

Maroni News

Volume 21 Issue 6

January 2019



incorporating news from surrounding communities

Happy New Year to all our readers and advertisers, we hope you all had chance to enjoy the Christmas holidays and unwind and relax. Over Christmas many of us will have over-indulged, a few too many dinner parties, a few too many drinks and what happened to all those chocolates and nibbles we got in before

Christmas? Yes, we have eaten the lot! Then, after one last splurge on New Year's Eve, many will set a resolution to start on January 1st but not many people will actually stick to it. In Melanie's article in this edition she explains why many struggle to stick to resolutions and how we can make better choices in the New Year regarding our own self-care and well being

Maroni Art Group have now resumed meeting in the village square and it sounds like they are putting into practice all the techniques they learnt at the recent workshop that many members attended.

Many people head up to Troodos during the winter months for a spot of skiing, we have the link in this

edition to the live ski webcam which enables people to check out the conditions up on the slopes live.

On your way up (or possibly best on the way back down from skiing?) a stop at Kilani winery just south of Troodos could be a great way to round off your trip. The winery has

Maroni January 2011



won awards for its wine and it's a great way to see where the wines we purchase in supermarkets are produced and how they are made.

Chrystalla has provided a winter warmer soup recipe for our readers to keep you all warm during the winter months.

As I am writing this we have already had some much needed heavy rainfall across the island and more is forecast. We have provided a link in this edition to a website with the dam levels across the island for anyone wishing to take a look

We hope all our readers have a positive 2019 and we are looking forward to moving into the year with new ideas upon our horizon with you all.

Village Committee Report

Happy New Year to all our village residents, we hope you all enjoyed the Christmas holidays as we all look forward to a great 2019.



Summer 2019 will see the start of the big project we have planned for St Georges Square and we are sure it will be a great improvement for our village once completed.

We are planning to put a stone fascia on the wall outside the village school. We are sure this is going to look very nice and aesthetically pleasing near the entrance to the village and the school.

During 2019 all of the village street lights will be changed to LED lighting in order to make the village usage of electricity a lot less.





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Notice Board

Some useful Cyprus websites

Whether you would like to go skiing in Troodos, or just interested in seeing what the weather is doing up there, the Ski Cyprus webcam gives an interesting perspective, with stats and pictures from previous years too:

<http://www.skicyprus.com/webcam/>

Rain or snow, we all hope that this winter we will see the reservoirs fill up. This is the official site with information on inflow to all the island's dams:

http://www.moa.gov.cy/moa/wdd/Wdd.nsf/page18_en/page18_en?opendocument

A different topic, unless you are sending a letter to tell the folk back home about our weather, this is a useful link to the postal services and rates.

It gives links to all the information you need to price your cards/letters/parcels to all points in the world.

If you send or are expecting to receive a registered item, there's also a link here to their excellent 'track and trace' system:

<https://www.cypruspost.post/en/home>

Maroni News

www.maroninews.com

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or by tel 99517649



Just for Fun

This time our quiz covers a snowy winter theme, in keeping with the conditions outside at this time of year

- 1) What colour snow fell over an area of 1,500 sq. km. in Siberia on Feb 2 2007?
 - a) Orange
 - b) Black
 - c) Pink
 - d) Gold
- 2) The following words are from which song? "Don't be a naughty Eskimo"
- 3) Each of the following mean snow in which European language?
 - a) Sneeuw
 - b) Lumi
 - c) Schnee
 - d) Neve
 - e) Snieg
- 4) Who had a hit song in the late 60s with Hazy Shade Of Winter?
- 5) What is an Alberta Clipper?
- 6) Which director said "Blondes make the best victims. They are like virgin snow that shows up the bloody footprints"?
- 7) What are Mukluks?
- 8) After she eats the poison apple the seven dwarfs, believing her to be dead, place Snow White in what?
- 9) In which country were the first Winter Olympic Games held in 1924?
- 10) What is an Ushanka?
- 11) Can you name some famous sled dog breeds given the following clues?
 - a) first letter M, last letter E
 - b) first letter S, last letter D
- 12) Each of the following all mean what in Europe? talvi, inverno, zima and tel.
- 13) Which Canadian female singer had a hit in the USA, Canada and the UK in 1970 with Snow Bird? "The snow bird sings the song he always sings, and speaks to me of flowers that will bloom again in spring"
- 14) Which Sir played Richard Lionheart in the prize winning 1968 film The Lion In Winter?
- 15) Due to the lack of sunlight a dog's nose can fade to brown in the winter. What is this called?
- 16) Which name is given to the battle that took place in severe winter conditions in the Ardennes between 16 December 1944 and 25 January 1945?
- 17) Who had a hit song on both sides of the Atlantic in 1969 with Winter World Of Love?
- 18) Which 'winter' film opens with the following text? "This is a true story. The events depicted in this film took place in Minnesota in 1987"
- 19) What is the more common name for the legume called Mangetout?

