

KAMARES VILLAGE MATTERS

Kamares Village Houseowners' Association Newsletter

Diary Dates



Saturday, September 29th with Easy Duo, featuring a Freddie Mercury comedy show - Around the World Buffet €21.50 children under 12 €10.

Wednesday, December 12th Christmas Party with DJ Magical Marcos

Useful Telephone Numbers

Emergency Number for Ambulance, Fire or Police	112 / 199
Police and Fire Services - Duty Officer	1499
Medical Assistance - Hospital Information	1400
Kamares Club Reception	26 88 05 76
Larnaca and Paphos International Airports	77 778833
Street Light Fault Reporting (EAC)	1800 with pole number

Committee News

Due to the absence of some key people our normal meeting at the beginning of July was slipped to the very end giving us the chance to abandon August's meeting altogether and given the superb weather, that was a good decision.

As you may know our Secretary, Val Potter, has been unwell and the good news is that Val is getting the treatment needed and is making progress. We wish Val well and look forward to her return to her duties in the not too distant future.

As with all our meetings we agreed the minutes of the previous meeting, fortunately there are those amongst the committee who can actually remember what happened at the previous meeting. We were then updated on progress to getting the Association registered under the new law and the news was good; the application had now been lodged with the District Office. It is anticipated that we should receive our approval by the end of this year and certainly by the early part of next year. You can imagine the workload with all the associations in the area seeking approval! This means that, for the moment, we continue to be governed by our existing Constitution and the Annual General Meeting probably won't be asked to approve the new Memorandum of Association as it will still be awaiting government approval. An Extraordinary General Meeting will be called to approve the memorandum after we receive a green light.

One of the difficulties your committee finds is getting organisations we have to deal with to respond to commitments or even emails. We have a number of issues outstanding which we continue to push for a resolution and it is not made easier by the onset of summer! We will continue to push, on your behalf, for action and, if nothing else, persistence should will out!!



Emergency Medical Centre

Reception 26 653 328

EMERGENCY NUMBER 99329434

Medical Centre - GP Surgery Hours

The Kamares medical Centre is not staffed 24/7/365. There is a nurse available from 07.00 to 19.00 each day and a nurse on duty at their home thereafter. The doctor is present 09.00 to 12.00 Monday to Friday. Please be aware if you wish to consult with the Doctor you should be there before 12 noon.

No appointment is necessary and a fee of 17 Euros will be charged (members) for any non emergency consultation.

If a member requires emergency treatment at home, the nurse will attend free of charge and call an ambulance as necessary.

Non members will be charged a fee of 85 Euros for the same service.

Ambulances

The ambulance service from the General Hospital is called on 112.

The Medical Centre uses St. George and Blue Cross service on 77778112. That service will take the patient to any specified hospital. There is a charge for this service.

All is quiet on the security front and it appears the increased presence of the police and patrols is having an effect, but we urge continue vigilance as this may just be the summer effect on bad people.

There is going to be a celebration for the Kamares Village's 40th birthday but we are still not able to confirm the date – so watch this space because as soon as we know so will you. And talking of social; the Party Round the Pool that was moved inside, due to forecasts of inclement weather, was attended by 95. Our next event will be in September with Easy Duo celebrating Queen and Freddie Mercury. We did end this section of our meeting on a slight downbeat note when our Social Secretary, Maggie Wright, confirmed that she wouldn't be seeking re-election to the committee as Social Secretary at the AGM. As two other members of the committee had completed three years in their respective posts, we are now looking for three people to fill the soon to become vacant jobs. Don't all rush at once!

Membership and finances are healthy – in case you were wondering.

At this point everyone took a deep breath of air conditioned air and the meeting was closed until next we meet in September.

Mine's a Gin and Tonic

After a long hard day by the pool and having struggled to get up from the sunbed what better reward than a G&T – yes, a gin and tonic. A marriage made in heaven and one that has lasted centuries! But, you ask, 'What is the history of gin and its counterpart tonic?'

