

The Corfiot

Corfu's English Language Monthly Magazine

August 2009

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No. 224

A Day in the Life of a Market Trader

Confessions of a Villa Chef

All set for The Dylan Project in September

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TAKE AWAY ALSO AVAILABLE

ear to the ground

WELL, I NEVER THOUGHT I'D SEE THE DAY... THE DAY WHEN POLITICAL CORRECTNESS REARED ITS UGLY HEAD IN CORFU! It all came about when the proprietor of the supermarket at Agios Ioannis Crossroads, Alekos, had an altercation with a gypsy regarding some watermelons. A few minutes later, around 30 other gypsies arrived, summoned by mobile and armed with clubs and metal posts, and started beating Alekos up. Locals in the bar opposite came to Alekos' assistance, and in the resulting fight a number of them were injured, with some having to have hospital treatment. Alekos' back was black and blue the next day, and he still has troublesome puncture wounds. The gypsies also damaged property.

Locals called the police, but without any response at all. No enquiries, no arrests. In protest, the locals blockaded the road for several days (pictured below), despite fears that the Special Forces which are being deployed in Lefkimmi to safeguard the construction of a rubbish dump would be sent in.



Meanwhile, at the other (operational) rubbish dump at Temploni, the local residents' protest group held an outdoor party, with roast lamb, wine and music. After darkness fell, no fewer than 12 policemen turned up (including four 'heavies') and hung threateningly around the gate. I asked them why they felt it necessary to monitor a private party, whereas they felt unable to take any action when GBH and damage to property had been perpetrated by gypsies. The police reply? 'Their name is ROMA and you're a RACIST!'

No, I'm not. I'm just a member of a national minority who thinks that the law should be applied to every group equally.

See <http://www.youtube.com/watch?v=KX3wRTsjHGw> for a video report (in Greek) of the incident, including interviews with victims.

IN A SUDDEN AND UNPRECEDENTED OUTBREAK OF COMMON SENSE, the European Union has overturned a ban on misshapen fruit and vegetables. Supermarkets are now allowed to sell curly cucumbers and knobby carrots which did not meet the 'beauty pageant' standards set by Brussels. The wonky produce was expected to be on sale for 40% less than the fruit and veg which conforms to regulations, saving consumers money as well as reducing waste.

Of course, in Corfu, nothing has changed. Like many bonkers EU regulations, the ban on irregular foodstuff has generally been disregarded - except in poor police-state Britain, where every petty regulation is followed to the letter. Regrettably, though, the ban

on out-shape citrus fruit stands, so our ambition to export Corfu's lemons to the UK remains unfulfilled. A few years ago, we took a few samples (still with their leaves on, and scenting the car almost to distraction), only to be informed by a vegetable wholesaler that there had to be exactly 110 lemons to the crate, otherwise they were the 'wrong size and shape'.

So with no export market in the offing, and with tons of fruit falling to the ground and rotting every season, there's still a golden opportunity for an enterprising person to open a jam- and marmalade-making and fruit bottling business. Last month, from only three trees in the immediate vicinity, I picked many, many kilos of figs, and could have gathered much more if we'd been able to eat them. Figs don't keep or travel. Consequently, some time in the past, Corfu's village women developed a way to preserve this most luscious of fruit for eating in the winter. It was a most elegant solution which involved the use of ingredients from the garden or ones bought cheaply from the local shop: Figs from the orchard, juice crushed from the grapes on the arbour, ouzo from the bottle in the kitchen, black pepper and spices from the village store. The result is sikomaida, a round flat cake which traditionally is wrapped in leaves from trees found in the neighbourhood: chestnut, walnut or from the fig tree itself. Nowadays, the cakes are being produced commercially by small workshops, but there's still an opening for additional production capacity - especially if an export outlet could be found in the UK. Rick Stein's deli? Harrods and Fortnums?

TALKING OF FOOD, WHEN THERE'S AN ECONOMIC DOWNTURN, PEOPLE BECOME MORE CONCERNED WITH THE BASICS - like putting grub on the table - rather than whether to purchase a second 150 euro bikini. With two articles about eating (but no recipes this time), this issue reflects the times. There's also an update on AgiotFest, and more about what people are up to this month.



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SUNDAY SERVICES

Sundays 10.30 Holy Communion
19.00 (1st, 3rd & 5th of month) Songs of Praise
(Sunday School & Youth Group run same time as Services except Family Service)

REGULAR EVENTS

Mondays 19.00 Craft Group (1st & 3rd of month)
Tuesdays 10.00 Library & Coffee Morning
Wednesdays 10.00 Coffee & Kids
Wednesdays 12.30 Lunch Box - pot-luck lunch and chat
Wednesdays 19.00 Scrabble Club (last Wed. in the month)
Thursdays 10.30 Bible Study, the Old Testament (new series)
Fridays 10.00-12.00 Informal Prayer Meeting

The Revd. Michael Counsell is acting as Locum Chaplain until 13 September.

A second Bible Study group meets on Monday evenings at 17.30 in the back of Takis Taverna, Kontokali, repeating the study of Thursday. If you would like to join, call Anne on 6942 844376 or Rhona on 6975 914373.

HELP THE CORFU DONKEY SANCTUARY

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This month's name days

06. Sotiris
Two-day fiesta at Mount Pantokrator Monastery. Fiesta on Agii Deka Summit
08. Triantafillos
10. Lavrentios
15. Maria, Despina, Panagiotis, Panagiota
Biggest fiesta day of the year, with events in numerous villages all over the island. Look for roadside advertising banners
16. Gerasimos, Stamatis
26. Adrianos, Adriana, Natalia
30. Alexandros

Name-day ritual dictates that you visit the home of the celebrating person, who will be holding an 'at home' - no invitation required. Take along a simple gift (alcohol, flowers, cake) and you will be offered a drink, nuts, cake, and possibly some nibbles.

Fiestas start about 8pm with traditional music and dancing, local wine, spit-roasted lamb, souvlaki and stalls selling unbelievably tacky toys!

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Thursday, Friday

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Book Sale

Organised by and for the Council of Thinali Parents' Association. Held on Acharavi High Street opposite Ilo Ilo between 10.00 & 1.00 every Saturday (weather permitting). All our books and handmade cards are 1.50 euros, and proceeds are used to enrich the lives of children attending Acharavi Primary School. Most of the books are donated by local residents, and local hotels and apartments are also encouraged during summer to recycle and donate books left by holidaymakers.

ACHARAVI

Minister visits Kavos

Chris Bryant tells holidaymakers to observe limits

As thousands of young Brits flocked to resorts across Greece and the Mediterranean for their summer holidays, Chris Bryant MP, Foreign Office Minister with responsibility for consular affairs, visited Athens and Corfu mid-July. During his stay, the Minister looked at the preparations British consular staff have made to help Brits who find themselves in trouble, also aiming to maintain the strong and vital relationship Britain enjoys with the Greek authorities in this area.

The Embassy's work to prevent problems in the first place was high on the agenda. On Corfu, Mr Bryant spoke with British tour operators, and visited the resort of Kavos to hear directly from British holidaymakers. As part of the initiative, he was promoting the British government's 'Know Before You Go' campaign, aimed at ensuring a maximum number of Brits enjoy safe and problem-free holidays. The Minister launched the 'Another Side to Paradise' travel safety messages for British tourists in Greece and the wider 'Don't be a Dick!' and 'Don't Miss Out!' activity in Club 18-30 and 2wenty's resorts across the Mediterranean.

In Athens, the Minister met government ministers and officials to continue building co-operation with Greece on ensuring British holidaymakers have enjoyable and trouble-free visits. He also met the President of the Hellenic Olympic Committee in order to discuss the London 2012 Olympic Games.

In advance of the visit, Chris Bryant said, 'Every year millions of British holidaymakers come to Greece and have a great holiday, but every year some have bad experiences which could have been prevented.'

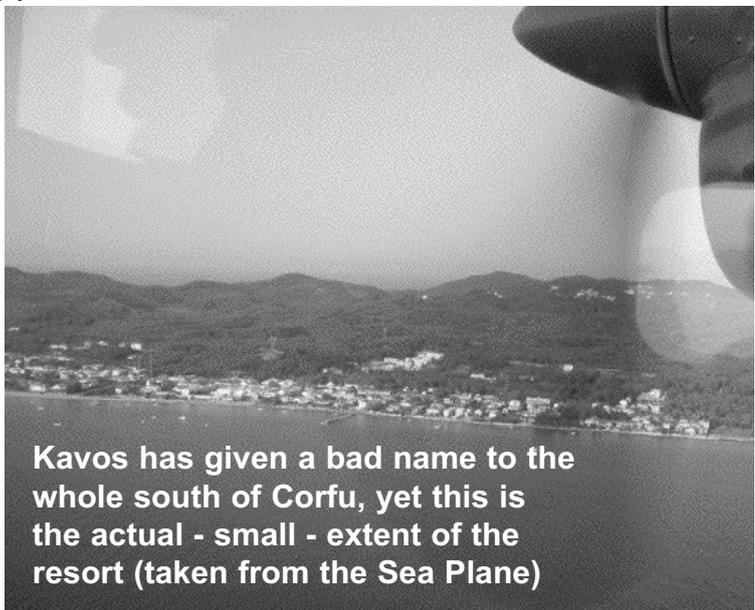
With the close co-operation of the local authorities, we are distributing thousands of posters, leaflets, beer mats, and information cards across Greece and the wider Mediterranean. The key message is enjoy your holiday, but stay aware and take care.'