Brexit Info



As the Maroni News goes to press there are still many 'unknown unknowns' about the situation regarding Brexit.

Here we give a take on what is being planned by the Cyprus authorities regarding Britons and voting in Cyprus.

Britons have never been entitled to vote in Parliamentary elections, but since Cyprus joined the EU they have been entitled to vote in local and European Elections.

It is obvious that UK citizens will no longer be voting in European elections post-Brexit, but the following press report suggests that voting in local elections will no longer be allowed to resident Brits:

Thousands of Britons living in Cyprus will be struck off electoral rolls, not only for the European Parliament but also for local

elections which could bring changes to some municipalities and communities, according to a report in Philetheros. It said that the names will be taken off the voters' list once Britain exits the EU.

As a first step, some 1,500 Britons who voted in the European Parliament elections of 2014 will be removed from the lists, to be followed by those who voted in local elections, head of the election service Demetris Demetriou told the House Interior Committee yesterday.

He said that a total of 7712 EU citizens had voted in the 2014 European Parliament elections, of whom 1500 were British. He added that some 16,000 EU citizens had voted in the 2016 local elections, the majority of them Britons.

Interior Committee president Eleni Mavrou said that Britons and other EU residents who live in Cyprus prefer to vote in local elections here, but to vote in their countries for MEP.



FOR ALL YOUR CLOTHES
ALTERATIONS

Nitsa Konstantinou

Tel: 99768034



Fitness Feature

New Year New You?

It is a generally widespread belief that the New Year is the time to make changes for the better, improve our choices and become our best selves. But how do we do this and why is it only at New Year that we feel this is the time to do so?

Addressing one's wellness and overall happiness is something we should be doing on a regular basis, as part of our self-care routine. You brush your teeth everyday don't you? So why not spend two minutes checking in with your physical and emotional wellness also?

According to Susan Weinschenk Ph.D. of "Psychology Today" the estimate is that less than 10% of New Years resolutions are actually achieved. One of the main issues is that the resolution might be too vague in its intention: "Get fitter" "eat more healthily" are very open intentions...and are harder to achieve because they are too vast. In order to make positive long lasting changes we need to pinpoint small

behaviour changes, stick to them and make them part of our lifestyle before moving onto the next behaviour change. Small achievable realistic changes will give us a sense of empowerment and enable us to move onwards, rather than setting a goal too high, feeling defeated and giving up.

So what makes us make poor choices in the first place? We all have an idea of the person we are: our "self-story" and these self-stories drive our behaviours and the choices we make. So if you are a person who believes they don't like exercise, can't stick to a healthy eating plan, and will never get fit then you will be unconsciously making decisions to stay true to this "self-story".

When we choose to change a behaviour it can at first feel very uncomfortable as it does not fit in with our view of ourselves. So we need to firstly change this view of ourselves.

When I was going through my training in Counselling studies a useful practice we went through was to ask 5-10 people we know what they honestly think of you. It helps if they are not family members but maybe close friends or acquaintances:

Explain that you are trying to see whether your opinion of yourself matches with those of people around you, if you have particular areas of



yourself you know you struggle with such as your appearance/intellect/communication skills etc then ask about those specifically.

It is often a revelation that the opinion of others differs so much to your own self-story, and this can be a useful tool in realising that maybe there is a better self-story you could be living.

