

incorporating news from surrounding communities

Maroni News



Volume 13 Issue 4

September 2011

The Maroni News would like to extend our heartfelt condolences to the families of the victims of the tragic incident at Evangelos Florakis Naval Base and our sympathy to all those injured and affected



Below, protest march from Mari to the Presidential Palace. Picture by Stefanos Kouratzis



Above, below and right; memorial and protest march by local residents



Village Committee Report



On the 1st October Maroni village will be holding the annual festival that is held once a year by one of the villages in our area. It is the first time Maroni has held this festival and we would like you to come and join us to help make it a success.

The event will start around 5.00 pm and go on till late. It will be held in the heart of the village from the Youth Club Square, St Georges Square and the Turkish Square with stalls lining the roads between the squares.

Kiosks to purchase food and drink will be available and the CTO will be helping to organize demonstrations. If anybody in the heart of the village has a renovated old house that they would be willing to let members of

the public take a look round a few rooms please speak to Georgia in the village office. Stalls for the event are free of charge and if anybody from the village would like one for the evening, please speak with Georgia.

The village is organizing a trip to Thessalonica for the Ladies of the village from 9th - 13th October.

It is €479 per person in a double room and €465 based on sharing a triple room. The price includes flights, transfers, B&B in the City hotel and excursions.

To book take your passport details along with €100 deposit to Georgia in the office before 15th September, for more information call Georgia on 24 333 111.

On the 1st September the village committee will have a meeting with district office officials about the possibility of placing large stones out in the sea to help keep Maroni beach sandy and a safer place, it will be a very big project for our area if it goes ahead.

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Have you heard? John Lewis has been shipping to Cyprus from August this year!



<http://www.johnlewis.com/Magazine/Feature.aspx?>

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We'd love to have more News from Local Communities

If you know of any forthcoming events, or have information that will interest local residents please let us know for inclusion in the next issue

Maroni News

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Puzzle Page



You have probably mastered sudoku, and maybe had a go at kakuro (where the numbers have to add up to a given total).

This is even more complicated, since it includes addition, subtraction, multiplication and division. Invented by a maths teacher to make learning fun for kids, it is quite a challenge for adults too.

How to Play:

Like Sudoku, even though difficulty may vary from puzzle to puzzle, the rules for playing KenKen are fairly simple:

For a 4x4 puzzle, fill in with numbers 1-4.

For a 5x5 puzzle, fill in with numbers 1-5.

For a 6x6 puzzle, fill in with the numbers 1-6.

For a 7x7 puzzle, fill in with the numbers 1-7.

For a 8x8 puzzle, fill in with the numbers 1-8.

For a 9x9 puzzle, fill in with the numbers 1-9.

Do not repeat a number in any row or column.

The numbers in each heavily outlined set of squares, called cages, must combine (in any order) to produce the target number in the top corner of the cage using the mathematical operation indicated.

Cages with just one box should be filled in with the target number in the top corner.

A number can be repeated within a cage as long as it is not in the same row or column.

Answers on page 16



24×		2-	
	2÷		7+
9+		2	
		2÷	

5	20×	2÷		7+
2÷				
	4+		7+	
9+			10+	
4-		5+		

2÷	3÷	5-	30×		
			5+	1-	
3-	1-			6×	2-
	5+		11+		
4-	30×	9+		12×	
				1-	



Editorial

So much has happened since the last edition; our sleepy little village was affected by the tragic incident at the nearby naval base and lots of locals have been left saddened by the loss of friends or work colleagues, and angered that people had been put into such a dangerous situation.

The consequences of the explosion are likely to affect us all in many ways for the foreseeable future, most of the island is suffering from power cuts and water shortages so we have put together an article about how you can save water and power during these difficult times. Chances are that due to the use of generators the cost of electricity will probably rise in the next few months so it's in your interest to start getting into the habit of saving electricity now to save you significant amounts of money in the future, it's expensive enough as it is without a price increase. E-mail any electricity or water saving tips you may have to be included in the next edition.

Jon Roseman has written an article about the improved facilities at Maroni beach. It has proved very popular with village residents this summer and well worth a visit if you have not already whilst the weather is still warm.

Sylvia Woodcock-Clark has sent in a very nice review of a little restaurant in Zygi, and no it's not a fish restaurant it's a place for lovers of local home cooked food.


