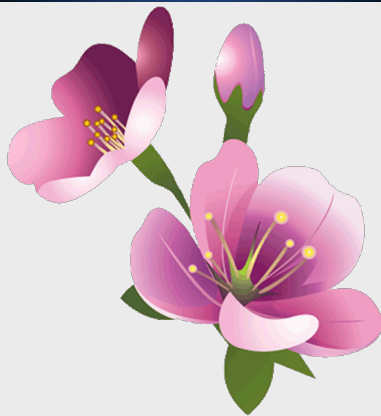


KAMARES VILLAGE MATTERS

Kamares Village Houseowners' Association Newsletter



May Ball

A few tickets are available at reception for the May Ball on Friday, May 19th. €22.50. Please make payment by May 17th

Cool Around The Pool Party



Friday, July 28th with The Three DecadeZ. Vintage, Abba, 80s and more. €23 includes a welcome glass of punch, BBQ buffet and entertainment. Tickets available soon.

Committee News

by Val Potter KVHA Secretary



The period since the Committee News in April, has been very quiet, only a few emails to deal with and of course the main outstanding issues requiring our attention are still being dealt with in the Courts.

Committee News

There have been a couple of break-ins, please may I ask anyone who has the misfortune to be burgled, or have proof of an attempt, to send to Cathi Delaney and myself, an email saying the means of entry, when and where it happened, if there was an alarm system, any cameras, and if the Police had been notified.

It does not help when the street lights are not working, so please, if you have lights out in your area make a note of the number on the pole, ring 1800 and report to the Electricity board. They will take your phone number so that when the engineers are on site they are able to contact you if they have a problem tracing the faulty light.

It is worth taking the registration of any vehicle which appears to be doing a recce of the area, and forwarding to Cathi Delaney (email address: toffee@primehome.com) – you just never know!

Members of the Committee and Panayiotis Kezoudi are intending to drive around Kamares to mark on a map potential sites for the erection of mirrors. The following have already been noted.

- Coming from the Club and turning down to join Mary Leptos Street at the Halt sign, unfortunately people do not stop and it is amazing that there has been no serious accident.
- Leaving Kamares at the oval roundabout, there is a blind spot and some drivers coming from the Monastery road are slow to give way – in other words they ignore you!
- The bend outside no 18, Mary Leptos Street has cars coming too fast down the hill and taking the bend at a wider angle, resulting in collisions and a car ending up in the storm drain.

Useful Telephone Numbers

USEFUL TELEPHONE NUMBERS	
Emergency Number for Ambulance, Fire or Police	112 / 199
Police and Fire Services - Duty Officer	1499
Medical Assistance - Hospital Information	1400
Larnaca and Paphos International Airports	77 778833
Street Light Fault Reporting (EAC)	1800 with pole number



Litter Pick Up

Next Litter Pick Up

Thursday, June 22nd - meet at the Cliff Bar at 5:00pm. The new summer time as it should be cooler than the morning!

If you have an idea where a mirror would be an advantage please email me.

We have a bit of a mystery with our 'Cans for Kids' collection. It appears that someone is clearing the bins of the bags of cans when they are about half full. No problem as long as they are ending up at one of the official collection sites – any idea who we need to thank?

For your information - Due to some health problems I will be handing over as Secretary till they have been resolved, hopefully sooner rather than later. I would like to thank the Committee and friends for their support.



We all wish Val a quick return to her secretarial desk and keeping the members of the committee in order and working hard.



Kamares Club Weekly Activities

Full details on the website and our Notice Board at the Club

	Morning	Afternoon	Evening
Monday	Yoga Bridge Club		
Tuesday	Paphos Voices Choir		Quiz
Wednesday	Tai Chi Art Group	Book and DVD Library	Monthly Wine Tasting
Thursday	Bridge Club		
Friday	Orphean Singers Tai Chi	Quilting Group	

Paphos Gateways



One of the 10 gateways into Paphos - when illuminated

The Bee-Eater



The Bee-eater is one of the most colourful birds in Europe and are around at the moment. The bottom of its body is blue-green and on the top you can mainly see red and orange although there are some green and blue shades there. Under the long thin curved beak you can see a vast yellow stain, and a black stripe. In spite of a great bunch of colours it is not that easy to see it. What is helpful in observing this bird is its willingness to sit on wires, remote trees and other elevated areas where they can look out for insects to eat including bees and wasps. Glides frequently and calls most of the time - a melodious "toudel-oudel".