In Kavos, Mr Bryant talked to the youngsters, telling them 'have a great holiday, but within limits.'

The 'Another Side of Paradise' consular publicity campaign is targeted at British travellers to help them stay healthy and safe when on holiday. The campaign uses posters, beer mats, business cards and postcards to raise awareness and publicise emergency contact numbers. The messages are in formats and language which aims to appeal to young people.

But asked whether the messages would change their behaviour, the Kavos holidaymakers interviewed said 'Naaaah...'

See a video of the Minister's visit to Kavos at:
<http://www.youtube.com/watch?v=JZZUqBg4Y44>



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School Trip in search of Gerald Durrell

✍️ **Malcolm Hale**

In September 2008 I had an idea with my Year 10 form. If we read 'My Family and Other Animals' and watched the DVD, why not finish the project off with a visit to Corfu!

The Head and Deputy thought the idea rather good. So on the 14 June 2009 seven students from The Lady Jane Franklin School, Spilsby, Lincolnshire set off for Corfu.

For many this was a series of firsts: First flight, first trip abroad - and certainly a first of putting toilet paper in a bin!

The easyJet flight was a dream and the first time flyers were unaware we had left the ground. The landing was 'the best' that some boys had experienced. We did point out that it was also the worst as it was their one and only landing.

Corfu airport and the drive out started to give a few worries; the comments were not exactly positive or polite. As we progressed up the North East Coast Road the mood and the comments changed and my confidence was restored.

Arrival at our accommodation in Kassiope was a major success and a trip around the village resulted in seven boys in love with the place and staff making serious enquires about summer holidays.

The following days were occupied with walks to Avlaki, car journey to Kalami and then a walk to Agni to build up an appetite for lunch, a visit to Old Perithia and a trip around Corfu Town, including the British Cemetery.

Thursday arrived all too soon and we were on the coach back to Corfu Airport. With only two aircraft leaving at that particular time, we did miss out on the full airport experience that one gets on Mondays and Fridays!

All in all a most successful, enjoyable and educational trip. Our thanks go out to all we came in contact with for making us so welcome. Special thanks to Kostas and Stefanos at The Travel Corner for help with accommodation and cars, Perikles and staff at Taverna Nikolas, and Gyros Fast Food in Kassiope.

One word of warning to any teacher reading this and getting a trip arranged: Check in early at Corfu Airport; the check-in staff do not understand Collective Passports and phone calls to UK had to be made.

The year 10 Boys and Staff of The Lady Jane Franklin School.

MUSIC! MUSIC!

The Bar - Restaurant in the Old Fortress holds Jazz Sessions every Wednesday evening

Also on Wednesdays, @home at Danilia (by Spiti Nikos) holds jamming sessions. Kitchen open from 19.00

On Mondays, the Cricketer Taverna at Liapades Beach has a Jazz, Rock and Blues evening beside the pool

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PEOPLE IN THE NEWS

Culture Clash: A New Art Gallery in Ano Korakiana

Culture Clash... What an inspired name for an art gallery!

'I could have called it Stephi's Gallery,' said Stephi Clash, 'but that was rather boring. Then we thought of ways to use our surname, and that was what we came up with!'

And indeed, it's not just a play on their name, but also embodies the characteristic of the gallery: it's a showcase for Stephi's delightful and beautifully executed watercolours of local scenes; but also features the work of Stephi's husband Wesley, a sculptor who uses traditional old materials in powerful prototype ways - an immense contrast to (or if you like, clash with) the delicacy of the paintings.

The gallery is located in the lovely old village of Ano Korakiana, next to Wesley and Stephi's own home, a village house which they have painstakingly renovated and extended over the years. They acquired the premises somewhat by accident; they wanted to buy a small garden plot next door to their house, but it only came as a package with a tumbledown house across the alleyway. Now their chance purchase has come into its own.

Though she has been involved in interior design for many years, Stephi only started painting about three years ago. 'I didn't know I could do it,' she insists modestly. With initial coaching by art guru Natalie Konstanti, she has come on in leaps and bounds. Her grasp on perspective is striking, and when capturing human figures, she succeeds in a place where many artists fail.

She also has an artist's 'eye' - an ability to observe the landscape around her, the objects in it and their relationship with each other. This ability is demonstrated in (for example) her depiction of the local church, where the arched doorway of the church building is framed by the arch of its campanile; also in her 'traffic jam' of traditional fishing boats, almost a geometrical abstract in form.

Stephi loves doorways and alleyways and olive trees, and those that admire those aeonic features of Corfu will love her work. The paintings are for sale unframed and are also available as prints.

Wesley's work is part and parcel of the fabric of the gallery. He directed all the renovation work himself (much of it hands-on), 'listening' to the building and its past. Thus the rendering follows the idiosyncratic curve of the walls, and features such as old beams and stonework have been retained. But Wesley went further. He has been collecting the metal bands off old barrels for years: 'One day there won't be any left,' he warns. Looking for a use for them, he came up with a staircase concept, employed first in their home, and now in the gallery. It's difficult to describe how this works, but it does. Yet another reason to go along to the 'Culture Clash' Gallery! (Oh, and by the way, it's also an outlet for Paul Wood's amazing wood sculptures.)

To find the Gallery, head almost through the village of Ano Korakiana. Park in the big carpark at the far end. The alleyway up to the Gallery is signposted.

Stephi Clash

Culture Clash Gallery

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Above: Wesley and Stephi in a corner of the new gallery. **Below:** one of Stephi's works for her first exhibition in 2007



DOCTOR IN THE HOUSE

Irritable Bowel Syndrome

 **Alexandros Tsopelas**

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Irritable bowel syndrome (IBS) is a common gut disorder with unknown cause. It is a blanket term for a variety of diseases causing discomfort in the gastro-intestinal tract. IBS can affect anyone at any age, but it commonly develops in young adults and teenagers and it can last for many years. IBS is twice as common in women as in men.

SYMPTOMS Pain and discomfort occur in different parts of the abdomen. Pain usually 'comes and goes' and often eases when you pass stools. The duration of pain can vary greatly. The severity of the pain can vary from mild to severe, both from person to person, and from time to time in the same person.

Bloating and swelling of the abdomen may develop from time to time. A sufferer may pass more wind than usual. Some people have bouts of diarrhoea, and some have bouts of constipation. Some others have bouts of diarrhoea that alternate with bouts of constipation. Sometimes the stools become watery or ribbonary and mucus may be mixed with the stools.

Other symptoms sometimes occur and include: nausea (feeling sick), headache, belching, poor appetite, tiredness, backache, muscle pains, feeling quickly 'full' after eating, heartburn, and bladder symptoms (an associated 'irritable bladder').

AITIOLOGY The cause is not clear. As the gut is a long muscular tube that goes from the mouth to the anus, it may have something to do with overactivity of the nerves or muscles of the gut. It is not known why this may occur. It may have something to do with overactivity of messages sent from the brain to the gut. Stress or emotional upset may play a role. About half of people with IBS can relate the start of symptoms to a stressful event in their life. Symptoms tend to become worse during times of stress or anxiety. Also intolerance to certain foods may play a part in some cases. However, this is thought to be only in a small number of cases.

Finally, in about 1 in 6 cases, the onset of symptoms seems to follow a bout of gastroenteritis (a gut infection which can cause diarrhoea and vomiting). So, perhaps a virus or other germ may 'sensitise' or 'trigger' the gut in some way to cause persisting symptoms of IBS.

DIAGNOSIS There is no specific laboratory or imaging test which can be performed to diagnose irritable bowel syndrome. Diagnosis of IBS involves excluding conditions which produce IBS-like symptoms.

Published research has demonstrated that some poor patient outcomes are due to treatable causes of diarrhea being mis-diagnosed as IBS. Common examples include infections. Celiac disease, food allergies and lactose intolerance.

Celiac disease in particular is often misdiagnosed as IBS. The American College of Gastroenterology recommends that all patients with symptoms of IBS be tested for celiac disease.

TREATMENT Many people are reassured that their condition is IBS, and not something more serious such as colitis. Simply understanding about IBS may help you to be less anxious about the condition, which may ease the severity of symptoms. If symptoms are more troublesome or frequent, one or more of the following treatment options may be advised:

~ Diet. A healthy diet is important for all of us. However, some people with IBS find certain foods of a normal healthy diet can trigger symptoms or make symptoms worse. Current national guidelines advise have regular meals and take time to eat at a leisurely pace. Drink at least eight cups of fluid per day, especially water or other non-caffeinated drinks such as herbal teas, and restrict tea and coffee to three cups per day (as caffeine may be a factor in some people).

