



# Kamares Village Matters

## Kamares Village Houseowners' Association Newsletter

Issue 43, October 2019

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### Committee News

By Val Potter, KVHA Secretary


The forthcoming EGM/AGM on Tuesday 29th October 2019, is possibly one of the most important meetings the KVHA will ever hold.

We need as many fully paid members as possible to attend and we require all your signatures on the day. Please make time to come and support the KVHA, and remember to bring your membership cards with you.

There has been so much work involved in getting to this final stage of our application and I must thank the Twenty Founding Members for their patience in attending meetings, providing numerous documents, being willing to go through Police Checks and when the Government moved the goal posts – having to go through some of the same procedures again.

There were many visits to the Lawyer, an enormous amount of work in reviewing the current Constitution and rewriting it as the new Memorandum.

Thanks go to the KVHA Committee for their support whilst we were so heavily involved with the MOA.



I had to visit the Paphos Police Station on many occasions, and it was remarked on, that sometimes it was with different men, I explained that I had one for every day of the week, and yes the Police do have a sense of humour.

Without your presence at the EGM, it will all have been for nothing.

On a lighter note I am giving fair warning that as soon as the EGM/AGM comes to an end, roughly around 5pm – I will be racing to the bar – and I hope to see you all there!

Some of the issues we have been dealing with;

I had a report of a very 'big and dangerous dog, roaming the streets and not allowing people to pass on the corner of Kamares Avenue and Eglistra Street.' It was white with large brown spots and chased Ellen who was out walking. She was very shaken but still managed to send a warning out. Thank you Ellen. It was immediately reported to Cathi Delaney and Panayiotis Kezoudi, who said he would ask his work force to look out for it. There was no sign, however if you recognise the description of the dog, please let me know.

N.W.Scheme – There have been no incidents reported for Kamares during the last month. Outside of Kamares there had been reports of two incidents.

Koili – There had been many concerns over the non-collection of garden rubbish around Zelemenos. It had been two weeks since the last collection. Thomas Nicodemou, Secretary for Koili C.C. had been informed. The following information was received from Thomas:

The garden rubbish will be collected on the first Wednesday of each month.

Thank you to Koili Council for providing this service.

Some of the Information you have received;

Brexit, Immoveable property Tax, AGM Meal and Quiz cancellation, Access to Tala Council Offices,

Car Vandalism, Souvla lunches at Kamares club, AGM Nomination List for the 2020 committee.

## Stepping Down as KVHA Secretary

I have made the decision to step down as Secretary as I feel it is time for a change, however I have put myself forward as Vice Chair and hope to continue on the committee in this role. Nobody knows what is looming around the corner, so as long as my health permits I will do my very best for the KVHA.

My thanks go to you all for keeping me so busy over the last five years, it has been a really enjoyable experience, one which I am sure you have guessed was a first for me – talk about being thrown in at the deep end, but with the help of Leptos, Tala C.C, Koili C.C and my friends on the KVHA committee, not to mention the friends I have made on email, whilst sometimes – most times struggling to get responses to their queries.

I must also thank John Clifton, Clive Turner and Bryan Drake for their support and advice, they have all served as KVHA Chairman and had led the way on the demolition of the 'Slipping Building' when they were in office.

I look forward to seeing you all at the EGM/AGM

Thank you again.

Val

Valerie Potter KVHA Secretary

# Grape festival

by Maggie Wright

During the months of September and October, the wine villages organise various events dedicated to wine and its products. During these events people can observe the making of palouzes and shoushoukkos at the venues and be offered various delicacies made of grapes. At the same time, there are competitions, wine tasting, and entertainment with traditional dancing. Visitors can learn about the traditional houses of the villages, the local museums, churches, and other sights. In Cyprus palouze is usually made with white grapes and of course the shushukos is made with palouzes. The dominant grape variety is the xynisteri or sultana. There is little difference in taste than other varieties and it simply becomes lighter in colour or "blonde".



There are many versions of how to prepare a palouze. From village to village and from region to region, the recipe is different.



The first thing to do is to wash the grapes well with drinking water and pick the grapes that are healthy, not rotten and then put into a basin.

