

The Corfiot

Corfu's English Language Monthly Magazine

May 2009

2 euro

No. 221

On the Edge

Txiarchis Chapel: A Place off the Map

The Scandal
of Corfu's Roads

The 'Sweet
Poison'
in your food

New Medical
Column
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This Month...

| | |
|---|----|
| The Scandal of Corfu's Roads | 8 |
| <i>Harry Tsoukalas has been investigating what's been going on with promised road improvements, and brings us the results</i> | |
| On the Edge | 12 |
| <i>Hilary Paipeti takes us to another 'place off the map', the Taxiarchis Chapel above Spartillas</i> | |
| The 'Sweet Poison' in your food | 16 |
| <i>Maureen McNamara finds out about the poison in your food which they're not telling you about, and informs us what it's doing to us</i> | |

Regular Features

| | |
|---|----|
| Ear to the Ground - <i>And you thought the roads were bad here...</i> | 4 |
| People in the News - <i>Corfu Panorama!</i> | 5 |
| Notice Board - <i>Post your events</i> | 6 |
| Animal Welfare - <i>Information from CARE and The Ark</i> | 9 |
| Doctor in the House - <i>Metabolic Syndrome</i> | 10 |
| Fun - <i>More Call Centre Chuckles</i> | 15 |
| Food - <i>Early Summer means Courgettes</i> | 18 |
| Thought of the Month | 19 |
| Information & Places to Visit | 20 |
| Classified | 22 |



The Corfiot

The English Language Monthly Magazine
ISSN 1107-3640

Proprietor & Publisher

Pedestrian Publications

Afra, 49100 Corfu
Mobile: 6948 889174
Mobile: 6934 396335
email: corfiotm@otenet.gr
Website: www.thecorfiotmagazine.com

Postal Address P.O. Box 445, Corfu 49100

Editor Hilary Whitton Paipeti
6948 889174 / 6934 396335

Columnists - Contributors

Harry Tsoukalas, Maureen McNamara
Alexandros Tsopelas, Cheryl Graham
Louisa van Vuurde

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Walk Corfu Town with John Waller

A year after publication of 'Corfu Sketches - A thirty-year journey', which married Theresa Nicolas' sketches of Corfu Town 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 walk.

The set, as well as the book, is on sale at Tourmouzoglou Bookshop at 47, Nikiforou Theotoki Street in the centre of the Old Town.

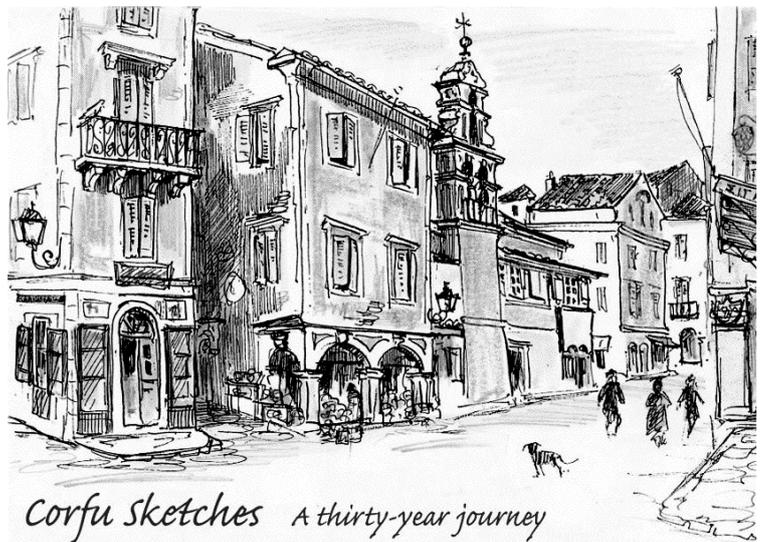
Walk 1: Along the Tourist Trail

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!



Corfu Sketches A thirty-year journey

Sketches by Theresa Nicholas Text by John Waller

ear to the ground

SO YOU THINK THE ROADS ARE BAD ON CORFU...

The Mail recently reported that up to one in seven drivers in Britain suffers harm to their cars from potholes, which are estimated to be causing one million pounds worth of damage to vehicles per day. It is estimated that more than three million potholes have now opened up across the country, creating a backlog that will take more than 11 years to repair at a cost of more than a hundred million pounds.