Let's start with gin. Some say you can trace gin back to the Middle Ages where it was probably an herbal medicine. For modern gin we can thank the Dutch who had a drink called genever which was said to have been around since, at least, the middle of the 16th century. Rumour has it that English soldiers who fought against Spain in the Eighty Years War or the Dutch War of Independence (1568–1648) drank genever to calm themselves before a battle giving rise to the expression Dutch Courage.

KVHA A.G.M.



KAMARES VILLAGE
 HOUSEOWNERS' ASSOCIATION
 Registered under Cyprus Statute 112

The KVHA Annual General Meeting will be held on Thursday, 25th October starting at 16:00. You will be able to renew your KVHA membership prior to the meeting. More details will be sent out closer to the date.



The Constitution of the KVHA requires that certain posts may only be held by the same person for a period of three years and as the Treasurer and Membership Secretary are two such posts the present incumbents may not put themselves forward for these posts at the AGM. The Social Secretary has advised the Committee that she will not be standing as Social Secretary at the AGM. So if you would like to take on one of these



Courtesy of MuseumNext

The early part of the 17th century saw the arrival of gin to Britain and it became popular after the government allowed the unlicensed production of gin and imposed heavy duty on the imports of French brandy. Thousands of gin shops sprang up in England around the start of the 18th century and, due to its low cost compared to other similar beverages, became very popular with the poor. In London alone, there were reputed to be over 7,000 gin shops and gin may have been responsible for halting London's growing population by increasing the death rate!

When the British government introduced the Gin Act of 1736 which imposed higher taxes on those retailing gin there were riots in the streets. The taxes were eventually abolished, and the next Gin Act of 1751 had the effect of licencing gin shops, gave local magistrates jurisdiction over the shops and forced the distillers to only sell to licensed shops.

We have to thank the arrival of the column still around 1830 for the London dry gin. Gin, of course, is a spirit made with the berries of the juniper although they are not true berries but that is whole different story.

Now where is the best place to get your gin – the EU or the United States? In the EU gin must have at least 37.5% alcohol by volume whereas the US the minimum amount of alcohol by volume is 40% which should help answer the question.

It is interesting to reflect on the impact gin has also had on the English language; gin mills, gin soaked and even being known as mother's ruin. There is also the memorable quote

roles then have a word with one of the Committee.

Now is the chance you have been waiting for!

Kamares Club Weekly Activities



Day	Time	Activity
Mon	Morning	Yoga Bridge Club
Tue	Morning	Sine Nomine Choir
Tue	Evening	Quiz
Wed	Morning	Tai Chi Art Group
Wed	Afternoon	Book & DVD Library
Wed	Evening	Monthly Wine Tasting
Thu	Morning	Bridge Club
Fri	Morning	Orphean Singers Tai Chi
Fri	Afternoon	Quilting Group

Full details of all the activities are on the website and our Notice Board at the Club.

from Casablanca when Rick Blaine (Humphrey Bogart) says, "Of all the gin joints in all the towns in all the world, she walks into mine." Classic.

What of tonic water or Indian tonic water as it is sometimes known? The reason tonic water exists is not to mix with gin but to make the taste of quinine more palatable. The bark of the cinchona tree is ground into a powder which was taken to protect against malaria in the tropics. Unfortunately, quinine has a bitter taste, similar to the taste of a very sour grapefruit, so it was mixed with sugar and soda water thus creating tonic water! Commercial tonic became available around 1860.

A little-known fact about tonic water is that, owing to the presence of quinine, it will fluoresce under ultraviolet light. Which is why a glass of gin and tonic will appear fluorescent in bright sunlight.

Who was responsible for the marriage of Gin and Tonic? The Army of the British East India Company was responsible. Soldiers in India were entitled to a gin ration and with malaria being endemic they would add the quinine, now part of their tonic water, in with the gin ration and the marriage of your G&T was consummated in the early 19th century. It should be pointed out at this stage that today's tonic water is not suitable for protection against malaria as it contains less quinine than it did during the days of the British East India Company.