Jackie Mullen has provided a recipe using the local sheftalia meat balls with an unusual twist. I would like to say a big congratulations to her daughter Lauren and her partner Matthew who are flying over to sunny Cyprus to get married on the 1st September.

Barbara has continued her helpful lists giving the translated name of things you will find on your shopping list, in this edition she has included a variety of vegetables.

We have details inside for those who didn't make the latest meeting on the proposed Maroni action plan, we have received a letter from a local reader about this matter, take a look and let us know what your thoughts are?? Name and address can be withheld if requested.

Let's enjoy what's left of the summer months and don't forget (as one member of our news team did last year) that the clocks go back an hour on Sunday 30th October.

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What's On

Larnaka Municipality has produced a leaflet about their town walks. There are two walks, 'Larnaka - Past and Present' and 'Skala - Its Craftsmen'. Guided walks take place every week throughout the year. The guides are qualified, and the walks last for up to 2½ hours, including a taverna break.

The Past and Present tour starts at the CTO office on Wednesdays and the Skala walk starts from the Fort on Fridays. Both start at 10:00 am.

If you prefer to make your own way, a leaflet detailing the route and giving highlights and information can be obtained from the Municipality or the CTO.

2nd Quantum Lefkosia Marathon

October 9th, 2011, is the pinnacle date for a week-long of festivities to mark the 2nd Quantum Nicosia Marathon.

The organisers, the Athanasios Ktorides Foundation, under the auspices of the Municipality of Nicosia, aim to envelop the runners and enthusiasts with the most prevalent value of Cyprus. Friendship. Heartfelt, generous friendship.

The Marathon will start from the historic grounds of Famagusta Gate in the old part of the town and will unfold through streets overflowing with the colourful history of Cyprus' capital.

The event will feature five races:

- Marathon
- Half Marathon
- 10 km Run
- 5 km Run
- 1000-metre Unicef Charity Run for Junior Heroes.

Quantum Nicosia Marathon is a member of the Association of International Marathons and Distance Races (AIMS).

For information on how you may experience our friendship please visit the official website at:

www.nicosiamarathon.com as well as the Facebook page or call +357 22 792 200.

The Annual Limassol Wine Festival will take place between 8th and 18th September this year.



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Health Matters

Well Man?

An occasional series of articles about the things that we men can and should do to keep ourselves well.

Better self awareness amongst men and healthier lifestyles are essential to prevention and early detection of a range of life limiting illnesses.

Having listened to a friend describe how he, at age fifty-three, was diagnosed with and subsequently treated for prostate cancer I was moved to ask him if he had any advice. He said that Prostate problems are becoming more common as our life expectancy increases. Although older men are more susceptible, some prostate disorders can affect men of any age. He suggests that men over the age of forty five should have an annual blood test to check their PSA level (Prostate Specific Antigen), commonly known as a PSA test.

Armed with this information I 'self referred' to a medical laboratory in Larnaca. The process of providing a sample of blood for test involves a pressure cuff and extraction of a small syringe of blood, painless and over in seconds. The results were provided to

my email 'in box' the next day, saving a second journey to Larnaca. Happily I have a result well within the indicative range for men of my age. The cost of the test? €25 felt like money well spent. How would I feel if the result had indicated a raised PSA level?



Early treatment and accurate diagnosis is the key to managing diseases and preventing them ruining lives. I prefer to have the information and make my own decision.

It is important to realise that around two out of three men with a raised PSA level will not have prostate cancer. A raised level can be a sign of prostate cancer but could indicate an enlarged prostate (more common in men aged 65 or over) and easily treated; the presence of an infection in the prostate, again easily treated with antibiotics.

It should be noted that the PSA test can sometimes miss small cancers.

Used as an indicator the PSA test is, in my opinion, a valuable 'wellness' tool. Having an annual check affords the opportunity to build up your personal PSA history. Will I go back next year? Unequivocally yes. If there is a men's health topic you would like to see covered by 'Well Man?' do please let us know.

A rectangular advertisement with a blue border. At the top is a logo with the letters 'MD' in blue, with a stylized orange and yellow house roof above it. Below the logo, the text reads: 'MAKIS DEMETRIOU ESTATES LTD'. Underneath that, in smaller text: 'PROPERTIES TO BUY OR SELL. NEW OR OLD * LAND, HOUSES AND VILLAS.* PROFESSIONAL HELP AND ADVISE ON ALL PROPERTY TRANSACTIONS'. At the bottom, it says: 'Αγίου Πνεύματος 1, Μακρυσί, Λάρνακα Τηλ. 99407700, 24332171'.