The jolt to a car when it hits a pothole can require anything from minor repairs to the axle to new shock absorbers or a whole new suspension. Damage can be caused by one big impact when hitting a particularly large hole, but is often the result of driving continually over poor road surfaces (sounds familiar?).

The average repair bill in the UK is £240, though insurance claims can be as high as £2,700. The total bill adds up to £413million a year - or over a million a day, claims a report by an insurance company. Worst hit areas are in Scotland and the North East of England, while in contrast, nine of the ten lowest rates were recorded in the South of England (surprise, surprise). Two thirds of AA members believe the roads are in worse condition than they were ten years ago.

What's the situation on Corfu? In this issue, Harry Tsoukalas reports on the scandal surrounding road 'improvements' on the north side of Town.

To put this article in perspective, local roads are much better than they were prior to 1994, when the European Leaders' Summit brought a huge injection of cash for infrastructure works (though why this was seemingly obtained only because some of our lords and masters were due to visit is another subject for debate). The works included fibre optic telephone lines (which at last made it possible to call Town from Kontokali instead of sending a telex), and construction along the Corfu - Kontokali highway (the duel carriageway came later), where previously driving on a rainy night was a matter of aiming to the right of oncoming headlights and hoping for the best. There's a road now between Arillas and Agios Stefanos (the latter hardly accessible in winter in the early 80s), and a bridge on the road between Sidari and Roda, so you didn't have to drive nearly to Troumpetta to get from one to the other. Reps who covered both resorts soon discovered a rickety bailey bridge just inland of the new bridge to avoid this - but its existence was kept secret from tourists (it's still there, and still scary). Road widening and sweeping by-passes (except at Argyrades) make the journey to the south a snip - in the early 80s, the way consisted of a single-car-width strip of asphalt.

No, it's no longer a matter of what we haven't got, but how what we've got is managed. See what Harry has to say.

THIS MONTH'S GOOD NEWS is that Corfu is one of four European destinations to which easyJet is flying from Manchester earlier than planned. Flights were to begin in August but will now commence three months in advance, on 21 May.

Tickets to the new destinations - Bastia, Corfu, Athens and Dalaman - went on sale from 23 March, retailing from as little as £22.99 one-way, including taxes, fees and surcharges.

EasyJet, based at London Luton Airport, flew more than 44 million passengers to a number of European and north African destinations last year.

TALKING OF 21 MAY, THAT'S THE DAY WHEN THE ISLAND (MOST OF IT) CELEBRATES UNION WITH GREECE, having been a British Protectorate for the previous 50 years. There's a procession in Corfu Town (starting 11 am, Esplanade Square) with brass bands, uniformed schoolchildren and representatives from armed services and local authorities. But no band from either Kinopiastes or Korakiana takes part, since those two villages did not wish to be part of Greece.

In the long tradition of the still-passively-objecting villages, expect to see active but peaceful protests by some citizens who are calling for economic autonomy for Corfu. One group, the Autonomy Party, has just joined forces with Libertas, the Irish movement which was the force behind the 'No to the European Constitution' vote in Eire.

By the way, with the proposed constitution, Brussels is trying to create a new, unelected European President without even giving the people a vote (Gordon Brown was a trial-run, maybe!). Did you also know that the constitution also makes it illegal to criticise the EU? So make the most of reading Harry's article, because free speech is on the way out.

THE AGIOTFEST MUSIC EVENT, announced in the February issue, is gathering momentum and interest. New readers should be aware that the event, which takes place on 12 September, will feature Fairport Convention spinoff group The Dylan Project, whose musicians include artists from Fairport, Jethro Tull and the Steve Gibbons Band. Tickets are on sale, with an 'early bird' discount. Contact the box office at 26610 58177.

Potential sponsors for this major event should contact Phil on 6943 050593. Spaces are available on leaflets which will be distributed throughout the island, and in the UK and Italy. Also on posters which will appear at a number of major pop and rock festivals in the UK, and links with the AgiotFest website can easily be set up.



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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

Tuesdays 10.00 Library & Coffee Morning
Wednesdays 10.00 Coffee & Kids
Wednesdays 12.00-14.30 Lunch Box
Wednesdays 19.00 Scrabble Club (last Wed. in the month)
Thursdays 10.30 Bible Study, the Old Testament (new series)
Fridays 10.30-12.00 Informal Prayer Meeting

Current locum Chaplain is the Revd. Bruce Lyons who, with his wife Eileen, is at Holy Trinity until Greek Easter.

