



# KAMARES VILLAGE MATTERS

*Kamares Village Houseowners' Association Newsletter*

*Issue 56, November 2020*

## The President's Piece

By John Keenan

We, as your KVHA board, will endeavour to keep you all updated with events and situations as they unfold during this 'torrid' time. Our thanks go to Alan Totten, our Secretary for his distribution of such detail.

Covid restrictions obviously are affecting our ability to investigate issues which may crop up from time to time. Some situations are outside of our influence, the social aspects of the Kamares Club for example.

Thus, we have very little to report on for this month. However, we wish you all well - and as we head towards Christmas, don't forget what I said last month - 'heads up', stoicism is the word for the moment.

Keep taking the wine and beer, trust me things can only get better!

Cheers!

John K

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\*\*\*\*\***BOARD MEMBERS STILL REQUIRED**\*\*\*\*\*



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

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## DOG OWNERS

We would ask that anyone who walk their dogs to please pick up the “doggy do” and to not dump the bag in the nearest bin house, or throw the bag into the bushes or trees, but to please take the bag home with them and dispose of it there. Complaints from several residents that they are finding piles of “poo” at the end of their drive or on the pavement or bags of it (and they are lucky if the bag has not split!) in their bin houses and in some cases both!



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**EHIC**

*Apologies to non-British members*

**EHIC - S1 holders can now apply to the UK Government for a new EHIC valid from 01/01/21: *Those in the scope of the Withdrawal Agreement who maintain their EHIC rights will be invited to apply for a new EHIC via an online portal. Access to the portal will be staggered and begin with S1 holders.***

**From 1 January 2021, the current UK European Health Insurance Cards (EHICs) may no longer be valid. Visitors and other groups travelling to the EU are already being advised to check their situation and make changes to their travel insurance cover.**

**A new EHIC has been developed for those eligible under the Withdrawal Agreement to protect the existing healthcare rights of people living, working and studying in the EU prior to the end of the transition period.**

**These groups are protected under the Withdrawal Agreement, and their new Citizens’ Rights Agreement (CRA) EHICs will be valid for as long as they are covered under the Agreement.**

**Those people currently holding an S1 form will need to ensure they have registered their S1 locally and then apply for the new EHIC via the online portal.**

From 1 January 2021, those covered by the WA who are registered correctly will retain their rights to reciprocal healthcare, including medically necessary state healthcare falling under EHIC.

Groups include:

UK state pensioners living in the EEA or Switzerland at the end of Transition Period (TP)

UK students studying in the EEA or Switzerland at the end of the TP.

Find out more at NHS.UK/EHIC

<https://www.gov.uk/guidance/living-in-cyprus#healthcare>

You can apply here

<https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-ehic-european-health-insurance-card/>

Find out if you are eligible to apply for a new UK EHIC valid from 1 January 2021, how to apply for an EHIC for travel until 31 December 2020, what EHIC covers, and what to do if you're abroad and do not have your EHIC.

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***THIS IS A COPY OF A POST FROM 2019 - IF YOU APPLIED FOR A LETTER AT THAT TIME PLEASE DO NOT APPLY AGAIN!***

Regarding GESY, to avoid being asked for contributions, those who are S1 holders are requested please to send an email to one of the following addresses quoting:

Full name

Date of birth

ID no

Email to the Medical Card Department in the Ministry of Health to Mr Soteris Stratis ([sstratis@moh.gov.cy](mailto:sstratis@moh.gov.cy)) or Mrs Tasoula Michael ([tmichael@papd.mof.gov.cy](mailto:tmichael@papd.mof.gov.cy)) for a confirmation letter to certify that you are not subject to contributions for GESY according to the General Health System Law of 2001.

Married couples should please send one email showing details of both husband and wife. A confirmation letter will be issued addressed to the husband, or pensioner in the marriage.

**It is important to apply for this letter to avoid problems with the tax department trying to claim contributions. If you have neighbours/friends who do not have internet/email, could you please assist them by applying on their behalf.**

The letter will apply for an indefinite period.