SWAP: Save Water and Power

With the consequences of the Mari explosion likely to affect the island for a considerable time to come, we can all do our bit to help ease the burden on the electricity supply.

Because of our high dependency on desalinated water, production of which has been severely reduced, using less helps to maintain supplies. The electricity required to pump water around the island is also affected, so using less water can actually help the power supply.

Using the washing machine and dishwasher at night may not actually save electricity, but it does mean that the pressure is lessened at peak hours - when factories, shops and businesses are making heavier demands on the supply.

Other energy and water-saving measures help to reduce demand and also have the added advantages of being better for the environment AND saving you money. Turning the air-conditioner to a few degrees warmer saves electricity without being too much of a hardship as the weather starts to cool slightly. The same goes for the fridge.

Strange though it may seem, buying new appliances may help to save money. Modern washing machines, fridges etc often have better economy ratings than ones that are a few years old. The savings in electricity consumption can pay for the new machine quite quickly, especially as electricity charges are likely to rise even further.

Good habits include not leaving appliances on standby; unplug chargers as soon as the batteries are charged; turn off lights and fans when you leave a room. All small matters, but they do help.

Dumping

Along with the rest of Cyprus, our village is now being charged by weight for the collection and disposal of household rubbish. In order to reduce the costs, the Mukhtar organised three large skips to be placed at strategic points around the village for the collection of items that can be collected separately. There is also an additional Cans for Kids bin, in the Archangelos Michael car park. (as well as one by the Co-op Supermarket).

The usual bins, either the large wheelie-type bins around the village, or your own dustbin, should be used only for the disposal of household waste. Household waste is still collected twice weekly, and the new skips are emptied frequently.

Glass, plastic, paper/cardboard and items such as electrical goods, furniture and builders' or garden waste should be placed in the new big skips. If you are in doubt about what can be put where, use the rule of thumb; if it smells it goes in the closed bins.

Additionally, why not reduce your waste by composting vegetable peel and garden clippings? Recycle clothes and furniture at Charity Shops. If you feel strongly enough about recycling, why not try to persuade one of the commercial companies to set up recycle bins in your village.



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Maroni Community Bowling Club will not be going ahead at this time. This was the conclusion that the founder member group reached at a recent meeting. Chairman, Andy Renals said ' We are deeply appreciative of the kind support and generous offer of funding from our village. However, whilst there has been great interest and support for the project, there are too many uncertainties for us to proceed at the moment'.

Once the decision was taken, the information was passed to the Mukhtar and the Village Committee. The decision that the project is currently unachievable is based on multiple issues: site levelling costs, legal issues around becoming a registered club, uncertainty over membership uptake/ income stream, as well as the cost to fence the site securely.

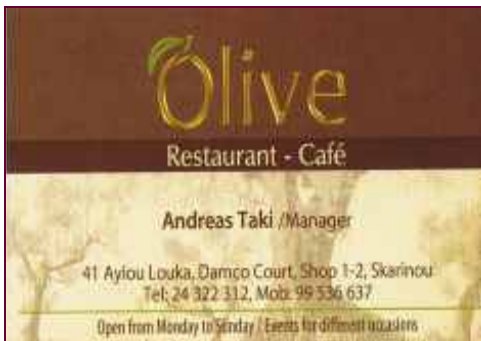
As was promised at the outset, we will fully refund membership subscriptions. Your money will be refunded by Peter Brown who is now making arrangements to meet with you and make those refunds.

Kiti Pervolia Bowling Club having been very supportive of our efforts aimed at establishing a club in Maroni, have continued their support by extended a welcome to all from Maroni who wish to play.

Eight months of hard work and dedicated support have shown that there is a strong interest in community based projects in Maroni. This begs the question, 'What now?'

Should we, can we, form a Maroni 'Social Club / Fundraising body? Should we fundraise for Charity?'

We shall have to wait to see what the response is.



Maroni Action Plan

The second meeting concerning the proposals for an Action Plan for Maroni Village was held in July.

Representatives of ALA Planning Partnership put forward their proposals which were illustrated with a slide show demonstrating current and suggested views.