It is also important to reduce alcohol and stop smoking. Finally, it is better to limit fresh fruit to three portions (of 80g each) per day.

~ Fibre. The advice about fibre in treating IBS has changed somewhat over the years. It used to be said that eating a high fibre diet was good at easing IBS symptoms. But new research has shown that only the soluble fibre seems to help ease symptoms in some cases. So, if you increase fibre, have more soluble fibre and try to minimise the insoluble fibre. Dietary sources of soluble fibre include oats, ispaghula (psyllium), nuts and seeds, some fruit and vegetables and pectins. Insoluble fibre is chiefly found in corn (maize) bran, wheat bran and some fruit and vegetables. In particular, avoid bran as a fibre supplement.

~ Probiotics. These are nutritional supplements that contain 'good' bacteria. That is, bacteria that normally live in the gut and seem to be beneficial.

~ Antispasmodic medicines. These are medicines that relax the muscles in the wall of the gut. There are several types of antispasmodics. For example, mebeverine, hyoscine and peppermint oil.

~ Laxatives or antidiarrhoea medicine. If diarrhea or constipation is the main symptom then symptomatic treatment is useful.

~ Antidepressant medicines. An antidepressant is usually only advised if you have persistent symptoms, or frequent bad flare-ups that have not been helped by other treatments.

~ Other treatments. Various alternative and complimentary therapies are sometimes used. For example, acupuncture and hypnotherapy may help to ease symptoms in some cases.

OUTCOME IBS is often misdiagnosed. Therefore if you develop symptoms that mimic IBS it is better to visit your doctor for a correct diagnosis.

Then you can try various treatment to ease your symptoms.

AgiotFest is the Event

by Paul McGovern

Agios Ioannis Square is the Venue

The Dylan Project

East Of Memphis
The Good Old Boys

After weeks of uncertainty as to the exact location of the Agiotfest 09 Saturday evening concert we are pleased to announce that the event will take place in the plateia (square) of the old village on 12 September.

The Politistikos Syllogos (Cultural Association) of Agios Ioannis has approved our plan and for this we are most grateful; it is the first time a non-ethnic event has been allowed to 'take over' this space for an entire evening.

Logistically this venue has removed quite a few puzzles for us; facilities such as toilets, catering areas and power supply are 'built in' as it were. Neighbours have agreed to open a field or two in the vicinity for the parking of vehicles.

Ticket sales will now be capped, the exact number yet to be finally determined, but any loss of revenue from ticket sales is sure to be compensated for by the atmosphere of this auditorium.

There has been a lot of gossip around the village that the event will not take place at all. This gossip is incorrect. The Dylan Project and Oca Services have signed contracts, the group have booked their flights and accomodation. East Of Memphis are also flying in from Scotland and their accommodation is already booked and awaiting them.

The Saturday show will go on despite the vagaries of weather. If it rains the performers will be adequately protected; patrons are encouraged to bring suitable wet-weather gear should there be precipitation, yet naturally we are hoping for the best.

A new dedicated website at www.agiotfest.co.uk gives you an up-to-date picture of what is happening. Please check this out from time to time as there will be further bulletins concerning line-ups, programme times, artistes' news and sponsorships.

Tickets are on sale at 20 euros through this office [+30 26610 58177] or by texting [+30 6974 932408].

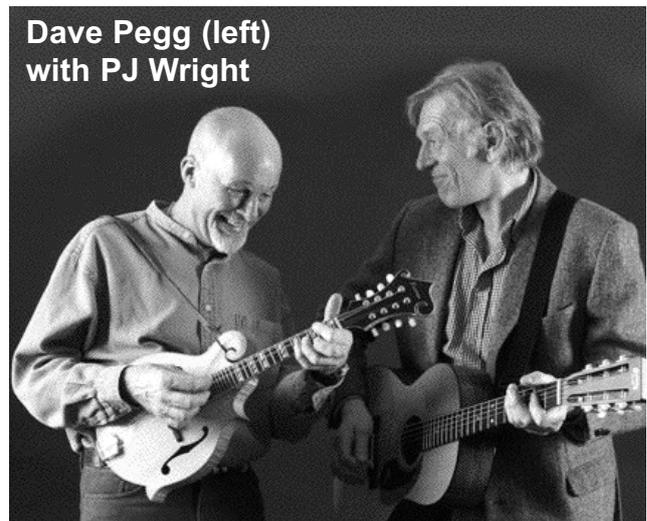
For people wishing to attend from outside Corfu, we can offer accomodation at reasonable prices in villas, hotels, pensions or simple rooms. Enquire by phone or through www.theagiotfest.co.uk

Why not book into the historic Hotel Marida, right on the plateia (Pictured right)? You can dip in and out of the 6-hour event at your leisure, from your room to your seat in just one minute.

At the venue food and drink will be on sale from Kostas Taverna and the Syllogos building, both right on the square.

Book your ticket now to avoid disappointment, as there will be a finite number of seats available.

The Dylan Project is led by Steve Gibbons (The Steve Gibbons Band) and includes Dave Pegg (Jethro Tull, Fairport Convention), PJ Wright (The Steve Gibbons Band) and Phil Bond.



AgiotFest 09

Villa Theodora, Agios Ioannis

SERENADE

Ria Georgiades (Flute)
Dr. Lionel Mann (Organ)

Flute Sonata in F Minor Georg Philipp Telemann
Grand Jeu Pierre du Mage
Gavotte Jean-Baptiste Lully
Tambourin Franz Joseph Gossec
Toccat and Fugue in D Minor (BWV565) J.S. Bach
Rondo in D (K Anh. 184) Wolfgang Amadeus Mozart
INTERVAL - Indian food will be served
Fantasie Mélancolique Matthieu André Reichert
Canon in B Minor (Op. 56-5) Robert Schumann
Sicilienne (Op. 78) Gabriel Fauré
Prelude and Fugue on B.A.C.H. Franz Liszt
Fantasiestücke (Op. 2) Carl Nielsen
Monday, 7 September 20.00

Admission 15 euros (Children free)
Including food and a glass of wine, beer or soft drink

RIA GEORGIADIS was born in Thessaloniki, where she graduated from the New Conservatory of Thessaloniki, obtaining the Diploma for Flute with the highest degree and Distinction at the age of 18. She continued her studies at the Anton Bruckner University of Music in Linz (Austria) and at the Staatliche Hochschule für Musik Freiburg i.Breisgau (Germany), where she studied with N.Girlinger and Prof. Robert Aitken getting both Bachelor and Master Degrees with Distinction.



She has also studied with Karlheinz Stockhausen - Kathinka Pasveer and Janos Balint (Doppler Institute of Music), and has attended Master Classes with J.P.Rampal, Ph. Boucly, P.Y.

Artaud, I. Matuz, R. Fabbriani, R. Dick, T. Wye, W. Bennett, A. Lieberknecht.

She has attended the postgraduate studies in 'Breathing and Voice Education for Windplayers' with Dr. Bernhard Riebl at the Universität für Musik und Darstellende Kunst Wien. She has received several scholarships and has won prizes in international competitions (Gradus ad Parnassum, Hellexpo, Yamaha, Lilian Voudouri, Jugend Musiziert, Scholarship of the New Conservatory Thessaloniki, das Podium).

As a soloist she has performed with several orchestras in Greece and abroad (Thessaloniki State Orchestra, Thessaloniki Municipal Orchestra, Tschech Philharmonic Brno, Vienna Youth Orchestra) and has played at international festivals and halls as the the Brucknerhaus Linz, Konzerthaus Wien, Konzerthaus Bregenz, Kongreßsaal Innsbruck, Internationale Stockhausen Tage Kürten, the Dimitria Festival, the Corfu Summer Festival.

She has recorded for Austrian and Greek Radio and has made various first performances of works for the flute. She is a member of the Trio 'Les Dames Déshéritées', the contemporary music ensemble eWave, founded by Wil Offermans, the Harmonices Mundi Ensemble, the Ensemble Sonare and participated in various orchestral ensembles as the Brucknerorchester Linz, Klangforum Wien, the Passau Opera Orchestra etc.

Since 2005 she has been teaching flute at the Department of Music Studies of the Ionian University in Corfu.