For homemade palouze they use their hands to crack and melt the berries of the grape. For business purposes there is a special electric modern wine press. In the old days the Cypriots stomped the grapes with their feet. The berries are then cleaned. The broth is sieved into a pot to clean off any dirt. It is then put on a high heat and when it is half boiled it is turned down and a tablespoon of white soil (soil with lime) is added which is found in the highlands of wine villages. If not soil, soda is used instead. It then begins to foam which is then removed. When completely cool it is strained slowly again into another pot and the soil is left in the bottom.



Extract from Cyprusalive.com. Photos from Kilani grape festival October 6th

## Coffee Morning

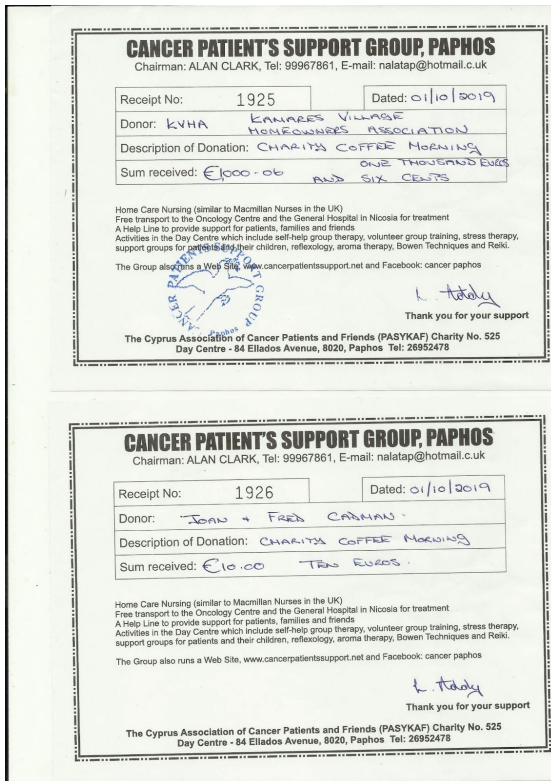
The KVHA took part in the 'World's Biggest Coffee Morning', held at the Kamares club and it was a huge success, thanks to the wonderful support of Kamares Village residents, friends and visitors. Special thanks to Judith Perrett and the Orphean singers, also the Tai Chi group who joined us.

Leptos Management did us proud by contributing complimentary teas and coffees, and hard working Marinos and Eleni who supported us all the way - the scones were delicious...

To all the people who baked homemade cakes, sausage rolls and scones, and to those who donated specially bought cakes to tempt everyone. - Thank you.

Must not forget the KVHA Team, Beryl, Maggie, Minni, Barbara, Margaret, Annie and Val - Well Done Ladies.





A huge thank you goes to the lady who left two bags of coins, these were added to the rest of the change, making a total of €200.06, which when added to the notes made;

An absolutely amazing total of - €1,010.06

This amount was handed over to Lynn from Cancer Support and will go towards buying a very expensive but much needed 'pain relief machine'.

To everyone who joined us - Your generosity was amazing.

## KVHA Christmas Dinner Party

Save the date for the KVHA Christmas dinner party !

Thursday, December 12th at 7pm, entertainment by Melanie Ballard . A detailed flyer will be sent out shortly. Stay tuned!





## Weather

Just before the showers on Tuesday 15th October the Department of Labour Inspection issued the following photo from space showing the high concentrations of dust in the air on 14th October 2019 over Cyprus and the near Middle East.



## Summer Time.

Don't forget to put your clocks back one hour on Sunday, October 27 at 04:00.

# Household waste

## Green Point Paphos

Green Points are household recycling centers for the collection of waste that can't 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.

**FREE FOR ALL CITIZENS**



### Green Point of Pafos



The goal is to stop the uncontrolled deposition of waste materials in the open spaces of Pafos Municipality.  
\*Offenders will be fined.

Throw your waste materials in Pafos Green Point, located in Mavralis area.