This month's name days

05. Irini
09. Christoforos
10. Simon
11. Methodios
13. Glykeria
20. Lydia
21. Konstantinos, Eleni. Local holiday to celebrate Union of the Ionian Islands with Greece
29. Theodosia
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 food.

THE ARK

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wanted! - Paintings of Corfu Calling all Local Artists!

Corfu Donkey Rescue is holding an auction of Corfu artwork this summer to raise funds for the construction of a new donkey hospital at Doukades.

Where: Hotel Nefeli,
Kommeno
When: Sunday,
2 August

Can you contribute any artwork of the island?

Please contact Katie Flower for more information:
katiejaneflower@googlemail.com
0030 6955 263740

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learn more about the
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Book Sale

Organised by and for the Council of Thinali Parents' Association. Held outside the Dimitra Supermarket in Acharavi 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.

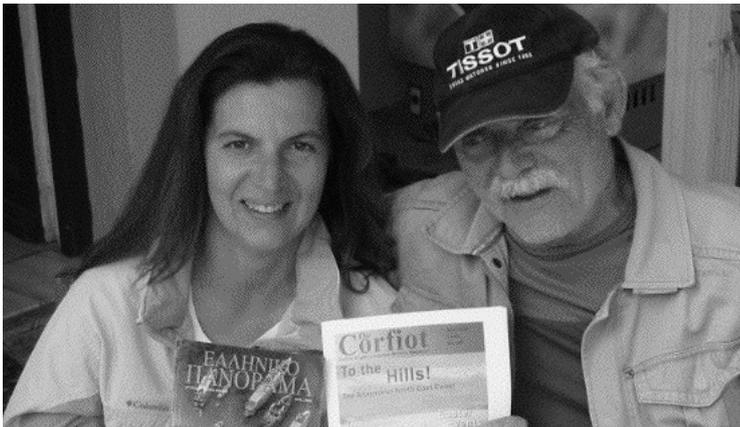
ACHARAVI

Corfu Panorama!

Thessalonika-based journalists Theofilos Basgiourakis and Anna Kalaitzi visited Corfu over the Easter period in order to present aspects of the island in the Greek-language periodical *Elliniko Panorama*. The proprietors of the bi-monthly glossy joined the Saturday Walking Group for a tough descent from the Pantokrator plateau to Spartillas via Taxiarchis Church (see main article), following the route of the Corfu Trail in reverse. They accompanied a group that totalled eleven, with no less than six different nationalities!

Elliniko Panorama is a book-sized magazine which runs to over 200 pages of articles about travel in Greece, and includes many fantastic photographs. 'We travelled a lot,' explained Anna, 'and friends would ask our advice about the places we'd been. So we decided to create a magazine which would give all the answers. We're like a travel agency in book form!'

At the time, Anna was an economics graduate and Theofilos was working as a personnel manager in a large Japanese company, having previously studied law. They have now been publishing the magazine for 13 years. When asked whether they ever had difficulty in finding new subjects to cover, Anna answered with the Greek equivalent of: 'Are you kidding me?' The Corfu article will appear in the May 2009 issue of *Elliniko Panorama*.



Anna and Theofilos hold a back issue of Elliniko Panorama and the April edition of The Corfiot, whilst enjoying a post-walk meal of egg and chips at Stamatis' Taverna in Strinilas.

Back to the Past at Kostas Taverna

Kostas Taverna in Agios Ioannis reopened on Tuesday, 14 April after an internal refit. The event was celebrated with a party in which friends from the village and from many kilometres around came to wish Kostas, Nitsa, Anna and Nikos success. 'Rather disappointingly,' writes Lionel Mann in *The Agiot* (Agios Ioannis' Internet newsletter), 'the renovated Kostas Taverna was not ceremonially reopened by the cutting of a tape with a pair of gold-plated scissors or the smashing of a bottle of champagne against a door jamb. However, the event was a very enjoyable evening, with a packed taverna, late arrivals finding only standing-room, sampling some very appetising nibbles and quaffing a seemingly limitless supply of Kosta's vintage.'