A church chorister, playing the pianoforte from the age of six and later the viola and oboe, LIONEL MANN envisaged becoming a concert artist until he was pitched at the tender age of twelve and at three hours' notice into becoming organist and choirmaster of a church choir of twenty-four boys. They were locally famous, determined to remain so, and therefore made sure that he quickly learned his job. He was completely hooked! Following some very unmilitary military service (partly as an organist!) he studied from 1948 to 1952 at the Royal College of Music with Dr. Harold Darke (organ), Dr. William Lloyd Webber (theory, composition), Dr. Thornton Lofthouse (harpichord, continuo), Dr. Edgar Cooke (choir-training, liturgy). After holding church and cathedral appointments in the UK, Lionel emigrated to New Zealand, where in 1970 he became a concert organist with N.Z.B.C. and the N.Z.S.O. In parallel with scholastic appointments, he has performed for radio and television with orchestras and choral societies in Britain and New Zealand. Dr. Mann 'retired' to Corfu in 1994 and has since been quite busy making music, teaching and helping with tourism.

The electronic organ used in this performance is the smaller of Dr. Mann's two Ahlborn instruments. Its twenty-five registers reproduce with good fidelity the tone of a German instrument of 1750.

For further information and directions, call 26610 58177.

The Summer of Love ...Roy-Kendled?

✍️ *Phil Mawson*

Where does the time go? Is it really 40 years since we enjoyed those care-free, halcyon days of flower-powered festivals, dedicated to art and music, that were considered by many to become the springboard to a new, more enlightened and free society?

It beggars belief that since that hopeful summer we have experienced - through TV, or for so many unfortunates, physically witnessed - bloodier wars, political scandals of greater magnitude and financial mis-dealings capable of bringing nations to their knees.

Songs of protest were commonplace then, usually heavily laden with such damning lyrics that were so often directed with the utmost validity towards the leading establishment figures (usually right-wing types) of the day.

One particularly memorable and by popular opinion of the time, song written and performed by Country Joe (Macdonald) and the Fish, was a satirical number about the Vietnam War, especially directed at that woeful and deceitful President Richard 'Tricky Dickie' Nixon - the words of which went: '1-2-3, What are we fightin' for, I don't give a damn, next stop, Vietnam, and its 5-6-7, open up them pearly gates, ain't got time to wonder why, whoopee we're all gonna die.' It symbolized the new form of critically radical thinking, supported by vivid pictorial or artistic imagery showing the realities of that particular conflict, whilst indicating the people's growing contempt for the powers that be.

Bob Dylan was one who naturally stood at the fore with his earlier works. They were less hard hitting but nevertheless had an impact to a degree, until he too developed the more embittered tones in order to gain greater public awareness and comment, along with fellow politically conscientious lyricists such as ex-Beatles George Harrison and John Lennon.

Not too different, you might think, from the present day, so nothing ever really changes. As they say, 'the more things change, the more they remain the same' - and so it could be argued, but on a more positive note with reference to Music Festivals.

At the forthcoming AgiotFest on 12 September, The Dylan Project will introduce the Corfiot audience to renditions of Bob's varied and sometimes surreal adaptations of the protest theme, indicative that the music goes on despite the changing winds of political status.

In Corfu, so many bands and individual musicians ply their trade, in most cases with no more than a smidgen of publicity; this is about to be redressed. I was present at two gigs of Roy Kendle's Band. Roy, a Corfu-based Briton, is stirring audiences with his band's powerful renderings of, amongst others, Cream, Free and Wishbone Ash numbers, with a little hint of Gershwin thrown in for good measure. This 'Summer of Love' has been

enhanced if not re-kindled by Roy Kendle and his band. Roy's style is so Claptonesque he could pass for the real thing. A sort of cross between Eric Clapton and well, Anthony Worrall Thomson, would be a fair description! He's supported by a bassist / vocalist pulsing out most capable and definite rhythms, a young female keyboardist/sax player who is continually gaining in confidence, a drummer keeping the beat without overpowering his fellow musicians and a more-than-capable female vocalist well versed in the Blues.

They play regularly at local FREE ADMISSION bars. We saw them perform recently to a most receptive audience in the Coconut Bar in Arillas and at GM's in Kontokali. For further details - and some Agiotfest tickets - please contact me on my email acorfiotutopia@btinternet.com

It is my intention in these pages in future to clarion the work of such musicians and any forthcoming gig or events, in good time for people to go along to hear for themselves.

So if you are seeking publicity for your own music, or you know of anyone who is involved with new up and coming acts or existing outfits/bands, or who is organising a gig, offering tuition, providing recording facilities or arranging events, please get in touch and keep me informed. It will be our pleasure to add our support to any genuine parties. In parallel, my son is developing a website with a message board facility, which will provide a corresponding role, with a regular MUSIKORFU NEWS FEATURE devoted to promoting established and new talent, whether based in Corfu or comprising artists from abroad who are seeking to travel here to perform.

So you guys and gels, put some flowers in your hair, adorn yourself with floral and rustic outfits and boots, then let it all hang out in Agios Ioannis Village Square on Saturday, 12th September.

May Corfu's own Summer of Love rekindle the hippy in you!

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A Day in the Life of a Market Trader Hilary Paipeti

The other day, I grabbed a couple of tomatoes at the supermarket, only to notice that they were from Belgium. How pointless! Let the Belgians eat them straight from a hothouse; EU-standardised and disciplined to look nice, but tasting of nothing. Give me one of Corfu's real scrumptious tomatoes anyway.

There are three main methods of buying your fruit and veg in Corfu: At a specialist greengrocery; in the supermarket veggie section; and in the market.

Supermarkets only reached Corfu in the early 1980s (Markato - then Koskinas - at Alepou being the origin of the first 'chain'). Roadside greengrocers are also a fairly recent development as by definition they need a car-mobile population. The market is far older. Its location in the fosse of the New Fortress gives us a clue. Look at a map of Corfu Town - the SkyMap is a good one for this as it shows real features not just city blocks. You can trace the line of the old town walls from the east side of the New Fortress to the Corfu Palace Hotel (where the old wall demarcates the rear of the garden). The main gate, the Porta Reale, stood more or less at Marks and Spencer. When, prompted by a Turkish attack in 1537, the Venetians built the walls and started work on the New Fortress, the San Rocco area fell outside the defenses. Many of the townspeople, now with limited space for an increasing population, would now grow reliant more and more on an out-of-town source for their daily food. Country folk, attracted by an urban market for their surplus, would have set up stalls - perhaps just an overturned box, or from their cart if they were lucky enough to have one - outside the gates, sufficiently close so that buyers would not have far to walk, but not so near the gate as to interfere with military and high-level civil comings and goings. Either by casual consensus or by official decree, it wouldn't have been long before the traders started congregating in the fosse, just a few steps from the main gate. Probably some time in the late 16th century, our market was born.

Alekos Armenis is a trader who would have been perfectly at home in the market of 400 years ago, even though his transport is a white van and not a horse and trap or shanks' pony. With the help of his parents, he farms over 20 *stremmata* (5-6 acres) of land in the Ropa Valley, just next door to the organic Theotoky

Farm Estate. In contrast to Kalliopi and Fergal, whose garden we featured last month and who are building up a garden of exotic vegetables and herbs - a 'Harrod's' if you like - Alekos is the 'Woolworth's' of veggie growers, producing the basics that every household needs from day to day, according to the season. In summer, that means tomatoes, cucumbers, courgettes, peppers and aubergines, with a little *vlytra*, parsley and corn-on-the-cob. Not a huge repertoire, a cook more familiar with Waitrose might think; but like the eight basic notes of a musical scale, there are an almost infinite number of ways you can put them together.

The Woolworth's analogy comes to the fore at Alekos' stall at the market. I had chickened out of his middle-of-the-night start and joined him later, at around ten o'clock, when his morning was already more than half over. Alekos piles 'em high and sells 'em cheap. Indeed, in this mid-summer period when the maincrop veggies are in their most productive phase, he seems to be a personal one-euro shop. 'I can afford to sell at these prices,' he told me, 'because I don't buy anything in. And I can afford to give shoppers a little extra, so if they buy a kilo of courgettes, I'll always throw an extra one in for good measure.' (Indeed, that may be the origin of the phrase!) >14



Everything for a euro - including giant tomatoes

The Corfu Trail

For information, call 6934 396335

The *Companion Guide to the Corfu Trail* is now available as a pdf download from www.corfutrailguide.com

Regular Saturday walks begin again on the last weekend of September

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FEATURE

13> At this time of year, Alekos' day starts around 4am, when he gets up to pick the courgettes, using a torch strapped to his forehead. Unlike the other vegetables, they must be picked fresh, while the flower is still on (shoppers - that's how you know a courgette is fresh - if it's got a yellow flower, it's today's).

Around 5am, he's usually joined by his Birmingham-born wife, Sarah, who helps with the courgettes, and who then drives him to the market. Alekos doesn't have a driving license yet, never got round to it, but that's scheduled for next year. They unload the crates, and Alekos gets down to the business of selling. He has his regulars, but few people pass without buying a bag of this or that.