*KOILI*

The new Cultural, Environmental and Agricultural Centre – not yet open



**OFF THE BEATEN TRACK**  
**KARALIS OLIVE OIL MILL**  
*(between Kannaviou and Kritou Marottou)*

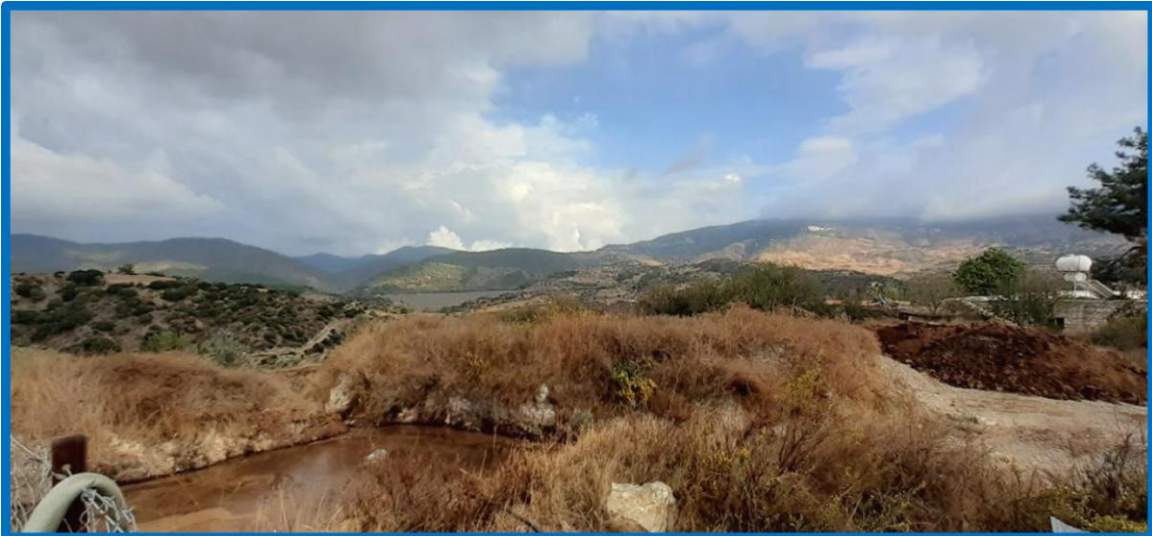
*We were lucky enough to be passing here while they were working; many people were bringing their own olives and queuing up to receive the end product*











*View across from the olive mill*

*Short video on YouTube*

*<https://www.youtube.com/watch?v=HF8hx6DPF9Y>*

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*Looks like the helicopter is balanced on the telegraph wire !*

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## ***FROM THE UK MINISTRY OF DEFENSE***

### **Royal Marines train with cutting-edge autonomous technology in Cyprus**

The UK's Littoral Strike Group has demonstrated the Royal Navy's readiness to defend against the most advanced and novel threats of today as part of their deployment to the Mediterranean.



**Royal Marines trained with the Malloy T-150 quadcopter drones**

Off the coast of Cyprus, the Royal Navy's Littoral Strike Group has to be used for Littoral Strike capability, which is the use of Commando Forces from a sea-base, to attack targets or influence events in high risk, demanding or politically delicate areas. This will give the UK a more agile and lethal capability, ready for missions anywhere in the showcased the battlefield of tomorrow with trials of innovative and experimental equipment including drones, autonomous systems, quad bikes, jet skis and new communications systems.

The Littoral Strike Group (Experimentation) [LRGX] features the deployment of the Royal Navy's high readiness Littoral Strike forces on a three-month deployment to the Mediterranean and Black Sea region. During the exercise, the Royal Navy has tested innovative tactics and kit including the Future Command Force (FCF) – the evolution of the Royal Marines into a hi-tech raiding and strike force.

The FCF is a bold modernisation project, which will overhaul how the Royal Marines operate in a 21st century context. Commando Forces will be used for Littoral Strike capability, which is the use of Commando Forces from a sea-base to attack targets or influence events in high risk, demanding or politically delicate areas. This will give the UK a more agile and lethal capability, ready for missions anywhere in the world at a moment's notice, whether that's for war-fighting, specific combat missions such as commando raids, or providing humanitarian assistance.

In Cyprus, commando teams experimented with Malloy T-150 quadcopter drones carrying resupplies weighing more than 60kg of ammunition, military jet ski-style vehicles that can secretly drop small teams and supplies ashore and state of the art communications technology providing live imagery to those on the ground.

Commodore Rob Pedre, COMLSG, said - Royal Navy Flagship HMS Albion's hosting of the Capability Demonstration in Cyprus has been a highlight of the LRG(X) deployment. The demonstration by our Sailors and Marines was superb, and showcased the quality of our Armed Forces, whilst providing an insight into how the Royal Navy is integrating future technology and new concepts.

The event was also an important expression of the UK's steadfast commitment to our allies and partners, as we work together to support regional stability within the Eastern Mediterranean.

The LRGX deployment includes the headquarters and staff of Commodore Rob Pedre, the Commander Littoral Strike Group, flagship HMS Albion, destroyer HMS Dragon and amphibious support ship RFA Lyme Bay. Royal Marines on the deployment make up a FCF from the specialist raiding units of 47 Commando, Marines of 42 and 40 Commando and the intelligence experts of 30 Commando Information Group. Also deployed are Wildcat helicopters from the Commando Helicopter Force at RNAS Yeovilton.

Last month the force conducted a series of exercises along the North African shoreline, before joining NATO partners on the French-led exercise Dynamic Mariner, demonstrating the UK's commitment to NATO's southern and eastern flank.

The Strike Group has now moved on from Cyprus to Egypt, where Defence Minister James Heapey will visit the ship and crew, demonstrating the UK's commitment to regional security and as an opportunity to exercise with the Egyptian Armed Forces.