The generous platter of nibbles

The taverna, over 100 years old, has been reantiquated rather than renovated, with old stonework and bricks re-exposed. A lowered beam ceiling and cushions on the original benches gives a cosy atmosphere. Nikos did most of the work himself over the winter.

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NEWS SNIPPETS

A recent event to raise funds for the Tharpaling Buddhist Centre altogether took 170 euros. The event was held at the home of Maureen Mcnamara in Kourmades, where the Centre is temporarily located. The money will go towards finding new premises for the Centre in Corfu Town. On a beautiful day, guests enjoyed coffee and cakes in the garden, and they were able to meet Costas Kapetanopoulos, resident Teacher of the Athens Buddhist Centre, who had come to Corfu specially.

Mr Kapetanopoulos expressed himself very impressed by the island. During his stay, he visited the Museum of Asian Art, and was bowled over by the quality of the display, and especially with the quantity of Buddhist-related statues and images - an amazing phenomenon in a traditionally Orthodox Christian country.

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EasyJet, based at London Luton Airport, flew more than 44 million passengers to a number of European and north African destinations last year.

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* For 2010 normal membership fees of the Club apply.

** All lessons need to be taken within 2009.

- Two separate trials will take place over the death of a Sunderland holidaymaker, which occurred in Sidari in September 2006.
- Antony Arthur, known as Joe, died from a brain haemorrhage after an attack, allegedly by a South African who was working in a bar in the resort. Two medics are also due to face a hearing before the end of the year.
- Joe (34) was attacked while in Sidari with his partner Leigh-Anne, 33, and children Millie and Reece. Doctors stitched up the head wound and said he was well enough to return to his hotel, but his condition worsened and he was rushed to hospital. He died just days later with his relations by his bedside.
- Medics initially said Joe died from a heart attack and Greek investigators refused to treat his death as suspicious.
- A murder inquiry was only launched after pressure from Joe's family, and two further post-mortem examinations ordered by the Sunderland Coroner which confirmed that the victim died from a blow to the head.
- The first trial will be against the South African barman who allegedly punched Joe, for causing lethal corporal damage.
- The second is against two Greek doctors accused of medical negligence in treating the British holidaymaker.
- The first trial, which is expected to take place at the mixed criminal court of Igoumenitsa on Mainland Greece, involves a criminal offence, while the second one with the doctors is a civil case.
- The accused South African has been released on bail, but cannot leave Greece pending the trial.

Man with Van

Removals

Rubbish

Removed



Neil

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The Scandal of Corfu's Roads

📍 Harry Tsoukalas

Planned construction of a road connecting the north of the island with the south, bypassing Corfu Town, has not gone ahead because it has been blocked by local construction companies. The size of the project, and its funding largely by the European Union, meant that the lion's share of construction was to be put out to tender for non-Greek companies, with local ones only able to get contracts for small sections.

A local construction company - which up until now has acquired most of the road contracts - also has interests in the local media, and thus is able to pull political strings to influence situations for its own benefit. Not for the benefit of the people of Corfu.

In the last two issues, we featured the visit to Corfu of a European Union representative, Mrs Hubner, to check on progress of EU-financed works. However, instead of visiting projects with difficulties, she only evaluated two or three - ones which were probably on the right track. Despite desperate cries for help from local people regarding the situation at the Tembloni rubbish dump and regarding the illegal siting of a new dump at Lefkimmi (construction and management of both by the above-mentioned company), she did not look into the progress of any problematical works - like the new hospital at Kontokali, which after 13 years has not yet been completed (there are many examples of bad design and workmanship in the construction, resulting in a massive waste of EU money).

The National Paleokastritsa Highway, an EU-funded project which was initiated at the time of the European Leaders' Summit in 1994, is currently being 'improved' between Solari and Tzavros. The project has a budget of 6.6 million euros, of which 5.3 million has already been paid to the contractor (guess who...). The new asphalt is not even a centimetre thick. Potholes appeared just a week after construction was complete. Large sections have already disintegrated and have been visibly patched. Where has 5.3 million euros gone? Is this value for money?