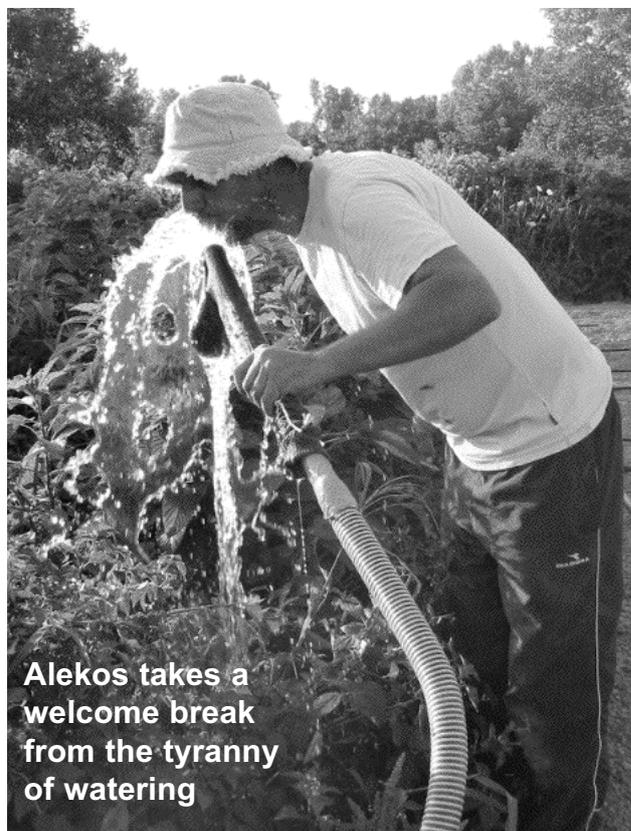
When you see the vegetables (actually, they are fruit, strictly speaking), you realise that these are REAL veggies, of the sort that would drive control-freak regimes like the EU demented. The EU has been trying to legislate against this sort of produce for years, but has just relaxed the regulations (see ear to the ground, page 4). Alekos' often-bendy cucumbers have smooth dark-green skin and a firm texture. I used them for Rick Stein's Tzatziki (see article on page 16), and they were certainly part of the reason why the dish was in demand with my villa guests. His tomatoes are the ones I remember from the old days - giant and knobbly, firm and juicy, and completely non-uniform. This particular variety, entirely a Corfiot one, is in all likelihood many hundreds of years old. Alekos' family have been growing it for three generations, with seeds collected in autumn and stored for replanting the next year. How Monsanto, with its seeds GM'ed to be sterile, would hate that! The peppers look as if someone's crumpled them up; these are not the glossy, symmetrical and taste-free peppers of the brightly-lit and slightly-refrigerated supermarket shelves. Not for stuffing, but they make a great pepperonata, also given a thumbs-up by my villa guests. His giant courgettes (if you miss a baby courgette one morning - easy in the dark - by next day it's doubled in size) are hugely popular with local housewives for *kolokythopitta* - courgette pie.

Regulations oblige traders to exhibit the source of their produce along with the per-kilo price. In the market, most produce is labelled as 'ΝΤΟΠΙΟ' (dopio: local), though some stuff may come from the mainland. Alekos' stand, however, gives a more specific source - ΓΙΑΝΝΑΔΩΝ: Giannades - locating the produce at the very field where it is grown.

I went down to the land in the evening, where Alekos' day continues unabated. He leaves the market at midday, having sold the great majority of the vegetables in the 30 or so crates his van carries. He returns home on the bus, has a quick meal, then goes to see to the day's harvest, watering everything, picking what's ready and loading the van. The fields are five minutes from home, and are exceptionally neat and tidy. Alekos is on a Agriculture Ministry programme which supports young farmers, and his fields should be used as a model for others to copy. Piping for automatic watering runs from a well with potable water throughout the plots, drip-feeding the thirsty vegetables. However, Alekos doesn't sit back. As the water flows, he checks on his babies, making sure each is getting its feed, and pulling out encroaching weeds at the same time. Although the business is not run in totally organic mode, he avoids spraying, and uses a minimal quantity of fertiliser.

Growing vegetables takes some planning if the supply is to be sustained. Courgettes fruit for about a month and a half, so plots were in various stages of growth, from the 'primavera' crop which was grown under cover, now fallow, to a tray of composted seedlings just rearing their first-leaf heads and joyfully throwing off their confining husks. Green beans, the most tricky (in my opinion) of the summer veg, need sowing every 15 days to maintain a regular supply. Alekos didn't manage it this year, but when I called in he was hand-watering just-planted-out seedlings - so expect some later. The giant tomatoes are one of three or four varieties he grows. One variety is an experiment: cherry tomatoes, which unfortunately aren't proving a great success with the conservative townee shoppers. I also noticed that the constant watering has bestowed an unsown harvest: purslane or Indian Cress (*andrakla* or *glistrida* in Greek). This is the cholesterol-busting star of the Cretan diet, but no-one knows much about it here. Alekos dismisses it as a weed for which he has 'no demand'. Go along to his stall and create a demand. Maybe he'll be prompted into supplying - which will be another string to his mighty green bow!

You can get mixed boxes of produce direct from the farm - no need to go to the market, though that's an experience that shouldn't be missed at least once. Take along a box or bag and pick your own. The farm is on the Ropa road between the golf course near Vatos and Giannades. From the golf entrance, follow the mainly unmade road just until rough asphalt begins. If you reach the buildings of the Ropa Farm Estate you have gone too far. You will see the greenhouses and neat rows of plants on your right. In winter, Alekos will have lots of spinach, cabbage and leeks, among other seasonal veg.



Alekos takes a welcome break from the tyranny of watering

For Sale - Penthouse Flat on the centre of the Liston

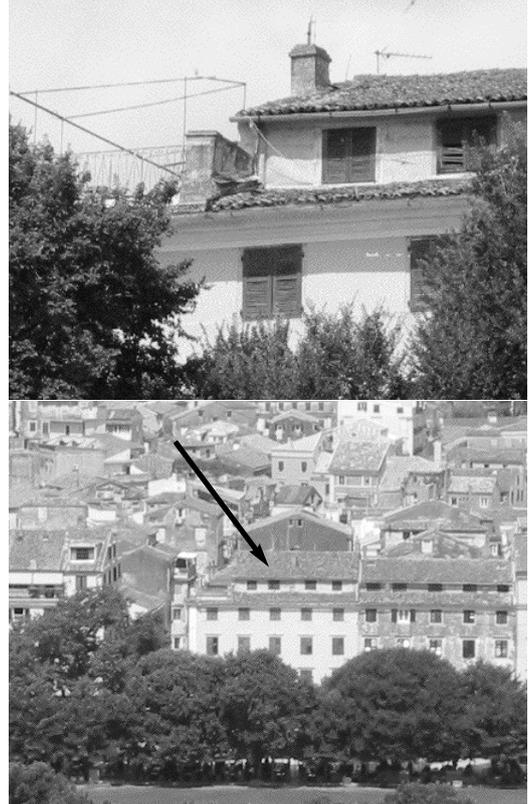
A top floor penthouse directly on the Liston, with a veranda, is for sale! This unique and rare property has dramatic views on three sides, with the sea in sight, and is certainly the most desirable residence in Corfu Town, in one of the most prestigious sites in the Mediterranean.

The Liston was built by the French in the early years of the 19th century, in the style of the Rue de Rivoli in Paris. It is one of Corfu's heritage sites, built by the French, who ruled Corfu at the start of the 19th century. With coffee bars under the arches and beneath trees on the fringe of the cricket pitch, it remains the focus of the town's social life. The Liston fronts the Esplanade Square, the largest public space in the Balkans, and surrounded by some of the most important of the buildings of the town, including the Old Fortress.

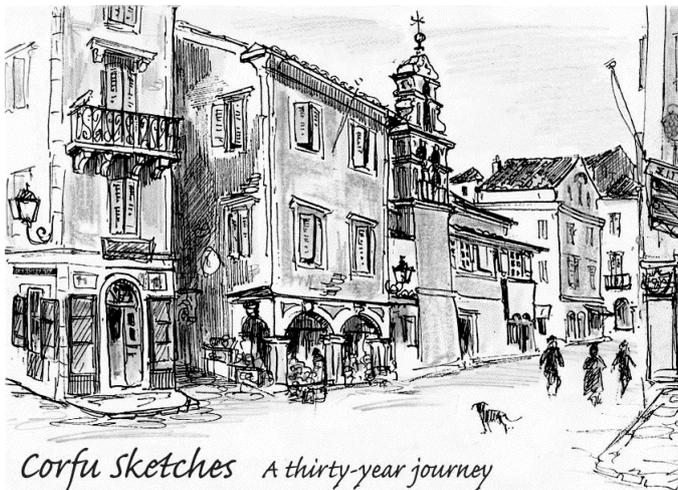
With the benefit of all these factors, plus a very central location, the traditional apartments above the Liston arches are one of the most prestigious residential sites in the Mediterranean, and they come on the market very rarely. This penthouse apartment is **the only one on the entire terrace** with a full-size veranda. From here, a buyer can watch all the great events - like the processions with philharmonic bands and the Midnight Mass at Easter - that normally would have to be experienced amongst the crowds.