It has been proven that writing out a new story of ourselves is more effective than just thinking it, and I shall be running a workshop on “Self Care—a practical workshop for change” on Saturday January 12th from 3 pm - 5 pm at The Old Coffee

Shop in Maroni Village, Larnaca where we shall individually identify our goals and work on ways to achieve them, resulting with a 10 week plan of simple small steps for change. The session shall conclude with restorative yoga and meditation, accessible for all genders, abilities and ages. If you prefer to come for just the practical workshop rather than the Yoga (or vice versa) this can be arranged also. Please contact me to sign up or click on the Facebook link at SmithfitTraining.

Happy and Healthy New Year to you all!

| From January 7th 2019 | | | | |
|--|---|--|---|--|
| With Melanie 9972 9239 www.smithfit.co.uk smithfit@hotmail.co.uk | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | <p>Pilates</p> <p>08:30-09:30</p> <p><i>Athlesis Sporting Centre Agios Tychonas</i></p> <p>Core workout, Postural awareness</p> | <p>Gentle Pilates</p> <p>09:00-10:00</p> <p><i>The Old Coffee Shop Maroni</i></p> <p>Core workout, postural awareness Suitable for beginners/improvers</p> | <p>Pilates</p> <p>08:30-09:30</p> <p><i>Athlesis Sporting Centre Agios Tychonas</i></p> <p>Core workout, Postural awareness Tychonas,</p> | <p>Gentle Pilates, Mobility & Stretch</p> <p>09:00-10:00</p> <p><i>The Old Coffee Shop Maroni</i></p> <p>Suitable for those who need a more gentle form of movement, or have specific mobility</p> |
| <p>Yoga/Meditation</p> <p>18:30-19:45</p> <p><i>The Old Coffee Shop, Maroni</i></p> <p>Mindful flexibility, guided meditation All levels welcome</p> | | <p>Pilates</p> <p>18:30-19:30</p> <p><i>The Old Coffee Shop, Maroni</i></p> <p>Core workout, Postural awareness All levels welcome</p> | | <p>MindBody Maroni</p>  <p>Yoga, Pilates, Personal Training Tel: 9972 9239</p> |

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Important Information



European Data Regulations

In order to comply with the new European Data Protection Regulations (GDPR), we have to ask you if you would like to continue to be a part of the Maroni Village News Team.

The new legislation applies because we keep your details on our database, so we need to know that you wish to give us permission to continue to save your data. We only store the information you have supplied. This will include your name and address, telephone and email information.

We do not share this information with anyone else.

Unfortunately, the rules do not allow us to give you only an 'opt-out' option, so you must let us know that you wish to continue to receive our news information.

You may do this by sending an email or a text message simply saying 'I agree to you keeping my data' (and giving us your information) or by completing the form and contacting the person who delivers the magazine to you, or one of the Maroni Village News Team, or by post to P O Box 50, Maroni, 7737, Larnaca, Cyprus. The form will also appear on our website.

GDPR Form

The Maroni News needs your name and email address in order to send you information about village activities, both in print and online formats, including email

Please complete the form below to give consent for us to use your details.

Your details will be stored securely online, and will be removed within one month if you end your association with the Maroni News and associated online content.

I agree to the Maroni News and its associated online sites storing my data as below:

Name:

Address:

Telephone:

Email:

Signature:

Holidays & Observances 2019

CYPRUS

| | |
|--------|--------------------------------------|
| 1 Jan | New Year's Day |
| 6 Jan | Epiphany |
| 11 Mar | Green Monday |
| 25 Mar | Greek Independence Day |
| 31 Mar | Daylight Saving Time starts |
| 1 Apr | Cyprus National Holiday |
| 26 Apr | Good Friday (Orthodox) |
| 27 Apr | Holy Saturday (Orthodox) |
| 28 Apr | Easter Sunday (Orthodox) |
| 29 Apr | Easter Monday (Orthodox) |
| 30 Apr | Orthodox Easter Tuesday (banks only) |
| 1 May | Labour Day/May Day |
| 17 Jun | Orthodox Pentecost Monday |
| 15 Aug | Assumption of the Virgin Mary |
| 1 Oct | Cyprus Independence Day |
| 27 Oct | Daylight Saving Time ends |
| 28 Oct | Ochi Day |
| 24 Dec | Christmas Eve |
| 25 Dec | Christmas Day |
| 26 Dec | Boxing Day |

