



KAMARES VILLAGE MATTERS

Kamares Village Houseowners' Association Newsletter

Issue 54, September 2020

**The Vice
President's Piece
By Val Potter**

I hope you are all keeping safe and well and not letting the heat get to you!

This will be a brief update on what has happened over the past month. We actually managed to hold our monthly KVHA meeting, on Tuesday 1st September 2020 outside at the Kamares Club, observing all the Covid 19 restrictions. Five of the board attended and three sent their apologies.

Minni MacFarlane, our Koili representative, had invited the Secretary of Koili C.C. to attend our meeting, unfortunately he was called to Nicosia so sent his apologies. I am sure Minni will do her utmost to get him to attend in the future.

The following issues were covered:-

A meeting, which was agreed upon but then cancelled, was to be re-arranged with Tala, Leptos and KVHA to discuss the 'state of Kamares'.

Social – it was agreed that under the present circumstances the KVHA Xmas party scheduled for December 11th, should be cancelled.

The security of Kamares was discussed with Alan Reid, N.W. Liaison.

Reports from Roy Mack, KVHA Treasurer. Alan Totten, acting Membership Secretary, Val Potter and Tala C.C were sent to the Board and to the absentees.

One of our more important issues is the forthcoming AGM. We are awaiting receipt of an amended copy, as instigated by the Government, of our Memorandum of Association (Constitution) which has to be presented to the members at the AGM. We are in contact with our Lawyer and have informed her of the date of our AGM, so she is aware that we will be under a great deal of pressure if we do not receive our copy in time for it to be presented to the members for their approval.

Why, I ask, is nothing ever straightforward!

Some good news is that we are anticipating the return of our President, John Keenan, in the very near future. (Hope you are fit and well John as we already have four meetings in the pipeline).

More good news is that on Wednesday 9th September 2020, an email was received from Cathi Delaney stating that 'work had started on the resurfacing on the road into Kamares'.

Thanks to Maggie Wright for some great photos, and to Alan Totten for keeping us all so well informed.

*Thank you,
Stay safe, stay well
Val Potter KVHA V.P.*

*******CHANGE OF DATE*******
ANNUAL GENERAL MEETING AT 2:00P.M. ON TUESDAY, OCTOBER 27 2020

BOARD MEMBERS REQUIRED



We are seeking more people as Board Members. If you would like to join the Board, please contact Alan Totten, kvhasecretary@gmail.com

****0****

BURGLARIES



There have been several reports of opportunistic thieves entering properties whilst the owners are in residence, usually through an open or unlocked door or window.

Please ensure that you do not leave doors and windows open which are out of your sight. If you are sat on your patio at the front of the house, please ensure the back of the property is secure, and vice versa. Usually these thieves grab a wallet, purse or handbag, but there was a recent incident where a safe was thrown out of a window by the thief. The latest incident happened in the area of Visteria Kiosk; the homeowners were sat on the front patio and the thief entered the property through the unlocked back door.

DUMPING OF GARDEN WASTE

Over the course of the last few weeks, bags of garden waste are being dumped around the village, or thrown down into ravines. There have also been old air conditioning units thrown into ravines, alongside garden waste.

Dumping is also occurring at the Tala Cats car park area.

When you use gardeners, please ask how they dispose of garden waste. The Green Centres will provide a receipt as proof that the waste is disposed of responsibly. There is a **FREE** Green Centre at Chlorakas [and ones at Peyia and Geroskipou) - see below. There is very little waste that they will not take - anything from garden waste, to old paint cans, old furniture and electrical items to unwanted or out of date medications.

If you see anyone fly tipping, please obtain details of the vehicle and registration number, together with the location, and pass this to Cathi Delaney on toffee@cytanet.com.cy

The refuse collectors will usually take a bag of garden waste per household per collection, but as the responsibility of the local authorities is to remove domestic refuse only, priority is given to that and they will not, therefore, take away excessive amounts of garden waste.

If you have items you do not require which you cannot move yourself, there is someone in the village who will collect those items for a small fee, depending on the size and quantity. Please call Andreas on 99 327262.

Regarding the green bottle bins, these are for collection of glass waste only. They are not intended to be a dumping ground for any unwanted items or rubbish. Similarly, dog waste bins should not be filled with domestic refuse so that no space is left for their intended waste.