The penthouse has 130 sq.m. of floor space, not including the veranda, which is approximately 30 sq.m. The accommodation comprises a hall, a small kitchen, a lounge and four bedrooms. The bathroom is relatively new, but the apartment is rather tired and requires an internal refit. For a video, go to YouTube and search for 'Liston Apartment'. For more photographs, see www.corfurealestate.com

Price: 1,500,000 euro



Walk Corfu Town with John Waller



Corfu sketches A thirty-year journey
Sketches by Theresa Nicholas Text by John Waller

A year after publication of 'Corfu Sketches - A thirty-year journey', which married Theresa Nicolas' sketches of Corfu in years gone by with John Waller's commentary, Mr Waller has brought out a set of four of walks around Corfu Town's World Heritage Site. The walks, which were in the book, are in the new format more user-friendly. They are printed on A5 sheets and laminated, and present the text and maps on one side, and (mainly) a selection of Theresa's sketches on the other, with cross references to where you'll encounter the same scenes on the walks.

The set - and the book - is on sale at Tourmuzoglou Bookshop at 47, Nikiforou Theotoki Street in the centre of the Old Town.

- Walk 1:** Along the Tourist Trail
- Walk 2:** To the Jewish Quarter
- Walk 3:** To the Old Port and the Market
- Walk 4:** To Campiello, the Old Town

You'll see Corfu Town with different eyes!

Confessions of a Villa Chef

 Hilary Paipeti

Stepping in as a favour to a friend, I spent the first part of July cooking for a party of Swiss holidaymakers, staying in a villa near Kokkini.

Let's get my confession out of the way first: 'It ain't me that done it, guv, it were Rick Stein' (with a little help from Marcella Hazan).

Having been Rick's 'point of contact' and 'gofer' in Corfu for his latest TV series 'Mediterranean Escapes', I'm a great fan of the guy, and of the cookbook that accompanied the programmes. While I'm not a cook who follows recipes down to the last gram, I've found that you can rely on Rick - and I thought I would test some of his renderings of Greek dishes on my clients.

Two Swiss families with, between them, three early-to-mid teenage boys. Robust food required, and lots of it. I checked in advance with one of the mums, Doris, whether there were any food-hates, and whether Mediterranean grub would be acceptable. No problems, she said. The kids have been brought up to eat their salads and vegetables, and the only no-go was fish - a pity as I would have liked to do gravad lax (raw pickled salmon - my recipe, not Rick's) and marinated anchovies a la Hazan for starters, plus a fish paella as a main. But they that pay the piper...

It turned out that my concerns regarding picky teenage tastes (NO WAY was I going to do hamburgers and fish fingers specially!) were paralleled by the two families' worries about hiring an English cook. You know that old joke: An ideal world is where the lovers are Italian, the cooks are French and the Swiss organise it all, while the nightmare scenario is where the lovers are Swiss, the cooks are English and it's all organised by the Greeks (sic). Before the party set out on their hols, a friend had commented: 'An English cook? You'll get fish and chips every night!' 'No, no!' replied Doris. 'She's going to cook Mediterranean food!' 'English Mediterranean food!' answered the friend. 'YEEUUUCK! Fish and chips with Mediterranean salsa!'

So does our reputation precede us...

Thus it was with some trepidation that Marco, Doris, Freddie, Barbara, Claudio, Pascal and Yanick awaited their first meal. Since they were arriving early evening and wanted a 'light meal', I decided to prepare everything at home, to give them time and space for ablutions, unpacking and familiarisation. As arranged, I arrived at 20.30 with a meal-on-wheels: Tzatziki and Tahini Dips with crudite, Tabbouleh Salad, and Warm Roast Chicken. The Tahini Dip is the easiest starter imaginable - just mix tahini paste with lemon juice to taste and water until it reaches the texture of a light cream. The Tzatziki was Rick's, already tried and tested, and quite the best I've tasted. It also takes only a couple of minutes to put together, the only 'labour' being the grating of the cucumber. I subsequently had to prepare Tzatziki almost every night; the guests fought over the last licking, and I never managed to get any myself, for by the time I sat down it was all gone!

Pascal told his mum, Barbara, that the Tabbouleh (Middle-Eastern burghul and parsley salad) was 'better than hers'.

However, I didn't follow Rick's instructions not to soak the cracked wheat - I gave it about ten minutes, plus an hour mixed with the diced tomatoes and lemon juice that are also essential ingredients.

While the guests tucked in, I de-boned the chicken, just-roasted at home and still hot, and dressed it with a sauce derived from one of Rick's dishes.

If I had been aware of their advance fears, I might have interpreted the expression on their faces at the end of the meal as relief. Which it was.

We quickly slipped into a routine: Breakfast about 9.30 every day, then one night eating in and the alternate night out, accompanied by me as no-drink driver. With only about five or six hours sleep a night, I wasn't going to give up my siesta, so I did most of the preparation in the mornings. Corfiot and Greek casserole dishes are good tempered, since they are the product of minimal cooking facilities and are used to hanging around, so it was fine to leave them all afternoon and prepare only starters, vegetables and salads at the last minute. Evening by evening, I served Sofrito with buttered mashed potatoes (Claudio loves mash), Pastitsada with rigatoni, stuffed tomatoes and peppers, roast pork belly roll stuffed with garlic and served with Briam, Pastitsio, Gemista and Lamb Kleftiko. The Sofrito and Pastitsada were my own, but Rick helped out with the others.

I'd never made Pastitsio (macaroni pie with meat sauce and bechamel) before; it can be both stodgy and bland depending on the skills - or otherwise - of the cook. Trust in Rick!

Our favourite celeb chef doesn't stint on flavourings (we had discussed this on his visit, and had agreed that food in the UK is under-seasoned), so cinnamon, cloves AND bay leaves went into the meat sauce. But hang on! THREE whole tablespoons of oregano (great on grills, but can be bitter)? But didn't I say I could trust Rick? So three went in, and he was absolutely right; the sauce needs to be highly flavoured to balance the relative blandness of the pasta and bechamel.

Oregano was another key ingredient in the Lamb Kleftiko -

Man with Van
Removals
Rubbish
Removed



Neil

26630 92226

6977 161036

FOOD FEATURE

again three tablespoons, including some freshly gathered from a friend's garden. The dish needed three hours in the oven, both too long a time to complete in the morning or in the evening, without intruding on my siesta. So I gave it an hour and a half beforehand, left it in the oven all afternoon, then gave it another hour's blast before serving. I also didn't peel the potatoes as per instructions, as they were newly dug and beautiful. The result? Lamb that was melting from the bone, soaked in a meld of garlic, lemon, bay and oregano. Truly divine!

Rick's Gemista recipe uses only tomatoes and contains no meat, but since I like peppers too, and my guests needed a substantial main course, I adapted Rick's recipe. Accordingly, half a kilo of mince went in, as well as two packets of Italian dried mushrooms, which while they weren't obvious in the finished dish, certainly contributed a depth of flavour to the sauce. I also interspersed the vegetables with potatoes, cut in lengthwise quarters. I hate waste, and I reheated the few remaining vegetables and served them as a starter for the next meal.

My guests' holiday luckily coincided with the mid-summer fig ripening (main-crop comes at summer's end), so every morning I scrumpled the fruit from local trees (before anyone gets het up and sends me an irate letter, they would have fallen and rotted if I hadn't picked them). The figs formed the centrepiece for breakfast, along with watermelon, apricots, peaches or cherries (these from the supermarket), and cheese, cold cuts and fresh-baked bread. Twice I mixed leftover mash with an egg, some flour, cheese and parsley to make little potato cakes, frying them in oil until golden. But that's all the frying I did at breakfast - I don't do full English, and thankfully my Swiss guests didn't want it.

So two weeks passed with great nosh, everything being accompanied by the exclamation 'delicious!'

Maybe now at least one European family has a different opinion about English cooks!

piquant, a wonderful sweet pork loin, and *Nouboulo*, pork loin soaked in red wine, salt-cured and dried, unique to the island. These I sliced to requirement every morning and also as a pre-starter for several evening meals. Many people are under the impression that these products are expensive, and prefer to buy packeted, ready-sliced ham and salami, mostly sloppily salty and chemically enhanced. But I calculated that by buying whole from the local factory, our cold cuts cost LESS THAN HALF than if I'd bought commercial varieties from the supermarket. And ten times as nice!

CHEESE The same applies. Don't buy big-brand plasticised cheese - it's just that. Most decent-sized supermarkets have excellent cheese counters which sell 'off the wheel' products from all over Greece. Graviera is a medium-hard cheese which can be very sharp (like the one from Crete) or creamy. The Naxos one is very well balanced, and we also tried a creamy version from Paramythias (on the Mainland opposite, so the nearest you'll get to local). Also recommended is Ladotiri from Mytilini. Add some feta and you have a nice selection. As long as they're not too busy, the cheese-servers will be happy to give you a tasting so you can find out what you like.

