

KAMARES VILLAGE MATTERS

Kamares Village Houseowners' Association Newsletter

Congratulations!



Many congratulations to Marinos, the Kamares Club Restaurant Manager, and his wife, Tatiana, on the occasion of the arrival of twins! The boy and girl, Christos and Panayiota, along with Mum are doing fine and Marinos is pretty chuffed as well!

Plastic bottle tops

Please collect any tops off containers and give to Helen in the office to raise money for a wheelchair.

Kamares Village Houseowners' Association Annual General Meeting

The Annual General Meeting of the Kamares Village Houseowners' Association will take place at the Kamares Club on Thursday 27th October 2016 at 4pm. There will be an opportunity to renew your membership both before and after the meeting.

Committee News

By Val Potter KVHA Secretary.



The dumping of garden refuse in the streets is still causing concern, especially as rats have been spotted! Thanks to Panayiotis for clearing near to the Club.

The huge rubbish dump off Kamares Avenue - also overlooked by villas in Zelemenos- is hopefully being cleared this week.....

Judging by the many complaints of dogs running free and being a nuisance, you will all be pleased to know that the Police are taking a serious stand and will be paying certain owners a warning visit.

A request for the fire trench gap between empty plots on Ambelia and Rododafni to be cleared was emailed to Panayiotis and George Tornaris, they agreed to deal with it. The risk of fire is so high we cannot take chances when so near to villas!

Half Time

Kili Water - There is an informative letter due to be sent out shortly, updating us all on the Kili water situation (and which I am sure will have bearings on Tala), John Clifton has been in meetings with both the Kili Committee, The water authority and the District office.

A huge vote of thanks goes to John for his commitment to this cause and others!! On our behalf.

Dangerous Building - John Merritt KVHA Vice Chairman, Val Potter and Councillor Cathi Delaney were invited to attend a meeting at the District offices in response to a letter of complaint sent by Val Potter KVHA Secretary on behalf of the Committee.

Dates For The Diary

20th July 1974

The Turkish invasion of Cyprus started on the 20th July 1974 and this year marks the 42nd anniversary.

Assumption Day

August 15th is more formally known as *Assumption of the Virgin Mary into Heaven* or the *Falling Asleep of the Blessed Virgin Mary* or just *Assumption Day* and celebrates the passage of the 'body and soul into heavenly glory' of the Virgin Mary.

The Assumption is depicted in the painting shown below, completed in 1626, by Peter Paul Ruben and entitled "De hemelvaart van Maria" which is hung in the Cathedral of Our Lady, Antwerp.



Dementia and Alzheimer's Disease

September 29 from 4 pm at the Kamares Club, the Paphos Alzheimer's Association is hosting a gathering which will be designed to address both dementia and Alzheimer's conditions, explaining just what those conditions involve and how best to cope with them, and there will be speakers to answer questions and give advice.

Mr Evagoras Andreou and a senior Engineering colleague hosted the meeting.

Mr Andreou confirmed that everything was in the hands of the Courts and was 'pending', making it difficult to divulge any pertinent information, however he understood our concerns and had plans to make the site secure and to post warning notices. It was pointed out that access to the site would have to be provided for the monitoring of any movement, this was agreed.

Any dangerous looking pieces of concrete would be dealt with and they would seek to level and improve the road. Any forthcoming information would be passed onto Cathi Delaney Tala and Val Potter KVHA and a further meeting was proposed by Mr Andreou.



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

Tala Neighbourhood Watch

The KVHA held a meeting on June 22nd at the Kamares Club with regard to the Tala Neighbourhood Watch Scheme. Alan Reid and two other guest speakers outlined the current situation with news from the Tala council and then gave a short briefing on actual steps that could be taken to reduce the risks of theft on property and vehicles. The floor was then open for questions.