UK

| | |
|--------|-------------------------------------|
| 1 Jan | New Year's Day |
| 1 Mar | St. David's Day (Wales) |
| 31 Mar | Daylight Saving Time starts |
| 19 Apr | Good Friday |
| 21 Apr | Easter Sunday |
| 22 Apr | Easter Monday (Scotland) |
| 22 Apr | Easter Monday (ENG, NIR, WAL) |
| 23 Apr | St. George's Day |
| 6 May | Early May Bank Holiday |
| 27 May | Spring Bank Holiday |
| 8 Jun | Queen's Birthday |
| 5 Aug | Summer Bank Holiday (Scotland) |
| 26 Aug | Summer Bank Holiday (ENG, NIR, WAL) |
| 31 Oct | Halloween |
| 27 Oct | Daylight Saving Time ends |
| 5 Nov | Guy Fawkes Day |
| 10 Nov | Remembrance Sunday |
| 25 Dec | Christmas Day |
| 26 Dec | Boxing Day |

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January

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Useful Numbers

MEDICAL

| | |
|------------------------|----------|
| Hospitals information | 1400 |
| Pharmacies after hours | 90901414 |
| Doctors on Call | 90901432 |

POLICE & EMERGENCY

| | |
|-----------------------------|----------|
| Police, Fire, Ambulance | 112 |
| Police Duty Officer | 1499 |
| Zygi Police Station | 24817200 |
| Kofinou Police Station | 24804380 |
| Larnaca Police Headquarters | 24804040 |
| Forest fires report | 1407 |
| Hunting Warden - Nicos | 99634325 |

AIRPORTS

| | |
|---|----------|
| Airports flight information (LCA & PFO) | 77778833 |
|---|----------|

UTILITIES

| | |
|-------------------------|----------|
| CYTA information centre | 132 |
| EAC 24-hour faults line | 1800 |
| Maroni Village Office | 24333111 |

CONSULAR SERVICES

| | |
|-------------------------|----------|
| British High Commission | 22861100 |
|-------------------------|----------|

PET RESCUE

| | |
|--------------------------------|---------------------------------------|
| Paphiakos -Larnaka | 24623494 |
| Maria can also be contacted on | 99325897 for out-of-hours emergencies |
| Animal Welfare SOS helpline | NOT for collection of strays. |

PERSONAL

| | |
|---|----------|
| Stolen or lost credit cards JCC 24-hour service | 22868100 |
| The Samaritans (6-10pm) | 77777267 |
| Exact time | 1893 |

George Sotirou Obituary

GEORGE SOTIRIOU (George of London) 1945 – 20th October 2018

In October we bade a last farewell to this well beloved figure in our local community.

George was born in Lefkara, attending local schools before, as a 16 year old, leaving for England to train at his cousin's hairdressing salon. Just 4 years later he took over a salon in Shepherds Bush before marrying Louise in 1969. They had 2 children, Spiros and Andre who, much later, came to live either side of George and Louise's home in Choirokitia.

During his time in England, George ran a number of successful hairdressing businesses. However, his heart remained in the homeland he had left at 16, in Cyprus. Although their plans to return were thwarted in 1974 due to the crisis at that time, the family returned in 1993. Missing the cut and thrust of clients and scissors, he set up a new business at a prime location near the highway in Choirokitia, calling his salon "George of London". As in England, where he was hairdresser of choice to stars like Bernie Winters and Jim Davidson, his skills here were soon

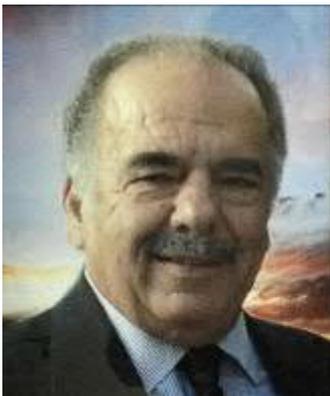
revered by local expats and Cypriots including prominent politicians.

In George's spare time in England, he became President of local Greek communities, teaching Greek dancing in London and even forming a Cypriot football team in Yarmouth (the location of his final salon by the sea in England). In Choirokitia for several years, George performed the role of Santa Claus handing out presents to local children. One can see that, wherever he lived, George

took an active interest in helping surrounding communities, while keeping alive the traditions of his heritage both within the family and the various locations where they lived.