According to the book by Douglas Adams called the Restaurant at the End of the Universe "85% of all known worlds in the Galaxy, be they primitive or highly advanced, have invented a drink called jynnan tonnyx, or gee-N'N-T'N-ix, or jinond-o-nicks, or any one of a thousand or more variations on the same phonetic theme." So, we are not alone.

Now you must keep 19th October clear because since 2010 it is International Gin & Tonic Day. It is fitting, as we finish this subject, to quote that famous oxymoron, 'Drink Responsibly.' Cheers!

Tea

Warning: the following contains references to sweat which some may find distasteful.



Will drinking a cup of tea cool you down?

Well Dr. Ollie Jay from the University of Ottawa's School of Human Kinetics has the answer. "What we found is that when you ingest a hot drink, you actually have a disproportionate increase in the amount that you sweat," Jay says. "Yes, the hot drink is hotter than your body temperature, so you are adding heat to the body, but the amount that you increase your sweating by—if that can all evaporate—more than compensates for the added heat to the body from the fluid."

The key is the sweat being able to evaporate. When a liquid evaporates it requires heat and, in the case of sweat, that heat comes from the body thus cooling you. If the atmosphere is very humid the sweat will take longer to evaporate and thus your body temperature will not reduce as fast and, maybe, not at all.

Household Waste

Would residents please ensure if you do not have a binhouse for your refuse, could you please ensure that any refuse is contained in a plastic sack inside a plastic refuse bin to prevent access by animals and vermin and scattering around the village?

Also ensure that bags of refuse are not placed in the storm drains as during the rainy season these bags tend to get washed down the drain and cause a blockage or the bag gets badly damaged and the contents block the drain.

With regards to the recycling of cardboard and paper, cans and plastics, these items are collected from your house on a Monday morning - Tala only. The items should be washed, placed in separate bags (or a box for paper / cardboard) and the bags left outside your property but not in your bin house. The collectors are not fussy about the bags used as long as they can see what the contents are as this makes sorting easier.

Glass recycling is not collected from your door but there are various green domed glass receptacles around Tala village and also at Papantoniou Supermarkets.

Please do not leave general rubbish, even if it is plastic-related, ie broken chairs, etc, at the recycling bins at the Kamares Club. These recycling bins are intended for use by Zelemenos residents as Koili do not participate in the recycling system and regrettably the bins will be removed if dumping continues.

Green Point Recycling Centres

Green Points are household recycling centres for the collection of waste that cannot be put out for collection with household waste.

Green Points are aimed at the collection and recycling of special categories of materials and waste which are not accepted in landfills and which citizens are used to placing in bins with other household waste or which is sometimes illegally dumped in the countryside.

At the Green Points there are special arrangements and areas

Is the increase in sweat production the result of the tea heating the bodies core? Apparently no; here's Ollie Jay again. "It's commonly thought that the hot drinks raise your core temperature, but we found that that isn't the case," Jay says. "What we think is that it's the thermosensors that line the throat and mouth that elicit the additional sweating response."

So, when the humidity we are currently 'enjoying' subsides then a brew on the patio is the answer.

Thanks to the Smithsonian, Washington for the quotes.

Green Point Recycling

The following are not accepted at any Green Point Recycling Centres:

Commercial waste (commercial green and cardboard waste)
Clinical waste
Mixed household organic kitchen waste and food
Asbestos and plasterboard waste
Dangerous household waste (pesticides, gasoline, diesel, alcohol or other chemicals)
Old or new vehicle tyres

The following materials are accepted at each Green Point Recycling Centre:

where you can place specific waste items such as paper, glass, grass clipping, furniture etc. (See the list of permitted items in the green box to the left).

The project is co-financed by the Cohesion Fund of the E.U.

There are Green Point Recycling centres at Akoursos (<https://goo.gl/maps/YK7qUspSNZq>) and Geroskipou (<https://goo.gl/maps/D292FGqMQuj>) where you can dispose of broken chairs, garden waste and other larger items, FREE OF CHARGE.

