanews.blogspot.com.cy/>

Go to right hand corner Categories and click on Security. For voting again Categories and click on Voting.

Useful Telephone Numbers

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

we play two sessions-usually around 48 boards-and finish with a prize giving and lunch at the Kamares Club.

In addition we hold at least 3 other 'fun' events-bridge, an Easter theme, Christmas, of course and late this month we will have a Bridge session followed by an outdoor BBQ.

The social highlight of the year is the Christmas Dinner Dance -this is the occasion when we bridge players bring along the non-playing husband, wife or partner. The bridge topic is banned for the evening so the non-players do not have to listen to the endless tales of 'if only you had lead the.....'.

The bridge equivalent of the one that got away.

One of the highlights of next year is the Aegean Cruise which we are organising from Limassol. Bridge, sight seeing and convivial company all rolled into one.

Bridge is a great way to keep the mind active and to make new friends.

At peak times we get around 10-12 tables on Mondays and 6-8 on Thursdays.

We hope to start a beginner class in the autumn. If you are a complete beginner, or have been away from bridge for a while, or if you are a regular player who comes to Cyprus on holiday, we would love to see you.

Kamares Club staff make all of us very welcome and we are grateful to them for all of their assistance during the sessions and the events.

Full details of our activities are available on our web site

<http://www.bridgewebs.com/peace/>



The Kamares Club presents - Classic Jazz

With Yiannis Hadjiloizou (piano) and George Ioannou (singer)

Cheese, vegetables and fruit platters and wine all for €15 outside at 19:30

Please reserve and pay for your ticket at Kamares Reception; show your ticket at the bar to receive a drink.

Mosquitos



Clothing Colour Mosquitoes are attracted to dark colours such as black and navy blue, as they use vision along with scent to locate their targets.

It is best to dress in light colours such as white or pastels to reduce the risk of this.

Blood Type Research suggests that certain blood types are more attractive to mosquitoes than others.

A large number of the population, depending on their blood type, secrete saccharides or sugars through the skin that mosquitoes are able to sense.

Studies as early as 1972 suggest that mosquitoes seem to prefer those with Type O blood.

Indeed, mosquitoes land on skin with Type O blood nearly twice as often as those with Type A.

People with Type B blood fall somewhere in between this range.

Carbon Dioxide Mosquitoes are attracted to exhaled carbon dioxide via receptors in an organ known as the maxillary pulp and can detect their prey from up to 50 metres away.

Consequently, those that exhale more gas i.e. often larger people with increased body habitus, are more likely to get bitten.

Kamares Village

By Maggie Wright

Did you know Kamares is Greek for 'arches' – hence the arch on the way to Zelemenos. Each villa is individual in character



and designed to blend in with the area and natural environment. The first turf was turned in 1978 – 38 years ago!! Since this date the village has grown into a unique project with a reputation to be one of the best addresses in the



Eastern Mediterranean. Kamares Village has achieved prestigious international real estate awards and prides itself on being more than just an exclusive villa development – we are a community where social life revolves around the events of the Kamares Club so please come along and support our events and make use of the bar and restaurant facility.

The Mosquitos - continued

Metabolism Aside from carbon dioxide, mosquitoes also rely on other substances, often at close range, to home in on their targets.

These include chemical and compounds secreted in skin and sweat, including lactic acid, uric acid, ammonia, steroids, and cholesterol to name a few.

Strenuous exercise can result in a build-up of lactic acid which may make individuals more susceptible.

Genetic factors are likely to be involved in the composition of these substances that are naturally secreted by our bodies.

So What Can You Do? Insect Repellent! This is probably the most effective way of reducing the risk of mosquito bites or insect bites in general.

Chemical Based Diethyltoluamide (DEET) is probably the most effective chemical repellent available and has a good safety record.

Research has shown that a repellent containing approximately 20 per cent will protect the wearer for about 5 hours.

It has a good safety record and weaker formulations of 10 per cent or less are safe to use on infants from the age of 2 months.

Other chemical agents available include icaridin and IR3535.