- |                   |                       |
|-------------------|-----------------------|
| • Aluminum        | • Large plastic items |
| • Useless objects | • Plastic items       |
| • Glass           | • Green - pruning     |
| • Furnitures      | • Mattresses          |
| • Thermometers    | • Cleaning equipment  |
| • Lamps           | • Fabrics             |
| • Metal objects   | • Medicines           |
| • Batteries       | • Carpets             |
| • Wood            | • Paper and cardboard |
| • Games           | • Colors and D.I.Y    |

**Working hours**  
Monday, Tuesday, Thursday, Friday: 8:00-17:00  
Wednesday: 10:00-17:00  
Saturday: 8:00-13:00



At the Green Points there are special arrangements and areas where people can place specific waste items such as paper, glass, grass clippings, furniture etc. (See the list of permitted items).

These points have been designated based on the population to be served at every point, the distance of the furthest home from the point and the time it takes the furthest citizen to carry waste from their house to the point.

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

The Green recycling centre [along the same lines as the ones which operate already at Geroskipou and Akoursos] opened on 17 September 2018 in Chlorakas.

The centre is on Odos Mintchat Pasa/Fouzouli. Leaving Tala, follow the road past Emba school down to the T junction with the main road. Turn left at the junction with the Chlorakas/Paphos road [right would take you to the Esso petrol station and eventually to Little Paps]. Take the first right after the Pafos 2017 monuments which are on the left. Follow the road to the bottom and you will be able to see the recycling centre and the skips [there is a signpost but it is all in Greek or was at the time of my visit] marked B on this [map](#).

The following are not accepted at any Green Points Recycling Centre

|  |
|--|
| 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 material are accepted at each Green Point

|   |  |
|---|--|
| Inactive debris (rubble, plasters, cements) | Radiographs                                |
| Aluminium                                   | Glass                                      |
| Furniture                                   | Thermometers                               |
| Grass clippings                             | Lamps                                      |
| Metal objects (scrap iron, radiators, etc.) | DIY materials (tiles, sanitary ware, etc.) |
| Batteries (vehicles)                        | Wood                                       |
| Games and toys                              | Plastic containers and plastic             |
| Mattresses                                  | Cleaning agents (brooms, mops)             |
| Packaging material (cardboard)              | Fabrics                                    |
| Carpets and rugs                            | Medical preparations                       |
| Paper                                       | Water based paints                         |

### **Instruction upon arrival**

When you arrive at the Green Point with your car, you will be greeted by a staff member who will check your waste that you want to dispose of and ask some details in order to complete a form regarding the goods you will dispose of. You will be given a photocopy of the form and then shown where you must take the waste items.

Around the area there are large metal bins/skips 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 colors and these have stickers on them showing what items can go in each bin. The staff at the Green Point will guide you as to the correct bins for your waste.

There is no charge for using these recycling centres.

## Opening Hours

|                                   |              |
|-----------------------------------|--------------|
| Monday, Tuesday, Thursday, Friday | 0800 to 1700 |
| Wednesday                         | 1000 to 1700 |
| Saturday                          | 0800 to 1300 |
| Sunday                            | Closed       |
| Public Holidays                   | Closed       |

Times are a guide only. Please contact the establishment to check if you are unsure. Hours may vary between Summer and Winter seasons.

For more information contact Evanthis Dimosthenous: 26 934 106, 22818603.

## Household collections

General waste collection is undertaken for Tala households on Wednesday and Saturday and recycling collection is on Monday – please ensure recycling is outside your property (not in your bin house ) by 07.30.

Koili's waste collection is undertaken on Wednesdays and Saturdays from 07:00. Garden rubbish is collected by Koili C.C. on the first Wednesday of the month.

The Green Centre is for larger items which will not be collected from your door!

## CYPRIOT PASTITSIO (Makaronia tou Fournou)

Makaronia tou Fournou means pasta baked in the oven and is a common dish in Cyprus, often served as a main course, with a salad but in Cyprus it is an essential dish during all celebrations. It is similar to Greek pastitsio with a different flavour and of course lots of halloumi in it. Like pastitsio it is a layered pasta casserole dish. There are variations throughout the regions of Greece with a few minor different spices, the Cyprus version having cinnamon as its main spice.