GREEN POINT

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 Mavrouli area.

- | | |
|-----------------|-----------------------|
| • Aluminium | • Large plastic items |
| • Glass objects | • Plastic items |
| • Glass | • Green - painting |
| • Furniture | • 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: 12:00-17:00
Saturday: 8:00-13:00



OFF THE BEATEN TRACK IN ARCHIMANDRITA THE CHAPEL OF THE 318 HOLY FATHERS

Located in the southwest of the community is the chapel of the 318 Holy Fathers, which has been restored by the Department of Antiquities and was declared a monument. Also of note is that old frescos are preserved on its internal walls.

In particular, the chapel is actually a very small cave carved in a rock, where there is also a tomb in which the bones of the Saints are placed. The rest of the place is covered with frescos. The chapel celebrates on the 5th Sunday after the Resurrection of Christ. What is more, there is a doxology on every Monday of Easter at the cave area. In the old times, the cave constituted a place of submission with many worshippers gathering from the neighbouring villages.

According to tradition, the fathers of the 4th Ecumenical Council, while leaving from Asia Minor and sailing to Cyprus, drifted to the bay of Pissouri by a big storm. Tradition has it, that while going to shore it was very dark, forcing them to comment that it was “Pissouri” dark (pissouri-dark in Greek-Cypriot dialect means extremely dark). In fact, the village’s name, Pissouri, originates from this. Next, they headed inland and reached the next community where they heard the first cock crow of a rooster (alector in Greek) and the community therefore became Alectora. Continuing their course, they reached the next community where they established a monastery. The Mission was headed by an Archimandrite and it is to this rank of the church that the village owes its name.

Information taken from www.archimandrita.org



Sign to the cave



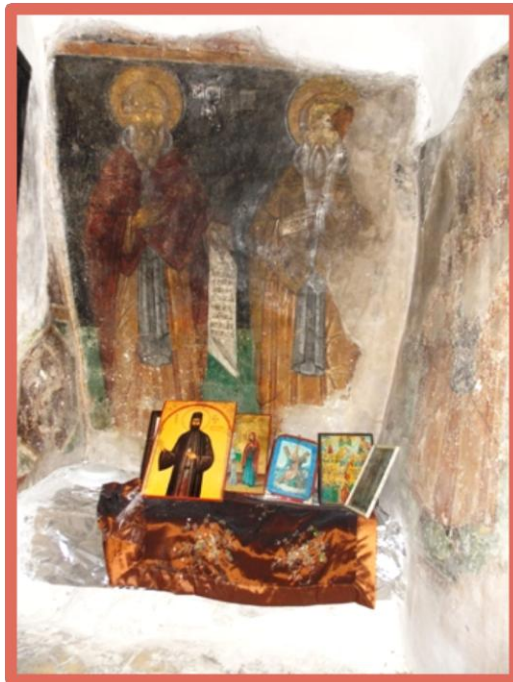
Entrance to the cave



Icon



Frescoes inside the cave



Frescoes inside the cave



For more photos/information on this and other villages
<https://cypriot-villages.uk/cave-of-318-fathers-pano-archimandrita/>

MAIN ACCESS ROAD INTO KAMARES
“WHITE CLIFFS OF TALA”

Alot of progress recently on the road



Photo taken on September 9th

Photos below taken on September 11th





MONEY LAUNDERING

What is Money Laundering?



In relation to criminal property – not just cash – money laundering is:
The process by which the proceeds of crime are distanced from the crime itself

Money Laundering equals the gross turnover of the Global Petro-Chemical and Tourist industry = \$500 BILLION +++

Most People commit a crime for gain

The essence of combating Laundering is co-operation between law enforcement and Financial Institutions

Crime pays and very well in most cases.

Money laundering is a global phenomenon that affects all countries in varying degrees. By its very nature it is a hidden activity and therefore the scale of the problem and the amount of criminal money being generated either locally or globally each year is impossible to measure accurately.

Money laundering is the process by which criminals and terrorists attempt to conceal the true origin and ownership of the proceeds of their activities.