Paphos Voices

By Penny Cook

Paphos Voices Choir are a small group of singers who joined together in 2012 to sing the music that they love.

Their first concert in June of that year was a celebration of song for the Queen's Diamond Jubilee. Since then they have performed regularly, singing a variety of music from Old World War One songs to Gilbert and Sullivan, Light Operetta to Madrigals.

They meet at 10:00a.m. every Tuesday at the Kamares Club, not only to rehearse, but to socialise and drink coffee. They are a friendly group and welcome new members. At present their numbers are a little depleted as some members have returned to the UK, so they are actively recruiting. They also need to replace their much loved conductor.....any offers?

If you would like to join them, please contact any member of the choir or Penny Cook on 99553429.

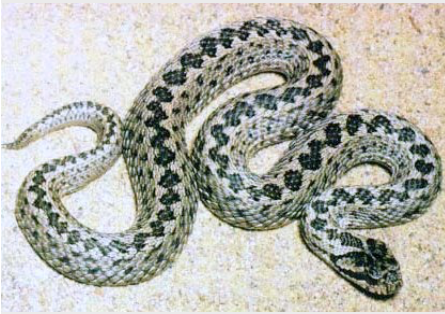


Chiharu Shiota's A Walk Through The Line

Exhibition of contemporary art inside the caves at Fabrica Hill

Check out more Pafos2017 events on www.pafos2017.eu

Snakes



There are eight different varieties of snake in Cyprus - one of which is poisonous! The Blunt Nosed Viper (pictured above). It is blunt nosed, about a metre long with a tapering tail and a pattern on its body. It is usually not aggressive unless cornered, except in early summer when it is breeding.

Snakes don't like us and will try and leave if they hear you coming. They will only bite in self defence or in defence of their young.

Don't go wandering into long grass or shrub without suitable footwear (boots) that covers your ankles and lower legs.

Don't lift up rocks.

Don't put your hands in shrubs or anywhere in the garden that you cannot see that it is clear of snakes.

If bitten, it is essential to seek medical aid as soon as possible. Go to the General Hospital as it has supplies of the anti-venom.

If bitten:

DO NOT try to suck out the poison as this could result in poison in the mouth.

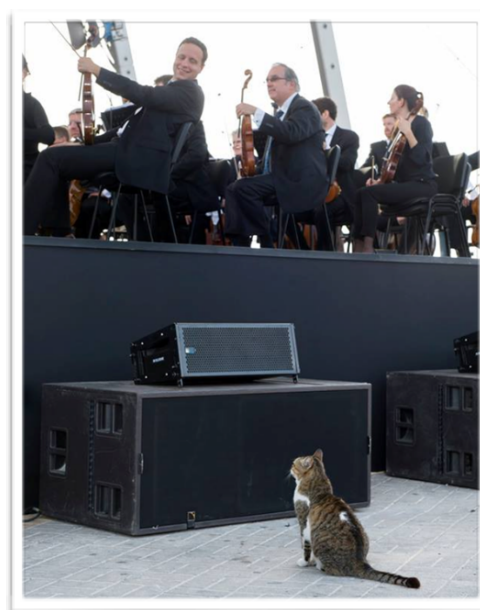
DO NOT apply a tourniquet as this could seriously damage the limb.

The Berlin Philharmonic Orchestra

By Maggie Wright



The Berlin Philharmonic is one of Europe's greatest orchestras, with hundreds of concerts, performance and recording all over the world. Since 1991 (Prague), every year on May 1st they organise an annual European Concert which broadcasts live on German TV (ARD) to many European and Asian countries, while it is also streamed globally. Past countries have been Madrid, London, Florence, Cracow, Moscow, Vienna and on Monday, May 1st the orchestra played at the Paphos Castle to around 1,700 people. Andreas Ottensamer wowed the crowd with his clarinet playing. The conductor was Mariss Jansons and other conductors have been Sir Simon Rattle and Daniel Barenboim.



Even the harbour cat enjoyed the concert.