A lively discussion took place and at the conclusion the audience were given the opportunity to take the Police Neighbourhood Watch stickers for their properties and those of absent neighbours. In addition the "know your neighbour" leaflets were also taken (in English, Greek, Chinese & Russian).

To sign up for the scheme please e mail the KVHA Secretary, Val Potter kvhasecretary@gmail.com with your name, address, email address and mobile number. Displaying a sticker is recognition that you have signed up to be part of the scheme and will help to demonstrate to the Police that there is a commitment from the residents to help in the fight against crime. The more people who sign up, the stronger we become!

The 'Get to Know Your Neighbour' leaflets are available on the Tala Blog site talanews.blogspot.com - look under categories on the right and click on security; the forms are the fourth item down.

Alan Reid has offered to assist any resident with security issues - please contact him at alanreid1@hotmail.com

The Orphean Singers

by Judith Perrett

The choir was formed in 1992 and consists mainly of British residents in Cyprus, although we are delighted to welcome all nationalities. Since its formation, The Orphean Singers have had several conductors and have a loyal following in the Paphos area. We meet at Kamares every Friday morning from the beginning of September until the end of June. Our rehearsals last from 9.30 a.m. until 12.30 a.m.

In January 2012 we were delighted to welcome Yiannis Hadjiloizou as our new Musical Director. Yiannis is based in Nicosia and since the year 2000 is the President and Artistic Director of the Cyprus Academy of Music. Coming from a



musical family, he started piano lessons at the age of 4, and eventually went on to complete his musical studies in the USA. He is an internationally acclaimed conductor and travels extensively as a guest conductor in between our rehearsals.

We are also lucky to have a talented pianist, Nadia Iotova, originally from Bulgaria, who is very patient during our rehearsals, and accompanies us so brilliantly for most of our performances.

The Orphean Singers' main aim is to enjoy singing, but we also raise funds for local charities. This has amounted to over €100,000 during the years we have been in existence. Our recent fundraising has supported the Friends Hospice and also Solidarity, as well as smaller donations to other groups.

We sing a wide variety of music from classical to songs from stage and screen, and perform at least three major concerts annually; a classical concert around Easter time, Carols at Christmas and a variety of songs in October. Last year we sang 'Oscar winning songs'. This year we are singing 'Opera Choruses' on October 21st at the Annabelle Hotel in Paphos.

In April 2015, we were honoured to have been invited to sing Fauré Requiem with the Cyprus Symphony Orchestra in Limassol, Paphos and Nicosia. Immediately after that, many of



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the choir members travelled to Vienna to sing in a very special concert on Easter Sunday in the Stephansdom (St. Stephens Cathedral). This Easter we were invited to sing Puccini 'Messa di Gloria' in Marseilles as part of the special twinning arrangement between Marseille and Limassol. We then moved to Paris to sing the same programme with members of the Paris Symphonic Orchestra in the acoustically magical Cathedral La Madeleine.

We are currently a choir of approximately 55 members but are always happy to welcome newcomers. The ability to read music is a distinct advantage and Altos, Tenors and Basses are particularly welcome!

We continue to be grateful to The Kamares Club for their wonderful support.

Kamares Medical Centre Now Has The Services Of A Clinical Nutritionist.

by Elina Iannou BSC MSC SRD.

What is clinical nutrition?



Clinical nutrition is the study of the relationship between food and a healthy body. More specifically, it is the science of nutrients and how they are digested, absorbed, transported, metabolised, stored, and eliminated by the body. Besides studying how food works in the body, nutritionists are interested in how the environment affects

the quality and safety of foods, and what influence these factors have on health and disease.

What are nutritional supplements?

The term "nutritional supplement" refers to vitamins, minerals, and other nutrients that are used to support good health and treat illness. For example, plant compounds known as phytochemicals (found in tomatoes and soybeans) have powerful disease fighting properties. While it's best to get nutrients through the foods you eat, sometimes taking a supplement can help. For example, taking zinc supplements has been reported to shorten the duration of the common cold and lower the incidence of acute diarrhoea in children.