If undertaken successfully, it also allows them to maintain control over these proceeds and, ultimately, to provide a legitimate cover for their source of income. Failure to prevent the laundering of the proceeds of crime permits criminals and terrorists to benefit from their actions, thus making crime a more attractive proposition and greatly increases the terrorist risk.

Why Do It?

Most crime is acquisitional

People do it to enjoy the benefit of the crime

The most common ways of enjoying the proceeds of crime are to use it, and to spend it

Three Stages

Placement

Layering

Integration

Placement

Introducing your property into the legitimate financial system

This is the hardest stage of money laundering

The 'gatekeepers' are subject to strict regulation and must have anti-money laundering controls in place e.g. paying cash into the bank, buying a high value item for cash, selling stolen items.

Examples of Gate-Keepers

Banks and other financial institutions, Solicitors, Accountants, High Value Dealers, Money transmitters

Layering

The process by which property in the legitimate system is then distanced from the subject and/or the crime

As you layer, the origins of the property become cloudy

Purchasing a property

Selling the high value item you previously bought with cash

Transferring funds to other accounts

Transferring funds out of the jurisdiction

Integration

At this point the origin of the property can no longer be determined

It is integrated into the legitimate financial system

It *looks* ok – even though it really isn't

Buying a villa with the money you previously transferred out of the jurisdiction and holidaying in it

Well done – you are now an accomplished money launderer

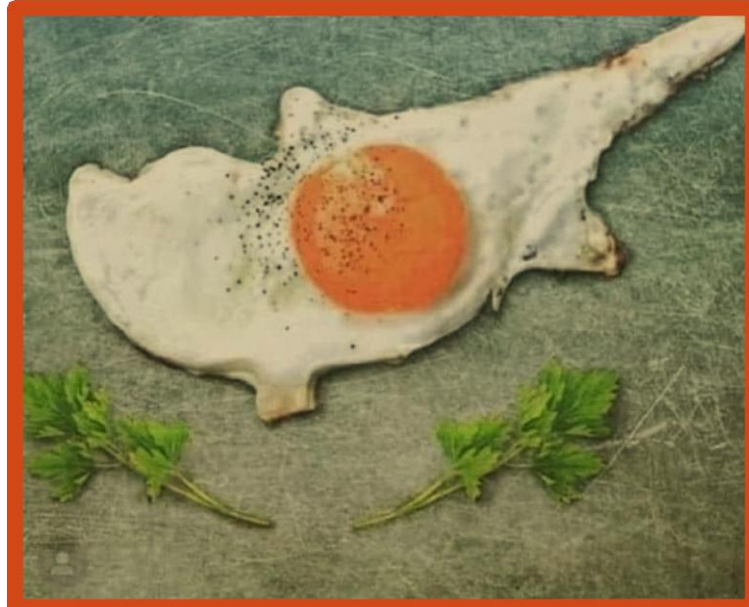
O

KAMARES CLUB

The club is open for breakfast, lunch and refreshments from 8:30a.m. until 4.30p.m. Monday to Saturday. Lunch specials have recommenced – to reserve a table, call Reception 26880576, and give your menu choice.

The club is still closed on Sundays. Come along and support your Club.

New Cyprus flag !



We are all "baking"!!



Garden watch - Jersey Tiger Moth



When wings are open

*****○*****

HIP REPLACEMENT SURGERY

What is hip replacement surgery? Hip replacement surgery is a procedure in which a surgeon makes an incision over the side of the thigh, removes the diseased parts of the hip joint, and replaces them with new, artificial parts. These parts mimic the way a normal hip joint works. The pieces may be made of metal, plastic, ceramic, or a combination of these materials. The goals of hip replacement surgery include:-

- Relieve pain from the damaged or diseased hip joint
- Improve the way the hip joint works
- Help you move better

During a hip replacement, the surgeon tries to use the smallest incision possible to limit the amount of injury to the soft tissue and bone.

Why do people need hip replacement surgery? Hip replacement surgery is usually needed to repair damage to the hip joint from:

- Osteoarthritis
- Arthritis
- Osteonecrosis
- Injuries or broken bones from trauma or disease

Your doctor may recommend that you try other treatments before having hip replacement surgery, including:-

- Pain medications
- Physical therapy and exercise programs
- Activity changes to limit strain on your hip
- Assistive devices such as a cane, crutch, or walker

You and your doctor will determine the best treatment for you, depending on your health history and the risks associated with the surgery.