Local Radio Stations In Paphos

FM Freq. MHz	Name	Description
104.3	Point Cyprus	Greek music;
95.2 91.4	Radio Cosmos	Diverse, associated with local newspaper Adesmevtos
96.1	Radio Lysos	Low-power news and music station
87.7 105.6	Radio Pyrgos	Greek folk music
98.5 106.7	Rock FM	Playing today's best mix in Pop and Rock plus an entertaining programme in English.
100.3	Russian Radio	24hr Russian Music
90.8	Sunshine Radio	Music, News, Talk and Entertainment in English

Cyprus Public Holiday

Monday, 5th June - Orthodox Whit Monday

Sometimes known as Pentecost Monday or Monday of the Holy Spirit and is celebrated the day after Pentecost. Pentecost celebrates the visit of the Holy Spirit to the Apostles 40 days after Easter.

Blood Pressure

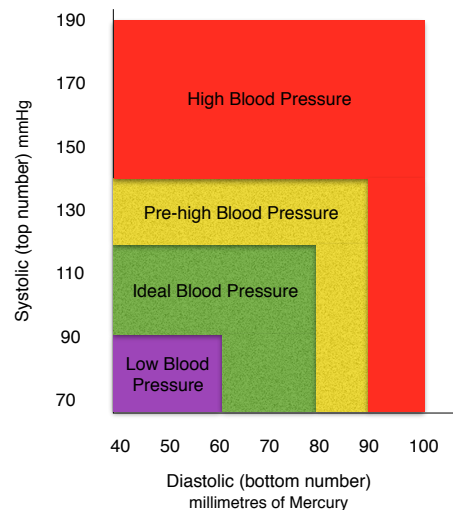
By Tracey Young - Staff Nurse, Kamares Medical Centre



Staff Nurse Tracey Young takes the blood pressure of a Medical Centre member. Picture by Dr Pradeep

Blood pressure is determined both by the amount of blood your heart pumps and the amount of resistance to blood flow in your arteries. The more blood your heart pumps and the narrower your arteries, the higher your blood pressure.

Blood pressure is measured using a blood pressure cuff and stethoscope. The cuff is placed around the upper arm and the stethoscope is placed over a major blood vessel of the upper arm called the brachial artery in the antecubital fossa, which is the triangular part of the forearm just below the elbow fold. Blood pressure is measured in millimetres of mercury (mmHg). The stethoscope is used to listen for the Korotkoff sounds which are named after Dr. Nikolai Korotkoff, a Russian physician who discovered them in 1905. After the cuff is inflated and no pulse can be heard through the stethoscope, the cuff is slowly deflated until a heartbeat is heard. The pressure at the point the heartbeat is heard is recorded - this is the systolic blood pressure. The cuff continues to deflate until the heartbeat can no longer be heard and the pressure at this point is the diastolic pressure.



Systolic blood pressure is the pressure when the heart beats while pumping blood. Diastolic blood pressure is the pressure when the heart is at rest between beats. You will most often see blood pressure numbers written with the systolic number above or before the diastolic, such as 120/80mmHg.

Dehydration

An extract from an article in April 2016 by Staff Nurse Tracey Young.

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.

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. 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 the temperature is high.

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 clothes.

If you have a case of gastroenteritis - get it treated.

Hypertension (High Blood Pressure)

High blood pressure is a common condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems, such as heart disease. You probably have high blood pressure if your blood pressure readings are consistently 140 over 90, or higher, over a number of weeks.

High blood pressure usually has no signs or symptoms, so the only way to know if you have high blood pressure is to have it measured. However, a single high reading does not necessarily mean you have high blood pressure. Many things can affect your blood pressure through the day, so your doctor will take a number of blood pressure readings to see that if it stays high over time. Occasionally people with very high blood pressure say they experience headaches and or dizziness, but it is best to visit your GP if you are concerned about symptoms.

What causes high blood pressure?

- You eat too much salt.
- You don't eat enough fruit and vegetables.
- You are not active enough.
- You are overweight.
- You drink too much alcohol.
- Age: as you get older, the effects of an unhealthy lifestyle can build up and your blood pressure can increase.
- Ethnic origin: people from African-Caribbean and South Asian communities are at greater risk than other people of high blood pressure.
- Family history: you are at greater risk if other members of your family have, or have had, high blood pressure.

Some people may have high blood pressure that is linked to another medical condition, such as kidney problems. For these people treating the medical problem may lower their blood pressure back to normal.