George's hairdressing and people skills endeared him to all he met. He was a delightful man taking a

strong interest in world, country and local affairs, always a joy to join in "putting the world to rights" in discussion over coffee or a meal. He will be sadly missed by his wife Louise, children grandchildren, and his many friends. Although he retired from hairdressing a few years ago, we shall always remember him as "George of London". Kiao Taxiði George.





Maroni Art Group

Once again the end of the year approaches and it is time to put away the paints and paintbrushes and attempt to find those all-elusive Christmas Decorations - to say nothing of the Christmas lights which worked perfectly when we packed them away after last Christmas!!

Now the long hot summer is over and the Maroni Art Group are back in Clubhouse Square where everyone has been hard at work putting into practise all the ideas and painting tips learned throughout the year - particularly those gained from the Weekend Course in Lefkara.

Not everyone was available to attend the Course and in 2019 we hope to arrange for the Group to visit both Lefkara and Nicosia to take part in one-day Painting Workshops which will give us all the benefit of expert tuition and provide inspiration for our future paintings we hope!

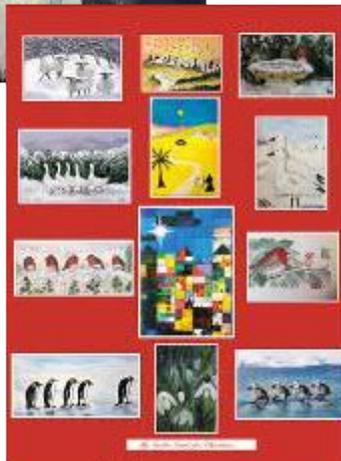


However, the Group continue to produce some very good work and experience is showing that we certainly have some great talent emerging.

A few members have even had time to produce their own personal Christmas Cards this year - some of which are shown here.

If you would like to join us - we meet every Tuesday morning between 09.30 and 12 noon - do please contact either Rosemary Corner (99496441) or Susan Lait (99535237) and you can be sure of a very warm welcome.

The Art Group would like to send everyone



their Very Best Wishes for a Happy and Joyous Christmas and a Peaceful New Year.



**ELPIDOFOROS SPYROU
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Village at Work

Not exactly village at work; but an island-wide story of village-like cooperation.



Two friends – Alexandros Philippides and Hasan Siber, one Greek Cypriot and one Turkish Cypriot – first met at university in London. When Hasan came up with the idea of a bicomunal olive oil, Alexandros was the first person he turned to. Now Hasan is CEO and Alexandros CFO of Colive Oil (it's pronounced co-live; as in co-living, co-operation, and co-existence)

Colive Oil is a premium olive oil with a social mission. Working with family farms all over Cyprus, Colive Oil brings together olives and farmers from both sides of the UN Buffer Zone to create the rarest olive oil in the world. "Part of our mission is to find common ground," says Hasan "We bring together communities in conflict in Cyprus to encourage cooperation, and in turn, peace. We work with family farms that are located on both the northern and southern parts of the island" he adds.

These excellent aims are reflected also in the quality of their oils, which are hand-picked for maximum aroma and flavour when the olives are judged to be at optimal ripeness

Getting them across the Green to be processed requires careful pruning, care, and inspection. Siber first accomplished this task with the help of his family, including his 92-year-old grandmother, who helped pull off leaves and stems from 800 kilos of olives to get them to press in time. Olives must be pressed within two days of picking to produce extra virgin quality oil. Measuring olive oil

flavours is a craft not unlike that practiced by experts in wine, with its own measures of flavour and terminology.

Colive co-founders



It is not only their olive oils that are of high quality. Their "Pull for Peace" packaging requires the consumer to tear through an olive-leaf-shaped fence to get to the golden goodness inside. The artisanal Italian glass bottles, complete with a natural wooden cork and hand-made French porcelain dipping bowl in the Signature Edition also make a great gift.

Through economic cooperation, Colive and its founders hope to do the same to the boundaries separating Cyprus. They make no secret that their ultimate goal is to promote peace and reconciliation across the Green Line. Hence the Colive Oil tagline, "Taste without limits."

