

Kamares Village Matters

Kamares Village Houseowner's Association Newsletter

Issue 35, January 2019

Committee News by Val Potter, KVHA Secretary

First, on behalf of the committee, may I wish everyone a very Happy, Healthy, and Fulfilling 2019. I can't believe we are already more than half way through the first month of the New Year – 'talk about time flying by', I blame the weather!

2018 was a pretty good year for the KVHA. I attended two prestigious meetings with the British High commissioner, Mr Stephen Lillie and some of his team from the British High commission. The first was an 'Afternoon Tea' with up to fifteen influential people invited, the second was held later in the evening to meet senior Police officials, Pantelis Leptos from the Leptos company together with other influential guests, including Councillor Cathi Delaney from Tala council and Bejay Browne, Reporter for the Sunday Mail, to name but a few. It was good to have the chance to chat informally with these senior and influential people. I managed to get the message across of our concerns over the 'Slipping Building' to Mr Lillie and he arranged for his Vice Consul to contact me – which she did.

The next important meeting should take place by the end of this month or early February, with the Mukhtar of Tala Areti Pieridou, Councillor Cathi Delaney, Panayiotis Kezoudi Leptos, Joanna Georgiou Leptos, John Merritt KVHA Chairman and myself as Secretary.

We have been trying to get all the key people together for quite a while but as you probably appreciate, when the Government call, then those meetings come first. We are in the process of listing a full Agenda regarding Kamares Village e.g. Potholes in roads/ General appearance of Kamares Village/ White road lines/ Road mirrors to name but a few. These and others will be sent out to all those who are attending the meeting.

We have made progress with liaising with Koili council. Minni MacFarlane who has taken over the role of 'Social Secretary' has offered to also fill this role of Koili Liaison member. One huge advantage is that Minni was born in Cyprus and speaks the language. Our Chairman John Merritt will accompany Minni to any meetings and will use his experience to deal with any problems. Reports will be made to the committee and future meetings will be arranged.

The New Year did not start well for some Karmi residents, they were without water from NYE till 3rd January 2019 – not much fun if you have a load of friends around, bringing in the New Year...

As many will have noticed there have been quite a few problems with the street lighting. Those on Mary Leptos Street have been reported more than once, as has Ampelia, however with reference to the information sent out on the 23rd September 2018, entitled 'Street Lighting and two lost dogs', if you are aware of problem lights, please send me an email with the number of the pole and the street name so I am able to inform Tala Council and subsequently the Electricity Board.

I was informed of a couple of incidents which had occurred over the last week or so and have been asked to pass the information on. A family had woken up to find they had no water to the house, they assumed it was a general problem and decided to check at the Club. Upon finding that there were no known issues, they then decided to check the outside stop cock and discovered it had been turned off.

I have spoken to Panayiotis Kezoudi from the Club, and in some cases there could be a simple explanation. If you have had a similar experience, please contact me with the address and details and it will be looked into.

To update you on where we stand in the 'Registration of Association' of the KVHA, an email was received from our Lawyer explaining that the rules had been changed due to the extreme numbers of Clubs wishing to become Associations and the expiry date had been extended to July 2019.

We asked for a meeting and Alan Totten and I were delighted to learn that we had been approved and all our documentation was in order. Our Lawyer will guide us through the final stages once a few alterations have been made to our new Memorandum (old Constitution) to comply with the new laws.

Unfortunately there have been some burglaries in the area. Some of these were not reported to the Police and the only reason we are aware of them is through being notified by the house owners.

Please stay alert and make sure all windows and doors are securely locked, at least one break-in took place in the early evening through patio doors.

Last but not least, I would like to take this opportunity to thank the 2018/2019 committee for their work over the past year and their commitment for 2019, and a special vote of thanks to you our members for all your support. We have the largest membership since the KVHA was first started – can't be bad!



Christmas Events by Minni Macfarlane

It was that wonderful time of the year!

The KVHA hosted the Christmas party at the Kamares Club on Wednesday, 12th December.