The General Strategy is stated to be 'Strengthening and Enrichment with desirable uses of Central village core and promotion of the comparative advantages of the community'.

The main suggestions cover improvements to the road network and signage, cycle and pedestrian routes and conservation of important trees. These cover, briefly:

1. The construction of steel-made arches on the intersections of Lemonokipos and Gregori Afxentiou roads, these to be self illuminated at night and capable of carrying information signs for events in the area



impression left.)

3. A sports centre/multi purpose hall. This is to include nursery areas and children's playgrounds, rooms for the elderly, a library, internet room and physiotherapy room.

4. Proposals for the registration of traditional building, and the amendment of building zones to protect the traditional appearance of the village
5. A proposal to develop St George's Square, including green areas with small sitting spaces. (See plan and artist's impression, below.)



6. Plans to integrate 'mechanical installations' and 'secondary elements'. This would cover unsightly water tanks, solar panels and non-compliant materials on traditional buildings.

These proposals are scheduled to be discussed further before a final submission is made in November of this year. More comprehensive information is available from our website at Maroninews.com. If you have any comments, you may like to contact info@ala.planning.com.



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Feedback



Dear Editor,

I have seen the documents on your website from the organisation that is making the Action Plan for Maroni. If it was April 1st I would laugh.

Have these people ever visited Maroni? They do not seem to know much about it.

Seminars for community members for explanation of existing incentives on listed buildings? Do they think we are all ignorant peasants?

Archways like greenhouses? Don't we have enough greenhouses, ones that have a good use?

A routeway to Nature? A cycle track? Who would use it? gangs of German

tourists passing through? Advantage to Maroni? Nothing.

A multi purpose sports hall and old folks room? Who will run it? How will it be maintained? A library? Where is the librarian? A physiotherapy room? Why?

Making us put up solid walls and take out our casings? Okay for old houses, but what about new ones? No aluminium windows?

Lighting for the roads? Illuminating Ayios Yeorghios and bunches of trees? Who is going to pay the electric bills?

Most of the plans seem to be just a way of using some ideas they had already in their heads. A total waste of money.

Why don't they suggest something that is really useful for the village?

[name and address supplied]

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This letter reflects some of the views we have heard discussed on the proposals. If you have any opinion about the plans, do let your thoughts be known.

You can contact any member of the Maroni News team, or the ALA Planning partnership direct at info@alaplanning.com



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Maroni Art Group



The Maroni Art Group continued working on their own projects at our weekly meetings until it became too hot to work with our various painting media – however this did not deter the many members who remained on island from turning up and working with their usual enthusiasm!

We ended our Summer 'Term' on the 12th July and as we are still hoping it will be possible to have an exhibition of our work before the end of the year, everyone is working hard during the long holiday to produce good examples of our work to show you all.

The Art Group resumes again on September the 6th and in addition to our

regular valuable instruction from Sylvia we will also be inviting Bob May to repeat the success of his last visit and give us more tips and techniques using Water Colour and Oil Paints.

We meet every Tuesday morning – 09.30 – 12.00 in the old schoolyard behind the Village Office in Maroni. If you would like to join us or to have more information then please do not hesitate to contact either

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or

Sue Lait (24332731)



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On the Beach by Jon Roseman

Many months ago in the November 2010 edition of the Maroni News I wrote a piece on my observations of Maroni beach. I said, though only a short term visitor to this wonderful island, that it was a bit of an embarrassment. As a short term visitor perhaps I should have kept my lap-top shut, I know many of you felt a little put out by the piece.

Just to remind you of some of the points I made back then: I wrote that the beach was dirty, not just with beer cans, broken glass, plastic bottles, cars parked anywhere and everywhere and the usual rubbish that people think is somehow their God given right to leave for someone else to clean up but there was also the foul remains of dog mess. I also pointed out that I felt the use of motor boats and jet skis launched from the beach was an accident waiting to happen.

How it's all changed and it has absolutely nothing to do with my article!!

The beach has been transformed by entrepreneurial endeavour. When I showed up after spending some considerable time in the UK and hit the beach for my normal morning swim I thought I'd made a wrong turn. There were beach loungers all laid out neatly in long lines, a café serving beer, coffee and snacks, stones creating a barrier forcing cars to park away from the waters edge and allowing families space to have fun without feeling that they were sharing their leisure time with a bunch of trucks. The café at the weekends and in the evenings is wonderful to behold - full of chattering people catching up on their day or just sinking a cold beer and relaxing.