How do I prepare for hip replacement surgery? Getting ready for hip replacement surgery begins several weeks or more before the actual surgery. Being as healthy as possible before your surgery can help you recover.

Here are some things you can do to help you prepare for surgery and recovery:-

- Speak with your surgeon and other health care team members about what to expect
- Request written information when possible so that you can review it later if needed
- Ask your surgeon about exercises you can do before surgery to help you get stronger
- If you smoke, try to quit or cut back
- If you are overweight, try to lose weight
- Being overweight can increase the chance of having problems during or after surgery

- Set up transportation for your surgery and any follow-up visits
- Ask for help around the house for a week or two after coming home. This may include help with cooking, shopping, and laundry
- Make meals in advance
- Set up an area in your home where you will spend most of your time recovering. You may want to keep the television remote control, telephone, cell phone, medicine, tissues, and waste basket close by
- Place other items you use every day at arm's level so you can easily reach them
- Wear an apron with pockets for carrying things around the house. This leaves hands and arms free for balance or to use crutches
- Use a long-handled "reacher" to turn on lights or grab things that are beyond arm's length
- Speak to your health care team about equipment that may help with daily activities such as safety bars in the bathroom, raised toilet seat, shower chair or bench to use during bathing, devices to help you move around, such as a walker or crutches

What happens during hip replacement surgery? During hip replacement:-

- You will receive anaesthesia to keep you comfortable and pain free during the surgery. The type of anaesthesia you get depends on your health history and the medicines you take
- Your surgeon will make an incision over the hip. The size of the incision will vary depending on many factors, including your size and your surgeon's preferences
- Your surgeon will remove the diseased bone tissue and cartilage from the hip joint, and insert the new, artificial parts
- You will be moved to the recovery room after surgery

What can I expect after hip replacement surgery? How long you stay in the hospital or surgical centre after your surgery depends on many factors, including your overall health. Some people may go home the same day, while others stay in the hospital. These are some common steps in recovery.

- If you need extra time and therapy to recover, your health care team may recommend that you spend some time in a rehabilitation or skilled nursing care facility
- Everyone who has hip replacement surgery learns exercises to strengthen the hip and how to move around safely
- Whether you stay at the hospital, go home the same day, or transfer to another facility, your health care team will give you instructions to follow once you are home

How quickly and how fully you recover from hip replacement surgery varies from person to person. This depends on many factors, such as your overall health and fitness level before surgery. For many people, much of their recovery happens in the first 2 months after surgery. However, it is important to know that full recovery continues as you get stronger and more active over the next year after surgery. Your health care team can provide advice on when you can start to participate in more demanding activities.

Yamina, Registered Nurse, Kamares Medical Emergency Centre



Emergency Medical Centre

There have been no further changes to our last information regarding the Medical Centre.

Due to the Coronavirus restrictions the following information remains current.

The Medical Centre is open from 7:00a.m. – 7:00p.m. Monday - Friday.

Closed Saturday afternoon from 1:00p.m. and all day Sunday.

Doctor Sylvia is available Monday, Wednesday and Friday Mornings from 9:00a.m. - 12noon

Doctor Pradeep is no longer associated with our Medical Centre and should be contacted direct via phone or e mail.

When visiting the Medical Centre it is mandatory to wear face masks and only one person allowed into the reception at any one time to avoid infection.

Appointments should be made for a consultation with the Doctor with exemptions for emergencies.

Emergency number 99329434

Useful Telephone Numbers



Emergency Number for Ambulance, Fire or Police	112 or 199
Police and Fire Services - Duty Officer	1499
Police – burglary, attempted burglary, suspicious activity/reporting parking violation	26806060
Medical Assistance - Hospital Information	1400
Kamares Club Reception Kamares Medical Emergency	26880576 99329434
Larnaca and Paphos International Airports – flight info	77778833
Street Light Fault Reporting (EAC)	1800 –press 3 the 5 for Paphos - give pole number and street name required press 3

© 2020 This document may not be reproduced in whole or in part without acknowledgement being given to the Kamares Village Houseowners' Association and Kamares Village Matters.

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