Many people in attendance were dressed in their Christmas attire which complimented the festive occasion.

We were surprised by the arrival of Mr and Mrs Santa Claus who joined in the fun.



The food was delicious and we danced the night away.



A great time was had by all. Thanks to everyone who made the evening so special.

Weather Watch

by Martyn Reeves

Rain, rain, go away....

It will come as no surprise that December 2018 was one of the wettest in recent times and January 2019 has started in a similar vein. Whilst the whole of Cyprus had been subjected to downpours Paphos recorded the highest levels with 294mm falling at the airport over the month of December, this is three times the average for the month.



Storm clouds and a downpour over the coast of Paphos in December.

As well as being good news if you're a duck, the high rainfall has led to the reservoirs being filled significantly quicker and to a higher capacity than recent years. Locally, in Paphos, the reservoirs are filled to 16.489 million cubic meters (MCM) or 23% of total capacity, this compares to 13.264 MCM or 18.5% capacity last year. The inflow at the reservoirs are at their highest levels since December 2009 / January 2010.



Mavrokolympos Reservoir containing 1.667 MCM of water, 75% capacity, on 4th January 2019

So the silver lining to all the clouds around is that the local reservoirs should, hopefully, exceed last years maximum capacity of 22.015 MCM reached in March 2018 and leave a little more water to go around this summer.



January sees three Coptic Storms due in Cyprus.

We had one unnamed Gale on the 11th January with another unnamed Gale due on the 27th January then the strong feeder Gale, El Fedra El Kebira, due around the 19th January.

The Euro

by Martyn Reeves

The first of January 2019 marked 20 years since the founding member countries adopted the Euro as their national currencies. Austria, Belgium, Netherlands, Finland, France, Germany, Ireland, Italy, Luxembourg, Monaco, Portugal, San Marino, Spain & Vatican City all adopted the Euro in a non physical form on 1st January 1999 with their old national currencies being converted at fixed rates the day previous.

Greece, Slovenia, Cyprus, Malta, Slovakia, Estonia, Latvia & Lithuania have all joined the Euro at various dates in the following 20 years, leading to over 340 million people using the Euro as their day-to-day currency.

It would be three years later, on January 1st 2002, until the physical notes and coins for the Euro were introduced. Member countries can provide the reverse images for Euro denominated coins with notes being common between all countries. The initial release of Euro notes in January 2002 had a face value of



€221,480,768,225, 20 years later and the total value of Euro notes in circulation is over 1.2 trillion at €1,203,276,393,310 with approx 22 million physical notes.

The €500 is one of the largest value notes in circulation in the world, authorities argue that the note's primary uses are for illegal purposes and the European Central Bank has announced that it has stopped issuing new €500 as of the end of 2018, any existing notes will remain legal tender for their lifecycle. As of November 2018 the ECB records there were 521,347,504 of the €500 notes in circulation with a face value of over 260 billion Euros.

Historical January Birthdays



January saw the birth of three former heavyweight boxing champions that slugged it out in the 1960's and 70's, Muhammad Ali, formerly "Cassius Clay" born January 17th 1942, Joe Frazier born January 12th, 1944 and George Foreman born January 10th, 1942.

January also saw the birth of British hair stylist Vidal Sassoon on January 17th 1928 and an actor who wouldn't have needed to visit his salon, Tele Savalis, aka TV's Kojak, born January 21st 1924.

January 20th, 1920 saw the birth of DeForrest Kelley who played the fictional Doctor McCoy on Tv's original "Star Trek" whilst on the same day 10 years later, January 20th, 1930 saw the birth of real life astronaut, Edwin "Buzz" Aldrin, who was the 2nd and one of only 12 men to have walked on the surface of the moon.

January saw the birth of two singers from opposite ends of the entertainment spectrum. The King of rock-and-roll, Elvis Aaron Presley, was born on January 8th, 1935 whilst 41 years later Emma Bunton, better known as former Spice Girl, Baby Spice, was born on 21st January 1976.