The bottom layer is bucatini or other tubular pasta with cheese and egg as a binder, or some of the béchamel cream. If we do not add the cream our pasta will not stick together but will spread in the plate during serving. The second layer is a ground meat sauce (usually beef or veal but it can also be substituted with pork, a mixture of veal and pork mince or chicken or turkey mince) with fresh tomatoes and cinnamon, (cloves, nutmeg and allspice are a few other spices used in other regions). On top of the sauce there is another layer of pasta and on top of that is a thick creamy Béchamel sauce with grated anari or halloumi and mixed in the pasta as well as in the béchamel sauce. It can be eaten hot but leftovers are even better the next day.

### Recipe

Preparation time: 60 minutes: Cooking time: 60 minutes: Serves: 9

Ingredients:

- 1 packet (500 grams – 1.10 lbs) of tubular pasta No. 3 or No. 6
- 1 tbsp salt

- 1/3 cup of grated halloumi cheese or dried anari, divided
- 1 tbsp dried mint
- 1 egg white

For the meat sauce:

- 500 grams (1.10 lbs) ground pork or mixed pork and veal or beef
- 1 onion finely chopped
- 1/3 cup olive oil
- Salt and black pepper
- ½ tsp cinnamon
- 2 cups grated ripe tomatoes
- 1 cup parsley finely chopped

How to make Béchamel Sauce ( enough for one baking tin 35 x 30 ) :

Preparation time: 10 minutes

Cooking time: 10 minutes


Ingredients:

- 1.3 litres of milk
- 150 grams olive oil (or butter or olive oil based margarine)
- 150 grams all purpose flour
- 3-4 eggs
- 1/2 teaspoon salt
- 1/2 teaspoon ground nutmeg
- 1/2 cup of grated halloumi, graviera, kefalotyri or dried myzithra cheese

Directions:

Before starting, heat the milk and beat the eggs.

In a saucepan heat the olive oil and add the flour, salt and nutmeg and mix thoroughly using a whisk, until it starts to brown.



Remove the pot from the heat and add the warm milk, stirring constantly, until the sauce is thick and creamy. (Be careful as the hot milk may overflow).

Whisk the eggs and add a little at a time slowly and mixing until it is incorporated.

Remove from the heat and mix in the grated cheese.

**Tips:**

If it becomes too thick add some more cold milk.

If it is too runny dissolve a tablespoon of corn flour (starch) with 1/4 cup of milk and stir until it sets.

To make béchamel healthier use olive oil instead of butter.

**If you have cholesterol:**

Instead of butter use olive oil.

Add less eggs or only egg whites

Add low fat milk, low fat cheese or skip the cheese altogether

Sprinkle some cinnamon on top of the bechamel and you will be amazed by the taste.

**Directions:**

In a saucepan bring water to boil and add salt. Cook the pasta al dente according to the package instructions, for about 10 minutes, as they will be cooked later on. Remove from the heat, drain and mix a tablespoon olive oil.

Heat the olive oil in a sautéing pan and sauté the onion until translucent. Add the ground meat and sauté for a few minutes. While mixing, add salt, pepper, cinnamon and tomatoes and cook over moderate heat for about 15 minutes. Remove from the heat and mix in parsley. When the bechamel is ready, mix in 2 heaped tablespoons.

Prepare Béchamel sauce.

In the meantime beat the egg white, reserved from the Béchamel sauce, and mix with the pasta as well as a few tablespoons of grated halloumi or anari and crumbled mint.

In a baking tin (35 x 30 cm – 13.8 x 11.8 inches) layer half pasta. Put the ground meat on top and add the remaining pasta on top.

Cover pasta with the Béchamel sauce and sprinkle with some grated halloumi and some



cinnamon on top.

Bake in a preheated oven to 180 °C / 350 °F, for about 45 minutes to 1 hour or until golden on top.

Tip:

When making the Béchamel sauce, reserve an egg white to be mixed with the pasta. This helps to hold the pasta together.

Kali Oresi – Bon Appetit!

## 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



## Kamares Club Weekly Activities

| Day       | Morning                   | Afternoon      | Evening                          |
|-----------|---------------------------|----------------|----------------------------------|
| Monday    | Yoga & Bridge Club        |                |                                  |
| Tuesday   | Sine Nomine Choir         |                | Happy Hour 18:00 - 19:00<br>Quiz |
| Wednesday | Tai Chi & Art Group       | Book Exchange  | Monthly Wine Tasting             |
| 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 |



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