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

Friday, 30th September 2016
 Droushia Dixie Seven Jazz Band
 Look out for the poster and more
 details!

Christmas Party

Wednesday, 14th December
 with Whitemouse Duo



A Starlight Soiree, organised by the Cyprus Kidney Association (Paphos), will be held on September 9th at 7:00p.m. at the Kamares Club. A welcome glass of sparkling wine, 3 course meal, Evans Plus Evans magic, music by Melissa Williams. Tickets at €23 are available at reception. Profits from the evening will go to the Kidney Association.

What constitutes a healthful diet?

We should use fat "sparingly," and our daily diet should include 2/3 servings of dairy products; 2/3 servings of meat, poultry, fish, eggs, beans, or nuts; 3/5 servings of vegetables; 2/4 servings of fruit; and 6/11 servings of bread, cereal, rice, or pasta. But the numbers alone don't tell the whole story. Our food needs are influenced by many factors, including age, gender, body size, pregnancy, and health. A clinical nutritionist or nutritionally oriented doctor can help you determine which type of diet is best for you. No matter what, you can improve your diet by adding more fruits and vegetables and cutting back on overly processed foods and sugar.

What happens during a visit to a clinical nutritionist?

First, the clinical nutritionist will ask you questions about your medical history, family history, and personal lifestyle. The medical history might include questions about your diet, digestion, history of weight loss or gain, sleep and exercise patterns, and relaxation habits.

What is clinical nutrition good for?

Studies show that eating habits play a major role in the development of certain chronic diseases, including heart disease, obesity, cancer, and diabetes. Making changes to your diet can help prevent and treat these conditions. For example, lowering certain fats and cholesterol and adding whole grains to your diet can help prevent atherosclerosis (plaque build up in the arteries), which can lead to heart disease or stroke. Eating fewer calories will help you lose weight. Cutting down on simple sugars (glucose, sucrose, fructose, and lactose) can help prevent diabetes, and diets high in fibre (especially soluble fibre) can help control diabetes.

Scientists have found many other connections between diet and disease. In a clinical study of 20,000 men, for example, eating one fish meal per week was linked to a 52% reduction in the risk of sudden death from a heart attack. Fish is high in omega-3 fatty acids, which can protect the heart from fatal arrhythmias (abnormal heart rhythm).

In another clinical study of more than 42,000 women, those who ate lots of fruits, vegetables, whole grains, low fat dairy, and only lean meats lived longer. High intake of fruits, vegetables, and legumes is associated with a lower risk of developing heart disease.

There are many ongoing studies regarding clinical nutrition. Some interesting results show that:

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Immovable Property Tax

Parliament has recently approved a bill which provides for a 75% discount on the 2016 Immovable Property Tax or IPT. Your IPT bill for this year will be the same as last years and, if it is paid before 31st October, a discount of 75% will apply. The bill provided for property valuations to be based on 1980 prices. In addition, the legislation scrapped IPT from 2017.

It should be noted that there are two forms of IPT; one paid to central government and the other to the local community council. No information is available on the local IPT.

Tala Square

Work has commenced on the renovation of Tala Square. The work, in two phases, will see the square pedestrianised and the local road system improved. Completion of the work is expected to be between eight and nine months depending on the weather.

All the businesses in the square remain open.

- Diets high in folate (found in leafy greens, dry beans and peas, fortified cereals and grain products, and some fruits and vegetables) may lower risk of stroke and heart disease.
- Taking iron supplements improves aerobic training ability in iron depleted women.
- Lutein and zeaxanthin (carotenoids) in the diet may reduce risk of cataracts.
- Lutein from dietary sources (such as kale and spinach) may protect against colon cancer.
- Flavonoids (found in apples, blueberries, broccoli, cabbage, carrots, citrus fruits, onions, and teas) may protect against cancer.
- Omega-3 fatty acids found in cold water fish (such as herring, tuna, and salmon) help reduce inflammation and help prevent certain chronic diseases, such as heart disease, cancer, and arthritis.
- Vitamin E (in the diet from fruits and vegetables) may reduce the risk of angina (chest pain) and heart attack in people with atherosclerosis.
- A higher ratio of sodium to potassium is associated with an increased risk of heart disease.