But for me, most important of all, I couldn't see a single boat or jet ski. This is probably due to the new boat ramp, which guides boats and skis away from the swimming area, which has been safely marked out with buoys.

Hallelujah!!

Now the beach is covered with people enjoying themselves and on Saturday and Sunday it is positively packed. I recall an observation I made in my previous article that if someone was asked the way to Maroni beach I suggested that they merely shrug and deny that there **was** a Maroni beach. Now you can shout its location from the occasional hill top if you're so inclined!

In the old days, every late afternoon, I'd slip down to the beach for my last swim of the day. Back then it was deserted... but no more. Now it's packed with holiday makers and locals having a jolly ol' time. Where's my privacy gone? The sea was mine...Oh! well better a safe environment for the good people of Maroni and their friends and visitors than any remote claim I could possibly make to a little peace and quiet.



a little restaurant: reviewed and sketched by Sylvia

This is an old fashioned place of a kind once found all over Cyprus and now increasingly rare. Prices are rising and small unpretentious restaurants are difficult to find.

However, some still exist and their excellence is spread by word of mouth or they can be accidentally stumbled upon. A charming example of such a place, where the cooking is simple but delicious, and the welcome is unaffectedly warm can be found in Zygi.

To find it: drive from the Zygi/Kalavassos crossroads towards the sea. Pass the police station on the left and the restaurant is about 300 metres further on the right. It has a hanging sign outside advertising 'Pepsi cola' and 'take aways'.

It is a small building (it looks prefabricated) with tables both inside and outside, the preferred ones are outside and shaded by a grapevine.

There is waitress service, but you can go to the counter inside and order directly if you wish.

The owners are called Michaelis and Hamboulla and it is Hamboulla who rules the kitchen and will take your order. The service is fast and hot pitta bread, pickles, tsatsiki, feta in oil and olives are brought to the table while you wait for your main dish.

Ordering is not always easy as neither Michaelis nor Hamboulla speak much English. Sheftalia, souvlakia, chips and salad are all easy to understand, a few words of Greek and some simple pantomime and all will be made clear but if something special is being prepared, you can ask Hamboulla to show you.

The menu varies from day to day apart from the staples which are always on offer.

Hamboulla cooks: chick peas & spinach, fasoulia (various beans), pork & pougouri, lamb or chicken cooked in the outside oven, besides many other local dishes. Usually only one of these 'specials' is cooked each day.

Prices vary from €8 - €14 according to your choice. If you can't finish all your meal, they are happy to box it up for you to eat at home.

It is better to eat at midday as the evenings can be busy and the atmosphere hectic,

Yesterday the dish of the day was pougouri with pork. I ordered this and got a plate piled high with tender meat and perfectly cooked pougouri. My companion chose lamb chops, cooked so that the fat was crisp and the meat succulent.

There were six of them on her plate...with this we had a salad, and she had chips. We drank two sprite lites and a beer all followed by slices of watermelon. The bill was €20 for the two of us.

The same friend captivated by the friendly atmosphere and the wonderful cooking took seven guests. They had an assortment of dishes and topped up their meal with three bottles of wine. The whole meal cost €100 between them.

I asked Michaelis the name of this restaurant. He shrugged, smiled and then said 'dhen ehi'. Some people call it 'the 407' because it is by the 407 bus stop.

I call it 'Hamboulla's'





Father Gregory's Comments

We send our blessings from the Church to all the people affected by the explosion at the naval base in July.

At the start of the new school year, I will visit the school to give God's blessing with Holy water.

There are many special events in the church calendar that we look forward to:-

On the 8th September we celebrate the birthday of the Virgin Mary with a special service. The service will be held at 6:30am in St George church in the village. All are welcome to attend.

The 14th September is the Holy Cross celebration, the occasion when St Helena

found the Holy Cross. Service will be held at 6:30am.

The 9th October is Saint Andronikos and Saint Athanasia celebration. The service will take place in the small church in the hills on the outskirts of Psematismenos village towards Maroni.

Saint Demetrios day is 26th October and we will have a special service to celebrate at 6:30 am in St George church in the village.

On the 1st November, Ay Anargyri Day, we will have a service at 7:00am in the St Anargyri church; the one near the sea.