BUTCHER I bought all the meat from Pavlos Lomis, whose shop near Aqualand was conveniently close to the villa. The meat is from their own farm at Vasilica and is ecologically produced. The lamb in particular was top rate.

THANKS TO: Alex and Sarah for delicious courgettes, aubergines, peppers and cucumbers from their farm. Kalliopi and Fergal for perfect green beans. Phil for oregano and the great Kleftiko potatoes. And the self-styled 'Crazy Swiss' for their appreciation. Not forgetting Rick Stein.

VILLA APHRODITE (with pool and sea view) can be rented through OCAV Property Services in Agios Ioannis. Tel. (0030) 26610 58177.

Rick Stein's Mediterranean Escapes - BBC Books - ISBN 978-0-56349-366-2

SOME TIPS

EQUIPMENT Holiday-rental villas are often not very well equipped. Villa Aphrodite, supposedly set up for eight, only had two small saucepans and no serving dishes, and lacked some basic utensils like a colander and even a wooden spoon. I was lucky that a representative of the local office handling the rental went out and bought everything I asked for.

Nevertheless, much of my own kitchen equipment migrated to the villa during the course of the stay. Particularly, I could not have managed without my beloved Le Creuset casseroles, and the Kleftiko would probably not have been as good cooked in anything else. Still, you sometimes have to improvise - the colander makes a good bread basket!

COLD CUTS Marco and Freddie in particular loved their breakfast ham and salami. I bought the meats whole from the Corfu Pork Products Factory (on the Paleokastritsa road near Casa Lucia) - air-dried salami with a smooth taste and Corfiot smoked salami which was more

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LETTER

LANDFILL DUMPING IS DEADLY

With great compassion I read your article about the waste dump disasters in Lefkimi and Temploni. Let me introduce some input from a neutral waste management specialist with many years in this area, so that readers better understand what is going on.

1. Municipal waste landfills are the solution of the last century. On many occasions throughout Europe it has been discovered - unfortunately too late - how dangerous they are. The two main reasons are:

I. The decomposed waste, with a cocktail of heavy metals and dioxins, is leaching out from the landfill with the ground water, especially during the rainy months (of which we have a lot in Corfu) and, depending upon the geological structure and the watershed level, distributes these toxins to the soil of the surrounding households, gardens, water wells and public areas. Result: contamination of grass, vegetables, potable water; genetic diseases among children. Heavy metals cannot be removed by conventional water filters! Lead, chromium and cadmium are the most toxic, but they are in abundance 'donated' by the rotten municipal waste.

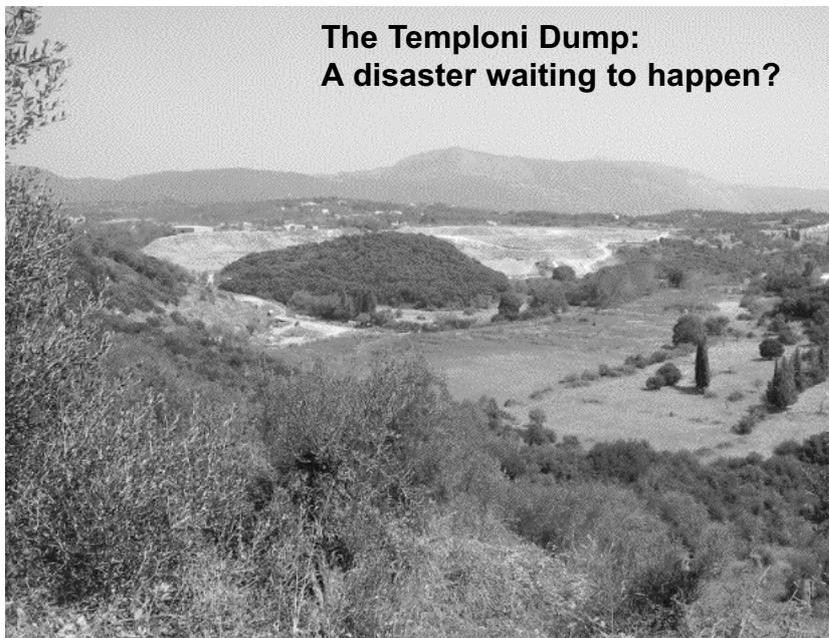
II. While during thermal treatment (gasification and incineration), all organic content of the municipal solid waste (MSW) is mostly converted into CO₂ (a huge argument against thermal decomposition among the landfill lobby!), the same organics in the landfill produce, slowly but surely, another gas - methane CH₄. And methane is 21 (I mean 21, not 2.1) times more effective in the 'creation' of the greenhouse effect. It means that one ton of MSW incinerated creates 21 times LESS damage towards the ozone holes etc. than the same one ton having been landfilled. Is the landfill, after all this, a silent chemical bomb?

2. A powerful landfill lobby surrounds all decision making and financing of European organizations and thus effectively blocks most of the alternative solutions. Why this lobby is so powerful? Because it is well organized. Why it is well organized? Because it has a LOT to lose when the new, 21st century solutions come into play. Why they have a lot to lose? Because the landfilling is the most profitable way of waste management, allowing them to earn a hell of money by doing practically nothing - just collecting the waste and dumping it in places as nearby as possible (to reduce transportation costs). Athens, Napoli, you name it! Human and animal health and endangered environment means nothing when the stakes are so high. All the counter-propaganda against thermal waste treatment is based on the wrong information spread among the affected population and -

let's face it - on the passive attitude of the people themselves, who believe that somewhere in Brussels the High Commissioner knows so much more than poor little us, so the decision taken there is the optimal one. It is deadly wrong! The landfill alternative cannot be accepted in such natural jewels as Corfu. In Japan it was abandoned long ago and substituted by thermal treatment. Does this mean that Japanese now live less than those of us in Greece or in Italy? No!

3. People should have the courage to call for independent expertise - this will cost so much less than building up for the next disaster. And only then will we have a workplan, and a concept for an optimal solution geared to our local conditions.

Prof. M. Boutoussov
Corfu



**The Temploni Dump:
A disaster waiting to happen?**

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Buddha & the Mind

Maureen McNamara

Buddha taught that we need to understand the mind and how it works in order to bring it under control and improve the quality of our lives. He said that all happiness and suffering depend upon the mind, and if we examine this it is obvious. We can, with effort, train our minds to be permanently happy. We need to distinguish virtuous minds from non-virtuous ones so we can cultivate the former and abandon the latter.

Although the world has made a lot of progress - materially - there is no increase in happiness; therefore, we need to realise that solving our problems does not depend on external situations but on our state of mind. We always blame the situation as the problem, but in reality it comes from the side of the mind. We know that if we respond to difficulties with a peaceful, positive mind, they cease to bother us. We all know people who allow every small problem to upset them, yet others will blank it or transform it into something positive. For example, if you lose something, then there's a reason to replace the lost object with a new one.

When we understand the nature of the mind, we know that it does not cease when we die, and that there is a definite basis for reincarnation. Consequently, we shall be concerned for the happiness of our future lives, and not waste our present one.

The nature of the mind is clarity and its function is to perceive objects. It always lacks form but can be related to it and thus to our body, and is located in various parts of our body. We have mental awareness and sense awareness: that is, eye, ear, nose, tongue and body which depend upon the sense powers, located at the physical sense organs and are generated when they come across an object.

Mental awareness is divided into gross, subtle and very subtle. Our waking minds are the gross minds, and the subtle and very subtle minds arise during sleep and death. All minds are located upon inner winds which are located in the body. Thus we know that dull minds and confused minds exist in the crown chakra; love, compassion and hate in the heart chakra; and desire at the navel chakra.

Every thought is generated by the previous one. Without thoughts, our minds would be like a clear, cloudless sky. If we can train our minds to allow only peaceful, happy, virtuous thoughts, we can achieve permanent bliss and freedom from sorrow.

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Left: Potamos Above: Benitses

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Port Police	26610 30481, 26610 32655
Fire Brigade	199, 191
Radio Taxi	26610 33811-2
Animal Welfare (ARK)	26610 32111 26610 43332 26610 34628

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Holland	26610 39900
Germany	26610 31452
France	26610 26312 & 26630 22500
Italy	26610 37351
Denmark	26610 38712
Norway	26610 39667 & 32423
Sweden	26610 31386 & 36241
Switzerland	26610 39485
Eire	26610 32469 & 39910
Finland	26610 93438

CHURCHES

Anglican (Holy Trinity Church): 21
Mavili St. Tel. & Fax: 26610 31467.
email: holytrin@otenet.gr
Website: www.holytrinitycorfu.net
Sundays 10.30 Holy Communion &
Children's Sunday School. 1st, 3rd &
5th Sundays at 7pm: Songs of Praise
Roman Catholic Cathedral of St
James: Town Hall Square. Sunday
Mass at 8.30, 10.00 & 19.00
Evangelical Church of Greece: 3
Iakovou Polila St. Tel.: 26610 37304.
Sunday Morning Service 11.00.
Evening Service 7.30. email: EV-CH-
OF-CO@ker.forthnet.gr

SPORTS

Walking Information	6948 889174
Mountainbike Hire	26610 93344
Golf Course	26610 94220
Dafnila Tennis Club	26610 90570

MEDICAL SERVICES

Corfu General Hospital	26610 88200
Private General Clinic	26610 36044
Ambulance	166

PLACES TO VISIT

Regional National Health Surgeries

Agios Mattheos	26610 75110
Gastouri	26610 56153
Giannades	26610 51210
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Kato Garouna	26610 53000
Strongili	26610 75200
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Need a reliable weather forecast?