Find out more at Coliveoil.com or drop a line to Hannah Garber, Communications and Content Manager at: hgarber@coliveoil.com



Christalla's Cookbook

Chorva - Cypriot village soup (named due to the 'choushhhh' noise made when boiling water is added to the mixture)

As winter sets in, it is that time of year when hot soup is a must for every home, even in Cyprus. Chorva, is a very old traditional heart-warming soup. Quick and easy to make.

A simple, inexpensive and nutritious village dish made of 'pourgouri' (cracked wheat) and home made croutons. Pourgouri comes both finely ground and also coarse. Traditionally made with fine bourgouri but equally as yummy with coarse.

Ingredients:

- ◆ 2 cups fine pourgouri
- ◆ 1 large chopped onion
- ◆ 2 cloves of garlic finely sliced
- ◆ Little olive oil
- ◆ Half a lemon
- ◆ Salt & pepper
- ◆ Ripped small piece of bread

Method:

Pour a little olive oil in a pan, heat lightly and add onion & garlic

Cook till lightly brown and add bread pieces and cook till bread turns to croutons.



Remove croutons from pan and place in a plate

Add the pourgouri to the onions and garlic, cook for a couple of minutes mixing constantly

Add lemon, salt & pepper

Add 2 pints of boiling water to the mixture, mix and cover with lid

Cook at a medium heat (approx 15-20 min) adding boiling water if necessary

Simmer until the soup is a nice thick runny consistency

Leave to rest for five minutes, then add the croutons and serve, sprinkled with chopped fresh coriander and black pitted olives.

Gali orexi.



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The Wine List

VLASSIDES WINERY

Kilani Village (Limassol)

Driven by his love and passion for wine, Sophocles Vlassides realized his lifelong dream by establishing Vlassides Winery in 1998.

The quality of Vlassides Winery has always been based on a commitment to select the finest fruits. The vineyards are located in the picturesque region of Kilani village, just south of Troodos. The altitude of the vineyards ranges from

700m to 1100m above sea level, and the soil is mainly calcareous.

Vlassides Winery's commitment to quality has been recognized in a range of wine competitions. The most notable are the Grand Gold Medal of the Thessaloniki Wine Competition 2004 for Cabernet Sauvignon 2000; the Gold Medal for Shiraz 2003 (12 months oaked) at the Brussels Wine Competition 2006; and the Grand Gold Medal for Shiraz 2006 at the Third Cyprus Wine Competition in 2008.



The new building of Vlassides Winery was conceived and constructed by Heracles Papachristou. It is situated between Kilani village and Vouni village, in a 50 acres vineyard, called Koloni.

The winery was designed according to the

functional use of space and machinery.

Where? Kilani, Limassol 4776 Cyprus

Tel: +357 99 441574

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Father Gregory's Comments

I hope everyone had a happy Christmas, and wish you all the very best for a happy and peaceful New Year.

I remind you that the Epiphany Day blessings will take place after 10:00am on 6th January, when I will make the rounds of the village blessing your homes with holy water and prayers.

On 2nd February, 40 days after Christmas, we have a special service in the church.

Green Monday, the start of Lent is on 11th March 2019.

During Lent we will have a service every evening at 5.00 pm and every Friday we give a special blessing to Mary.

These services run for the 50 days up until the Orthodox Easter, which this year, 2019, will fall on 30th April.



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PROPERTY MANAGEMENT AND MAINTENANCE

Puzzle Solution

- a. orange
- Don't Eat The Yellow Snow
- Five answers
 - Dutch
 - Finnish
 - German
 - Italian
 - Polish
- Simon and Garfunkel
- An extremely cold, fast moving winter storm
- Alfred Hitchcock
- A type of Eskimo boots
- A glass coffin
- France. Chamonix.
- Russian fur cap with ear flaps
- Two answers
 - Malamute
 - Samoyed
- Winter:
Talvi is Finnish,
Inverno is Italian,
Zima is Czech
Tel is Hungarian
- Anne Murray
- Sir Anthony Hopkins

- Snow nose or hyperpigmentation
- Battle of the Bulge
- Engelbert Humperdinck
- Fargo
- Snow Pea



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Νερά
Γεωργικές

Κτηνοτροφικές
Περιβαλλοντικές
Συστηματικές