High blood pressure is known as the "silent killer" because of the lack of symptoms to alert patients to elevated pressure which, over time, increases the risk of serious problems such as heart disease, stroke and kidney failure.

Medical News Today highlights that the number of people living with hypertension by the year 2025 is predicted to be 1.56 billion worldwide.



EMERGENCY MEDICAL CENTRE

Reception 26 653 328

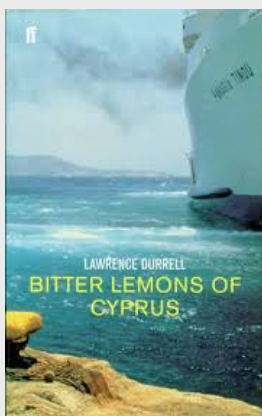
**EMERGENCY
NUMBER 99329434**

Medical Centre GP Surgery Hours

The Doctor is available Monday to Friday from 9 am - 12 noon only.

Please be aware if you wish to consult with the Doctor you should be there before 12 noon.

Pool Paperback



Bitter Lemons of Cyprus by Lawrence Durrell.

From the preface *"This is not a political book, but simply a somewhat impressionistic study of the moods and atmospheres of Cyprus during the troubled years of 1953 - 6"*.

Best seller on amazon.co.uk.

Hypotension (Low Blood Pressure)

Hypotension is a systolic blood pressure of less than 90mmHg or diastolic of less than 60mmHg is generally considered to be hypotension however, in practice, blood pressure is considered too low only if noticeable symptoms are present.

Severely low blood pressure can deprive the brain and other vital organs of oxygen and nutrients, leading to a life-threatening condition called shock. Though often associated with shock, hypotension is not necessarily indicative of it.

For some people who exercise and are in top physical condition, low blood pressure is a sign of good health and fitness. For many people, excessively low blood pressure can cause dizziness and fainting or indicate serious heart, endocrine (glands that produce hormones directly into the blood) or neurological (nervous system) disorders.

What Causes Low Blood Pressure?

- Loss of blood from bleeding.
- Low body temperature.
- High body temperature.
- Heart muscle disease causing heart failure.
- Sepsis, a severe blood infection.
- Severe dehydration from vomiting, diarrhoea, or fever.
- A reaction to medication or alcohol.

Low blood pressure that causes an inadequate flow of blood to the body's organs can cause strokes, heart attacks, and kidney failure. It's most severe form is shock.

The Best Prevention Is - Have Your Blood Pressure Checked.

Members of the Kamares Medical Centre can have their blood pressure checked, free of charge, any day of the week between 7 am and 7 pm. It is recommended to have your blood pressure checked monthly unless otherwise advised by a doctor.

Diary Date



The Kamares Festival -
Saturday, 27th May
at the Kamares Club
from 10 am to 4 pm.

The MV Demetrios II



The shipwreck we can see from Kamares just off the coast, opposite the Tomb of the Kings, is the MV Demetrios II which ran aground in March of 1998 in heavy seas. The ship was en route from Greece to Syria when it got into difficulties and ran into the rocks off the coast. The ship was carrying a cargo of timber and being operated by a crew of eight. All the crew were rescued and the cargo and anything useful was removed from the ship. Attempts to re-float the vessel were unsuccessful and it is believed that it is now occupying its final resting place!

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Disclaimer

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

Greek Mythology and Trains

By John Merritt



The Triumph of Galatea
 Jacques Stella 1644

Paphos has an interesting place in Greek Mythology as the Daughter of Galatea.

It may be of interest that the name "Galatea" is also shared by one of our Heritage Main Line Steam Locomotives currently hauling Special Trains in GB (Photo below). It is one of the preserved "Jubilee" Class Locomotives from the LMS. 191 were built in the mid 1930s around the time of the Silver Jubilee of King George V and Queen

Mary - hence the Name of the Class.

Some were named after characters from Greek Mythology, some after the Colonies, and others after famous Admirals, Naval battles, etc. etc.

There are 3 other "Jubilees" preserved - "Bahamas", "Kholhapur" and "Leander". Leander is also a character in Greek mythology - but that, as they say, is another story (to follow)!

As a post script since drafting this short Article, I have been informed by the Secretary, that HMS Galatea was a "Leander" class Frigate, decommissioned on 31 January 1987



Use of the photograph of *Galatea* by kind permission of Morton Archives.