Sergeant Adam Sperry of 30 Commando said - The marines have had to swiftly learn how to use the new equipment and integrate it. That kit has included state of the art communications technology and autonomous resupply aircraft, totally transforming the battle space.

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## **KAMARES CLUB UPCOMING EVENTS**

### **Christmas Day Lunch and New Year's Eve Bookings being taken at Reception**

***Due to the COVID-19 restrictions, the Kamares Club Restaurant will be closed until further notice. When the Club Restaurant is to re-open, we will send out further information.***

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## DEMENTIA

### What is dementia?

The word 'dementia' describes a set of symptoms that may include memory loss and difficulties with thinking, problem-solving or language.

These changes are often small to start with, but for someone with dementia they have become severe enough to affect daily life.

A person with dementia may also experience changes in their mood or behaviour. Dementia is caused when the brain is damaged by diseases, such as Alzheimer's disease or a series of strokes. Alzheimer's disease is the most common cause of dementia, but not the only one.

The specific symptoms that someone with dementia experiences will depend on the parts of the brain that are damaged and the disease that is causing the dementia.

### What are the most common symptoms of dementia?

The different types of dementia tend to affect people differently, especially in the early stages. Other factors that will affect how well someone can live with dementia include how other people respond to them and the environment around them.

A person with dementia will have cognitive symptoms (to do with thinking or memory). They will often have problems with some of the following:

- day-to-day memory – for example, difficulty recalling events that happened recently
- concentrating, planning or organising – for example, difficulties making decisions, solving problems or carrying out a sequence of tasks (such as cooking a meal)
- language – for example, difficulties following a conversation or finding the right word for something
- visuospatial skills – for example, problems judging distances (such as on stairs) and seeing objects in three dimensions
- orientation – for example, losing track of the day or date, or becoming confused about where they are

A person with dementia will also often have changes in their mood. For example, they may become frustrated or irritable, apathetic or withdrawn, anxious, easily upset or unusually sad. With some types of dementia, the person may see things that are not really there (visual hallucinations) or strongly believe things that are not true (delusions). Dementia is progressive, which means the symptoms gradually get worse over time. How quickly this happens varies greatly from person to person. As dementia progresses, the person may develop behaviours that seem unusual or out of character. These



behaviours may include asking the same question over and over, pacing, restlessness or agitation. They can be distressing or challenging for the person and those close to them. A person with dementia, especially in the later stages, may have physical symptoms such as muscle weakness or weight loss. Changes in sleep pattern and appetite are also common.

### Causes of dementia

- **Alzheimer's disease** – This is the most common cause of dementia. In Alzheimer's disease, an abnormal protein surrounds brain cells and another protein damages their internal structure. In time, chemical connections between brain cells are lost and cells begin to die. Problems with day-to-day memory are often the first thing to be noticed, but other symptoms may include difficulties finding the right words, solving problems, making decisions, or perceiving things in three dimensions.
- **Vascular dementia** – If the oxygen supply to the brain is reduced because of narrowing or blockage of blood vessels, some brain cells become damaged or die. This is what happens in vascular dementia. The symptoms can occur suddenly, following one large stroke. Or they can develop over time, because of a series of small strokes. Vascular dementia can also be caused by disease affecting the small blood vessels deep in the brain, known as sub cortical vascular dementia. The symptoms of vascular dementia vary and may overlap with those of Alzheimer's disease. Many people have difficulties with problem-solving or planning, thinking quickly and concentrating. They may also have short periods when they get very confused.

### What are the symptoms of dementia?

Some symptoms may point to dementia if you have become significantly more forgetful to the extent that it is affecting your daily life. This is especially true if you:

- >struggle to remember recent events, although you can easily recall things that happened in the past
- >find it hard to follow conversations or programmes on TV
- >forget the names of friends or everyday objects
- >struggle to recall things you have heard, seen or read recently
- >regularly lose the thread of what you are saying
- >leave objects in unusual places (e.g. keys in a bathroom cabinet)
- >have problems thinking and reasoning
- >feel anxious, depressed or angry
- >feel confused even when in a familiar environment or get lost on familiar journeys
- >find that other people start to comment on your forgetfulness

Occasionally a GP or specialist nurse will make the diagnosis, depending on their expertise and training.

### Treatments for dementia

The vast majority of causes of dementia cannot be cured, although research is continuing into developing drugs, vaccines and other medical treatments. Many things that can be done to enable someone with dementia to live well with the condition.

Care and support for someone living with dementia should always be 'person-centred'. This means it should be focused on that person and their individual needs and preferences.

Information used from the Alzheimer's Society  
Yamina Amhaouach RN, Kamares Emergency Medical Clinic



### Emergency 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.

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

Maureen Pollard, a trustee of the Emergency Medical Centre, has requested that if any members of the Medical Centre have changed their email addresses to please inform the Medical Centre or Maureen so that the database can be updated. A number of emails are being returned and this is thought to be because the email address is no longer valid.

## Useful Telephone Numbers



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

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