In hospitals, nutrition is used to improve the overall health of patients with a wide range of conditions. Examples of these conditions are AIDS, cancer, osteoporosis, lung disease, obesity, burns, metabolic disorders and kidney, liver, and pancreatic disorders. Patients who need surgery are also supported with clinical nutrition

For further information please call 26 65 33 28 to make an appointment.



Membership Mutterings

With your continued support we are growing our membership. We have just over 240 households and about 430 members as part of the KVHA. It is important to your Committee to know we have such strong support from our fellow house owners so a great big thank you for being part of the Association.

Dementia and Alzheimer's Disease

by Clive Turner



Are you among those of us who occasionally experience what we euphemistically describe as “a senior moment”? I know I am. Fortunately this doesn't occur that often, but it is an irritating happening and can be embarrassing sometimes. But set

against the thousands of people in Cyprus alone, apart from all over the world, who are afflicted with dementia, or all-out Alzheimer's disease, such a moment is trivial.

There are all too many expats here from various countries, together with a large number of Greek Cypriots, who are suffering from either dementia or the more serious Alzheimer's and little is being done to alleviate their condition. It is true that frankly there is a very limited amount of treatment which can be directed to help, and anyone who has a relative or a friend so affected will be only too well aware how distressing and saddening it is to witness the effects. Yes, there are neurologists who can offer certain drugs and advice which can marginally reduce the problems, but in truth, they simply have to be borne and an endless amount of patience has to be extended by relatives, friends, and carers, to handle what is a truly life changing situation.

In Paphos we now have a Council named as the Paphos Alzheimer's Association, and we meet regularly to talk through the challenges and the necessary fund and awareness raising activities that are possible. The Chair of our Council is the Assistant Matron of the General Hospital here in Paphos and the members are all experienced in one way or another to assist with facing the everyday problems experienced by both patients and carers, whether the latter be relatives, friends, or specifically engaged carers. The St. Michael's Hospice has made available its large and attractive cafeteria as a meeting place - a community centre - one morning a week (at present),



According to the 15 day weather forecast the temperature for Sunday, 24th July will be jolly hot at 38°C and feeling like 45°C in Paphos. Little change is forecast for the following Monday and Tuesday. Take care!!

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where patients and carers can be brought to meet one another, listen to music, exercise, and in general to enjoy a change of scenery.

The way in which Alzheimer's patients in particular can behave and cause serious disruption in the home is sometimes very difficult to handle and it is endlessly bewildering to see the little response which can be generated when attempting to communicate. And it is unfortunate that the condition will gradually increase in effect and usually leads to a regrettable and irreversible deterioration - where one just has to watch this happening as the days go by. I don't have to describe the helplessness felt by those close to such patients since it is not in the least difficult to imagine it.

Now on September 29 from 4 pm at the Kamares Club, our local Association is hosting a gathering which will be designed to address both conditions, explaining just what those conditions involve and how best to cope with them, and there will be speakers to answer questions and give advice. One of the speakers will be a distinguished local neurologist who will tell us what is going on in the field, and what research is being conducted, and there will be an experienced carer who will tell us her experience of coping with patients and what can sensibly be done to make life as comfortable as possible for them. There will be people on hand to answer questions and after the formal presentations, there will be an informal period where light refreshments will be available and an opportunity for private conversations with our Council members.

Please put this date in your diary because it will be important in terms of raising awareness that we see a good turnout of KVHA members, and any of their friends - and it will be both illuminating and informative for you to become up to date on an increasingly worrying and pressing medical phenomenon.