At Solari, the many shops and banks, with dense private housing behind, mean that pedestrians need to be able to circulate in safety. We looked at the condition of the sidewalk. It has been built only a metre wide, and right in the middle, lamp-posts obstruct pedestrians, preventing safe passage. Parents with pushchairs have to step out into the road to avoid them, mostly having to step out into the traffic beyond double-parked cars to get to the next walkable section. Broken lids on utility access holes constitute another grave danger for pedestrians, especially in the dark. The construction team has found a very effective way of bringing the danger to the attention of walkers - cover them with grocery boxes and tyres. Right at the busiest spot, a traffic island has been wrongly sited and will certainly cause many accidents. In places the sidewalk was constructed at the wrong height and had to be demolished and rebuilt. Paving stones laid just six months ago are crumbling.

Nearby, the road seafront road past the Commercial Centre is also being 'improved'. Again, the asphalt is not even a centimetre thick. How long will it last? Many sections flood when it rains.

Why were they digging drainage holes after the job has been finished?

In Saint George Council, the main road to Arillas, one of the most beautiful and popular tourist resorts on the island, is accessed by a road whose surface is breaking up. At the same time, minor roads which carry hardly any traffic receive funding - but of course, they are only half finished - and consist of small sections of concrete in between cart tracks.

Then there's the road down to the sea at San Stefanos, also in North West Corfu. All last summer, large segments had no proper surface, and tourists had to swerve dangerously to avoid the holes. Finally, in October when all the tourists had gone home, they patched it - but three months later the thin new surface was washed out again. So this season's visitors will face exactly the same hazard.

Fatal accidents are common in this area, like the death of a 17 year old boy from Afionas when the car he was travelling in swerved to avoid a pothole and hit a tree. Roadside shrines provide a reminder of the extent of the indifference and corruption at every level of government, as far up as the European Union - as shown by Mrs Hubner's disinterest in checking on where funding has gone, and how it has been spent. Who's paying? The tax-payer in Northern European countries. If you're here on holiday, that might mean you.

Corfu's road network is the most extensive in the Balkans, and that's because the island's previous rulers, the Venetians and later the British, constructed thousands of kilometres, using only spades and picks; while those responsible today are incapable of making even simple repairs, with all the sophisticated equipment they have at their disposal.

Influence and favours, indifference and corruption. At all levels. The difference between our previous rulers and today's authorities in Brussels is at least the Venetians and the British came up with the goods.

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George Boy - Saved from poisoning

 Cheryl Graham

George Boy is now a year old, a lucky survivor of the terrible poisoning that goes on around the island.

I received a call from an English couple who had found a puppy about five months old lying on the doorstep of the apartment they were renting for a two week holiday in Karousades. I asked them to meet me on the road to the vet's. I wasn't aware that they had no transport; they walked to the local police station in Karousades where a lovely police man helped them out by driving them to the vet's, where the pup was given emergency treatment.

When I took him home he was really ill, so I rushed him to the vet in Corfu Town, where he spent an hour on a drip to save his life. Back home, after three days of chicken and rice and crossed fingers, he pulled through.

As you can see from the photograph, he is now a happy bouncing big boy, and is looking for a kind and loving home. He has had his injections, and a microchip and passport, so he can travel anywhere except for the UK or Sweden. He gets on with all other dogs and is very friendly with people. He loves to run and play and would just like to be loved. If you can give George a loving home, please contact Cheryl on 6972 072155. If you would like to help the stray and injured animals of Corfu, then please visit our website www.carecorfu.com.



.....

Now the warm days have arrived, protect your dog against...

LEISHMANIOSIS, an illness spread by a tiny sandfly, which does its nasty work between sunset and sunrise. The most vulnerable spots are around the nose, the ears and under the feet. Special collars help, and also some drops are available. Quite effective is spraying every second day with antimosquito around the vulnerable spots of your dog. Have your dog tested every autumn for leishmaniosis, and if caught early, successful treatment is possible.

HEARTWORM has unfortunately reached Corfu, a nasty worm spread by any mosquito which is infected. This is not one of the normal worms which dogs should be treated against every five months. It is a larva which enters the bloodstream and develops into big worms, which finally wrap around the heart and cause death. Your dog should be tested first. If negative, various preventive treatments are available, from an injection to pills. If the test is positive, treatment is sometimes still possible, but complicated and costly.

So please take precautions to ensure that your animal gets the best protection possible to survive the warm period, despite attacks of mosquito's, fleas, ticks and sandflies.