Operation

When you arrive at the Green Point with your car, you will be greeted by a staff member who will check the waste that you wish to dispose of and asked some details in order to complete a form regarding the goods.

You will be given a copy of the form and then shown where you must take the waste items.

Around the area there are large metal bins and in front of every bin there is a sign with the item that can go inside that bin. There are also plastic bins of different sizes and colours and these have stickers on them denoting the items they are intended for.

The staff at the Green Point will guide you as to the correct bins for your waste.

Opening hours

Summer hours (April to September):

Monday, Wednesday & Friday 8am-6pm
Saturday, 9am-4pm

Winter hours (October to March):

Monday, 8am-6pm
Wednesday and Friday, 8am-4.30pm
Saturday, 9am-3pm

Closed public holidays.

For more information contact Evanthis Dimosthenous on 26 934 106 or 22818603

Inactive debris (rubble, plaster, cement)
Radiographs
Aluminium
Glass
Furniture
Thermometers
Grass clippings & garden waste
Lamps
Metal objects (scrap Iron, radiators, etc.)
DIY materials (tiles, sanitary ware, etc.)
Batteries (vehicles)
Wood
Games and toys
Plastic containers & plastic
Mattresses
Cleaning agents (brooms, mops, etc.)
Cardboard & Paper
Fabrics
Carpets and rugs
Medical preparations
Water based paints

The Perseid Meteor Shower



The picture (compliments of NASA), taken from the International Space Station, shows a Perseids burning up in the Earth's atmosphere.

You will have received an email from the KVHA highlighting the Perseid meteor shower being at its best over the weekend of the 11th and 12th of August but it didn't give too much detail of what the shower is about and that's where the KVM comes in. The Earth passes through the trail of the Comet 109P/Swift-Tuttle, to give its full name, at about the same time every year. This year the peak number of meteors also coincides with the new Moon which will mean the sky is more inky black than usual.

Swift-Tuttle, which takes 133 years to orbit the Sun, is 16 miles across and is believed to be twice the diameter of the object which crashed into the Earth killing off the dinosaurs all those years ago. The meteors you see in the night sky are the result of the Earth passing through the dust particles, known as meteoroids, left by the comet. According to the American Meteor Society the dust particles hit the Earth's atmosphere at between 25,000 to 160,000 miles per hour and burn up due to the friction of the atmosphere and are vaporised to form shooting stars or meteors. Should a meteoroid pass through the atmosphere and land on the Earth's surface it is known as a meteorite.

Comet 109P/Swift-Tuttle was discovered in 1862 by Lewis Swift and Horace Tuttle and in 1865 Giovanni Schiaparelli realized that this comet was the source of the Perseids. The P

Glass Recycling Points.



Recycling Bins for Glass

Street	Location
Ayios Neophytos Avenue	Main Street
Mary Leptos/Corals Street	Junction
Kameron Avenue	Kamares Club
Mavrovouniou Street	Table Primary School
Peramatos Street	Next to stadiums
Igoumenou Leontiou Avenue	Next to Monastery Cafe (Cats Park)

indicates that the comet is a periodic comet having an orbital period of less than 200 years.

Why is the meteor shower called Perseids? That's because the meteor shower appears to come from the constellation Perseus – it doesn't as the constellation isn't the source of the dust, but the name does help to identify which shower you are watching – apparently.

For those of you who remember The Day of the Triffids, you may be reluctant to watch a meteor shower as in the book, by John Wyndham, the display in the night sky was the prelude to the invasion of the Earth by the Triffids and left all who watched, blind.

KVHA Social Events



KAMARES VILLAGE
HOUSEOWNERS' ASSOCIATION
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**Party
Into
Autumn**

**Saturday, September 29th
at the Kamares Club**

**Around The World Buffet
€21.50pp**

Children under 12 €10pp

With Easy Duo



**Featuring a
Freddie Mercury comedy
show followed by
dance music**

Bar opens 6:00p.m.

Buffet 7:00p.m.

**Dress code
smart/casual**

**Tickets
available
at Reception
26880576**

**Payment by
September
26th
please**

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