They differ slightly in their effectiveness and characteristics but all work in the same way, producing an odour that is unpleasant to mosquitoes.

Cover up.... difficult here though!

St Neophytos Monastery

By Maggie Wright

Have you visited the Monastery; if not it's worth a visit – you can even walk to it going up Eglistra Street to the back of the monastery. Its full name is The Holy, Royal and Stavropegic Monastery of Saint Neophytos (the Recluse)! It was established in 1159 and dedicated to Saint Neophytos who was a Cypriot Orthodox monk, priest and sometime hermit whose writings preserved history of the early crusades.



Neophytos was born in the mountain village of Kato Drys near Lefkara (also worth a visit), to farming parents Athanasios and Eudoxia, one of eight children. His religious interests came to the fore when the arranged marriage planned by his parents ended with his fleeing to the Monastery of Saint John Chrysostomos in Koutsovendis. After much ado, the marriage contracts were broken and Neophytos went back to the monastery as a novice, becoming a tonsured (shaved crown of the head) monk in 1152. During this time he learned to read and write and was eventually appointed as assistant sacristan. Although Neophytos felt called to be a hermit, his abbot declined to let him go, citing his youth.

In 1158, however, Neophytos was allowed to make a pilgrimage to the Holy Land. While he was there he sought out hermits who might sponsor him, but to no avail. He returned to Cyprus, but still wanted to pursue the hermitic life. He tried to escape to Mount Latmos in Asia Minor, but was arrested at Paphos upon his attempted embarkation. He was shortly released from prison, but the guards had stolen his travel funds, so, in June

Recent Event

Residents and Guests' Night on the Patio

on Thursday, June 9th organised by the Club was a success with approximately 130 attendees; the buffet was very good and Elite Duo from Funtastic Entertainment were very well received.

1159, he went to the hilly area above Paphos, where he found a cave that had been used by a previous hermit. He enlarged the space, eventually creating three caves known today as the Cell, the Bema and the Naos.

Neophytos' life as a hermit attracted the religious in the area who brought him food and gifts. His air of sanctity brought many to visit him, and in 1170 Vasilios (Basil) Kinnamos, the Bishop of Paphos, ordained him as a priest and required him to take a disciple, which started the monastery which now bears his name.

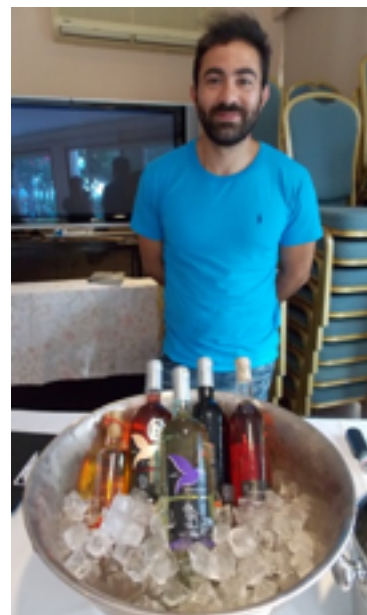
There is also a museum with a small entry fee and the caves still with frescoes. The cafe, Platanos, is also worth a visit and there are a couple of small shops next to the car park.



**Kamares
Wine
Society**

By Maggie Wright

Twenty members and 2 guests enjoyed an excellent evening of wine tasting of Ekfraseis (Expressions) Vassiliades winery from Chandria near Kyperounta; Christos, the owner (pictured) came along to give his presentation of Xynisteri, Rose (won Silver medal 2016 in Thessalonki) and Red wine; also a lovely dessert wine (ice wine - grapes frozen on the vine) and Commanderia - Hillar Hunt, founder of Cyprus Food & Wine Club also came along and he likened the wines to Zambartas; wines are €8.50 each (from his winery) and dessert wine and Commanderia both €20. Wines can be found in Cavas.



Hillar's website is www.cyprusfoodandwineclub.com if you would like to join the club for discounts at restaurants, wine bars, wineries, cavas and venues, tastings, winery visits.

There will be no tastings in July and August.

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