A detailed five-day forecast is at:

www.corfunet.com/weather/index.php

IN CORFU TOWN

ARCHAEOLOGICAL MUSEUM Diverse exhibition of Corfu's archaeological heritage, including Gorgon Pediment. 1, Vraila St., near Corfu Palace Hotel. Open 8.30-15.00 except Mondays

BYZANTINE ART MUSEUM Fabulous Byzantine and post-Byzantine icons. Church of Antovouniotissa, just off Arseniou St. Open 8.30-15.00 except Mondays

SOLOMOS MUSEUM A collection of memorabilia of the Greek national Poet. Arseniou St. Open 09.30-13.00 weekdays

MUNICIPAL ART GALLERY Corfu Artists of the 19th & 20th century. Also changing exhibitions of modern art. Palace of Saint Michael and Saint George, East Wing. Open 09.00-21.00

OLD FORTRESS Site of the original town, with battlements and bastions and the best view of Corfu Town. **BYZANTINE ART MUSEUM** and **MUSEUM COPIES SHOP** (closes 14.00). Entrance from the Esplanade Square. Open every day, 08.30-19.00

NEW FORTRESS Built by the Venetians and British, a stunning work of military engineering. **MUSEUM OF CERAMICS**. Entrance from Solomos Street. Open every day, 10.00-19.00

PALACE OF SAINT MICHAEL & SAINT GEORGE Built in 1823 as seat of British government, with impressive official rooms. Contains **MUSEUM OF ASIAN ART**, a world class collection of thousands of art objects from far eastern countries, beautifully displayed and presented in context. Esplanade Square, North End. Open daily 08.30-15.00. Closed Mondays

BRITISH CEMETERY Lovely garden containing graves from the British Protectorate to the present. Interesting plants and trees, and fine cemetery architecture. Entry is free - please leave a generous contribution to its upkeep. Kolokotroni Street. Open all day

VIDOS ISLAND Off Corfu Town, an extensive, traffic-free islet with lots of walks and beaches, plus Serbian Mausoleum and fortresses. Good restaurant. Caique service every half-hour from the Old Port until late
MON REPOS Birthplace of the Duke of Edinburgh. **MUSEUM OF ARCHAEOLOGY, REGENCY DESIGN AND BOTANY**. Extensive park with paths and ancient temples. Grounds open daily 08.00 - 18.00, Museum open 08.30 - 15.00, closed Mondays

PATOUNIS SOAP FACTORY Traditional olive oil soap factory, over 100 years old. 9, Ioanni Theotoki Street, San Rocco Square. Open shop hours. Tel. 26610 39806

IN THE COUNTRY

ACHILLION PALACE Corfu's most famous building displays memorabilia of its previous owners, Empress Sissi of Austria and Kaiser Wilhelm ii of Germany, plus lovely gardens. Gastouri Village. Open daily 08.00 - 19.00

FOLK MUSEUM OF CENTRAL CORFU A village house left intact with its original decorations, furniture and fittings. Sinarades Village. Open every day except Sunday 09.30 - 14.30. Tel. 26610 35673 / 44530

PALEOKASTRITSA MONASTERY A small museum with icons and other relics, as well as some curiosities. Paleokastritsa, end of the road

CORFU SHELL MUSEUM One of Europe's best museums dedicated to the treasures of the sea. Thousands of exhibits, scientifically labelled. Benitres Harbour Square, north end. Open every day 10.00 - 21.00

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CORFU DONKEY RESUCE Charity that takes care of old abandoned and abused donkeys. Phone 6947 375992. Gavrolimni, near Poulades - follow the signs

KASSIOPI CASTLE Ruins of a medieval castle stand on the headland above the harbour of Kassiope. Access is indicated from near the Harbour Square. Currently under reconstruction.

ANGELOKASTRO Dramatic ruins of a Byzantine castle, capping a rocky peak. Currently being reconstructed. Near Krini

GARDIKI FORTRESS Extensive ruins of a Byzantine fort, located near the village of Agios Mattheos in the south. Reach it by taking the road to Lake Korission.

GARDIKI CAVE Occupied by humans around 20,000 BC, near Gardiki Fortress. Reached by a short path from the road between Agios Mattheos and Paramonas.

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HOMOSEXUAL HELP LINE CLUG (Corfu Lesbians and Gays). Information line: 6934 903726 or email us at corfulg@yahoo.gr We support any people in Corfu with Gay / Lesbian / Bi / Trans information

IF YOU ARE CONCERNED ABOUT YOUR DRINKING and would like to talk to someone who understands, or if you are interested in helping to start an AA group here, please call 210 800 1073.

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Search Engine Optimisation (SEO)

Let's start with some statistics: There are 1.3 billion Internet users. Over 85% of these start at a search engine and less than 25% will go beyond the top 10 search engine results. Top 10 results get 80% more traffic than those ranked in the 11-30 spots.

Even the most beautifully-designed site won't do you much good if potential customers can't find it. That's where Search Engine Optimisation (SEO) comes in. SEO helps ensure your site is more visible in the search engines, drive qualified traffic to your website, and convert that traffic into actual customers. In short, SEO increases your website's rankings in the search engines by making the pages within your site more attractive to the search engines. The more attractive your site is to Google, the higher its rankings in the search engine results pages. And the higher your rankings, the more likely users will visit your site. Obviously, a site with a result on Page 1 of Google is going to get more traffic than a site buried on Page 14. If your site is missing from the top search results, then you may not be maximising your ability to generate new business and increase the income from your website.

SEO consists of several key elements that work together to generate increases in a website's rankings, traffic and conversion from visitor to customer: Namely, Keyword Selection, Copywriting, Link Building, HTML Optimisation and Analytics. Let's take a look at each element in more detail.

KEYWORD SELECTION The foundation of any SEO campaign is good keyword research. That's because targeting the right keywords is essential to getting your SEO on the right track. If you sell silver ladies watches, then you're going to want to rank in the search engines for the phrase "silver ladies watches" and other similar phrases. If you target the wrong keywords, then you may not get visitors who want what your site has to offer.

COPYWRITING Getting potential customers to your site is only half the battle; you've still got to convince them to buy. That's where persuasive copywriting comes in. Be sure to tell people why they need your products or services. The search engines like content, so you also need to optimise your copy to include your keywords.

LINK BUILDING Link building is like a big online popularity contest and search engines like popular sites. Your success in the search engines depends, in part, on the amount of relevant incoming links to your site. Of course, having lots of good links also drives more customers to your site. Links can come from various sources, including directories, business partners, organisations, social media sites, etc.

HTML OPTIMISATION HTML is the hidden code behind your website. Title tags, header tags, Alt tags, Meta-descriptions may not mean much to you but they are bread and butter to the search engines who want your site's HTML to be descriptive and clean. Search engines want to know exactly what your page is about; they don't want to sort through a bunch of extraneous code to figure it out. That's why you'll hear SEO professionals talk about the importance of having clean code and how to use CSS (Cascading Style Sheets) to make that happen. Truetype Web Solutions is rightly proud of its HTML coding and all its sites are designed using CSS.

MEASURING SUCCESS No SEO campaign is complete without analytics. After all, if you aren't measuring things like traffic, link popularity, and conversions, then how do you know if your SEO strategies are working? If your current site management company isn't providing you with detailed analytic statistics maybe you should be asking why.

How Do We Put All This Into Practice?

An effective SEO campaign should include each of the five SEO elements listed above. Here at Truetype Web Solutions all our projects give design and SEO equal importance. This means that new sites have an immediate advantage over those of our competitors who do not include ongoing SEO as part of their service.

Truetype Web Solutions' speciality is designing and optimising cheap, but highly efficient and visible websites. Our websites enjoy high rankings on the search engines and we are proud of our close personal relationship with all our clients.

As well as getting new projects online, we also offer a popular SEO service for existing sites. We have been approached by many clients who simply want their existing website to perform better on the search engines. Sometimes this necessitates a complete redesign, but in many cases some basic SEO has resulted in dramatic results in both ranking and traffic.

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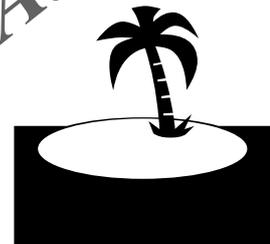
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