2019 Public Holidays Cyprus & UK

| | |
|--|-------------------------|
| Green Monday | Monday March 11th |
| Greek Independence Day | Monday March 25th |
| EOKA Day | Monday April 1st |
| UK Easter Good Friday | Friday April 19th |
| UK Easter Sunday | Sunday April 21st |
| UK Easter Monday | Monday April 22nd |
| Greek Orthodox Easter | Sunday April 28th |
| Greek Orthodox Easter Monday (Some government offices also closed the following Tuesday) | Monday April 29th |
| May Day - Labour Day | Wednesday May 1st |
| UK Early May Bank Holiday | Monday May 6th |
| UK Spring Bank Holiday | Monday 27th May |
| Kataklysmos (Holy Spirit) | Monday June 17th |
| Assumption | Thursday August 15th |
| UK Summer Bank Holiday | Monday August 26th |
| Ochi Day | Monday October 28th |
| Cyprus Independence Day | Tuesday October 1st |
| Christmas Day | Wednesday December 25th |
| Boxing Day | Thursday December 26th |

The Girl and the Sparrow

by Maggie Wright

This piece shows a young girl sat by an olive tree with a sparrow in her hands courtesy of Cypriot artist, Yiota Ioannidou.



The new tree replaces a huge ancient tree which was uprooted in last year's storms.

It is in the new upgraded area near M&S in the Old Town, along with a new building which apparently will be an information office.

Update; unfortunately the four birds making up the sculpture have been stolen recently.

Street Art by Maggie Wright

Have you been for a walk around the Old Town area recently? There are lots of murals and each time I visit I see more - don't forget to look up too!



Kamares Club Weekly Activities



| Day | Morning | Afternoon | Evening |
|-----------|---------------------------|----------------|---|
| Monday | Yoga & Bridge Club | | |
| Tuesday | Sine Nomine Choir | | Quiz |
| Wednesday | Tai Chi & Art Group | Book Exchange | Monthly Wine Tasting (No meeting January & February) |
| Thursday | Bridge Club | | |
| Friday | Orphean Singers & Tai Chi | Quilting Group | |

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 |

Physical activity guidelines for older adults

by NHS England's Website

To stay healthy or to improve health, older adults need to do 2 types of physical activity each week: aerobic exercise and strength exercises. Adults aged 65 or older who are generally fit and have no health conditions that limit their mobility should try to be active daily.

You should do:

at least 150 minutes of moderate aerobic activity such as cycling or walking every week and strength exercises on 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

or

75 minutes of vigorous aerobic activity such as running or a game of singles tennis every week and strength exercises on 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

or

a mix of moderate and vigorous aerobic activity every week (for example, two 30-minute runs plus 30 minutes of brisk walking equates to 150 minutes of moderate aerobic activity) and strength exercises on 2 or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

A general rule of thumb is that 1 minute of vigorous activity provides the same health benefits as 2 minutes of moderate activity.

Moderate activity will raise your heart rate and make you breathe faster and feel warmer. One way to tell if you're exercising at a moderate level is if you can still talk but can't sing the words to a song. Vigorous activity makes you breathe hard and fast. If you're working at this level, you won't be able to say more than a few words without pausing for breath.

Examples of activities that require moderate effort for most people include:

Walking, water aerobics, ballroom and line dancing, riding a bike on level ground or with few hills, playing doubles tennis, pushing a lawn mower, canoeing, volleyball.

Examples of activities that require vigorous effort for most people include:

Jogging or running, aerobics, swimming fast, riding a bike fast or on hills, singles tennis, football, hiking uphill, energetic dancing, martial arts

Examples of muscle-strengthening activities include:

Carrying or moving heavy loads - such as groceries, activities that involve stepping and jumping - such as dancing, heavy gardening - such as digging or shovelling, exercises that use your body weight for resistance - such as push-ups or sit-ups, yoga, pilates, lifting weights.

For an NHS fact-sheet on physical activities click [here](#).

Emergency Medical Centre



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

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

Emergency Number 99329434

Reception Number 26653328

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HOUSEOWNERS' ASSOCIATION**
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