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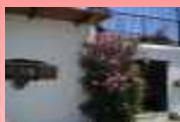
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Household Hints



Here's the latest in our series on Greek words for everyday use. The table shows the words for a variety of vegetables (λαχανικά) that are

usually available locally.

Signs to tell you the origin of veg include: ΕΞΩΤΕΡΙΚΟ (from overseas); ΕΛΛΑΣ (from Greece) ΚΥΠΡΟΣ (from Cyprus) or even ΜΑΡΩΝΙ (from Maroni).

GREEK		ENGLISH
αγγούρι	anGHoori	cucumber
σιταροπουλλα	sitarapoola	sweetcorn
καρότα	karOta	carrots
κουνουπιδι	kounouldi	cauliflower
κράμβη	krAmpi	cabbage
κρεμμύδι	kremmIdi	onion
μαϊντανός	maheenta nOs	parsley
μανιτάρια	manitAria	mushroom s
μαρούλι	marooLI	lettuce
μελιτζάνα	melitzAna	aubergine
μπάμιες	bAmies	okra
μπιζέλια	bizElia	peas
ντομάτες	domAtes	tomatoes
πιπεριές	piperiEs	peppers
πράσα	prAsa	leeks
ραδίκι	radlki	chickcory
ραπανάκι	rapanAki	radish
ρεβίθια	revEEthia	chickpeas
σέλινο	sElino	celery
σκόρδο	skOrdo	garlic
σπαράγγια	sparAngia	asparagus
σπανάκι	spAnaki	spinach
φακές	fakEs	lentils
φασολάκια	fasolAkia	green beans

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Cooking with Jackie M

Paprika Sheftalia

This recipe is a different way to use the lovely Cypriot meat balls mixed with a rich, spicy sauce. Great served with baked potatoes and a simple Village salad. It also freezes well. With all this beautiful summer sun, and visitors arriving, it's a glorious dish to have on standby for sharing with friends giving them a warm Cypriot welcome incorporating traditional ingredients with a Mediterranean twist. For those of you who haven't sampled Sheftalia and other meats from the new butcher at Kalavassos crossroads, Louis, the proprietor makes them fresh every day and he also has pork joints with skin on, perfect for those of you with a yen for crackling.



Ingredients (For 4 people)

12 sheftalia
Oil for frying
2 medium onions, chopped
1 dessertspoon of flour
2 large pinches of cayenne pepper
1 heaped tablespoon of paprika
1lb (450g) tomatoes skinned and chopped or a tin would be fine
5 fl oz (140 ml) chicken stock
1 medium green pepper cut into strips
natural yoghurt
black pepper

Method

Brown the sheftalia in a frying pan and transfer them to a casserole dish. Season with salt and pepper.

In the oil that's left in the frying pan, fry the onions until soft and stir in the

flour, cayenne and paprika until absorbed, then add the chopped tomatoes and stock.

Pour over the sheftalia and bake in the oven at 160°C for 45 minutes. After that time, add the chopped pepper and bake for a further 30 mins.

Just before serving, swirl in some natural yogurt and sprinkle on some extra paprika.

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The Cyprus Kitchen

Pougouri Pilaf



Pougouri, cracked wheat, or bulgur wheat, is easily available in any store in Cyprus, as are the vermicelli noodles that are essential for the dish. This is a popular dish, especially at this time of year when grapes, carobs and olives start to be harvested. Although best served hot, it is a simple dish that can be served cold to workers in the fields, accompanied by olives, dried meats and cheeses. It is a good accompaniment to meats for dinner, served with a spoonful of yoghurt.

You will need:

- 2 cups pougouri
- 3 cups chicken stock

- 1 cup tomatoes, peeled & chopped
- ½ cup corn oil
- ½ cup onions, finely chopped
- ¾ cup vermicelli noodles
- Salt and pepper

Heat the oil in a deep pan, add the onions and vermicelli and fry gently. Add chicken stock and bring to the boil. Meanwhile, wash the pougouri quickly in a sieve and add to the pan. Add the tomatoes and seasoning and stir. Simmer for 25 - 30 minutes, until all the stock is absorbed. Remove the pan from the heat, take off the lid and put a thick cloth or kitchen roll over the pan, then replace the lid. Leave for ten minutes to absorb the steam before serving.

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