Louisa van Vuurde

The Ark www.corfuanimalwelfare.com email info@corfuanimalwelfare.com

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Spring Walks

For information, call 6934 396335

SATURDAY, 9 MAY **Giannades: The Marmaro Hills and the Ropa Plain** (3 hours *** NEW!). Meet at Giannades Square, 10.00 for 10.30 start. Lunch TBA.

We are now offering easy alternative walks for those who cannot manage the full walk. Guiding may be from notes. Please call for information. Walks begin again in September

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INTRODUCTION

Metabolic syndrome is a combination of medical disorders that increase the risk of developing cardiovascular disease and diabetes. It affects one in five people, and prevalence increases with age. Some studies estimate the prevalence in the USA to be up to 25% of the population. Metabolic syndrome is also known as syndrome X; X, insulin resistance syndrome; and Reaven's syndrome. The syndrome was first described by Reaven in 1998.

ETIOLOGY

The exact mechanisms of the complex pathways of metabolic syndrome are not yet completely known. The pathophysiology is extremely complex and has been only partially elucidated. Most patients are older, obese, and have a degree of insulin resistance. The most important factors in order are:

1. weight,
2. lifestyle, i.e., low physical activity and excess caloric intake,
3. aging, and
4. genetics.

DIAGNOSIS

According to the World Health Organization, the diagnosis of the Metabolic syndrome is made if there are exist any three of the following:

Increased waist circumference

(≥ 102 cm in men and ≥ 88 cm in women;),
indicating central obesity

Elevated triglycerides (≥ 1.7 mmol/l or 151mg/dl)

Decreased HDL cholesterol

(Good - (<1.03 mmol/l or 40mg/dl for men,
 <1.29 mmol/l or 50mg/dl for women)

Blood pressure

$> 130/85$ mm Hg or active treatment for hypertension

Fasting plasma glucose level

> 5.6 mmol/l or 101mg/dl
or active treatment for hyperglycaemia

COMPLICATIONS

The metabolic syndrome is associated with:

Cardiovascular disease:

the cardiovascular risk approaches that of full diabetes

Diabetes:

the natural progression of metabolic syndrome is to develop type 2 diabetes

Non-alcoholic fatty liver disease

Polycystic ovary syndrome

Cholesterol gallstones

Obstructive sleep apnoea

MANAGEMENT

1. **LIFESTYLE MODIFICATION** is the cornerstone of treatment for the metabolic syndrome. This includes:

- 30-60 minutes daily of moderate-intensity **aerobic activity**

■ **Weight loss.** Weight reduction is important for those with abdominal obesity. The initial aim is a slow reduction of 7-10% in baseline weight.

■ **Diet composition.** Fresh fruit and vegetables (at least 5 portions per day). Complex rather than simple carbohydrates (starch not sugar), wholegrain or high-fibre carbohydrate. It is also important to increase the consumption of omega-3 polyunsaturated fatty acids compared with a Western diet - these are found in oily fish, marine fish oils, nuts, linseed and greens. There is evidence that the addition of nuts such as almonds and walnuts in the diet is beneficial. Finally, a Mediterranean-style diet encompasses these recommendations and has been found beneficial in the metabolic syndrome.

■ **Smoking cessation**

■ **Moderate alcohol consumption**

2. **DRUG TREATMENT.** There is no specific drug treatment for the metabolic syndrome itself. Some drugs have been suggested as either improving the syndrome or delaying progression to type 2 diabetes. The manifestations and complications of metabolic syndrome should be treated according to established guidelines for the treatment of hyperlipidaemia, heart disease, hypertension and diabetes. This may therefore involve the use of:

■ Low dose aspirin

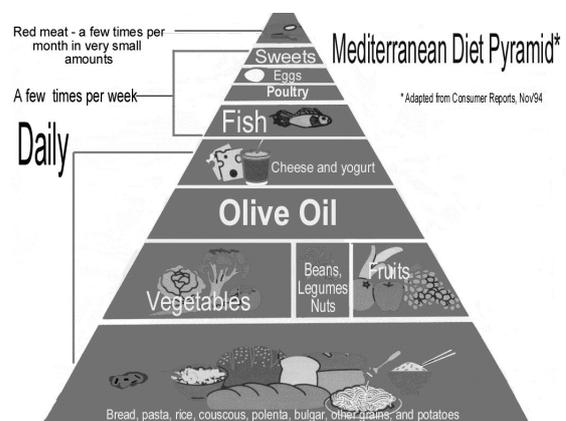
■ Antihypertensives

■ Statins

■ Anti-diabetic drugs

■ Outcome-Follow up

Metabolic syndrome is increasing rapidly. To reduce the risk of its complications and to delay the use of drugs, we need to change our lifestyle, involving exercise, a healthy diet, and cessation of smoking. It is also necessary to visit our doctor and, if we suspect that we suffer from metabolic syndrome, to monitor regularly our blood pressure, cholesterol and blood sugar.



On the Edge: Taxiarchis Chapel, a 'Place off the Map'

 Hilary Paipeti

Looking back the way we'd come, we all agreed that you'd never believe a footpath came down that cliff face. We'd just descended the reverse course of the Corfu Trail from close to the Pantokrator Summit to Spartillas, taking - with a couple of deviations - some three hours. The walk falls roughly into three sections: the Karst Plateau just under the last cone of Pantokrator, a region of sharp limestone rocks surrounding little 'lakes' of green where small family groups of free-range cattle feed; the descent from the Plateau through a cool tunnel of ever-green oaks to the edge of the cliff; and the scarily vertiginous drop down the precipitous gully to Spartillas, far below.

Despite being the old Pilgrim's Way, the route by which the population of Corfu accessed Pantokrator Monastery for its 6 August fiesta, the path is on few maps (with the exception of the 1:50,000 Freytag and Berndt edition which shows the course of the Trail in full). But even off this almost forgotten path, and hidden by a thicket of trees, is a place that's not on any map - the Chapel of Taxiarchis.

The Taxiarchae are the Archangels Michael and Gabriel, to whom the chapel is dedicated. Its name-day falls on 8 November, and it's certain that no-one visits the location to celebrate, even to light a candle. Who's bothered nowadays to climb that path from Spartillas?

When I first visited the chapel many years ago, it served as a place of refuge. Two of us had started out from below in sunny weather, but a storm crept up from behind; we were battered from the south by sleet, which, hitting the cliff, was wind-driven upwards. It was impossible to turn into it and descend, so we continued to climb, and took shelter in the chapel until the storm abated.

From that time, I've watched the chapel fall into ruin. Today, the roof has collapsed, and the mountain's sometimes severe weather is eating into the beautiful ancient frescoes which cover the internal walls. A friend made an attempt to pin down the owner (like many out-of-settlement chapels, it's a private establishment), but learnt that the inheritors were resident in Athens and didn't care. An approach to the Bishopric was met by a shrug, and the comment: 'There are so many of these private chapels, we don't have the resources to fix them.' (Even though the Church is about the richest institution in Greece!)

But surely this is a special case! For one thing, the setting is truly amazing, the chapel being located exactly on the edge of the great wall of the Pantokrator Massif as it drops to the sea. The whole coastline is laid bare below, and on a clear day you think you can see forever.

Dance Workshops with Robyn Roth

16 May - 6 June 2009

Dance teacher Robyn Roth has been a resident of the Black Forest for twelve years. Robyn studied Greek Language and Culture in her native Melbourne, Australia. She has been dancing and collecting native dances of Greece, Minor Asia and the Balkan countries for over 30 years. For the last three years Robyn has been giving Dance Workshops on her favourite island, Corfu, in Greek for locals who also attend some of the seminar sessions, and also in English and German. Robyn constructs her workshops to create a relaxed and fun environment, so that everyone learns to love Greek Dancing as much as she does. Workshops take place from 10.00 am to 1 pm on 3 or 5 days per week. Cost: 3 days €105; 5 days €150; 10 days €250.

Dassia 16 May - 23 May

We will be dancing again this year right next to the beach, under the shade of the olive trees and grapevine covered pergola of the Dassia Beach Hotel.

Afonas 24 May - 30 May and/or 31 May - 6 June

We will be dancing on the edge of this idyllic village, in the North West, on the terrace of the Hotel Porto Timoni (Photo right). The terrace enjoys a heavenly view of the bay of St. George and the open sea far below. Afionas is a magical place for dancing, swimming, hiking or just allowing yourself to be spoiled by our hosts Kostas and Olga Bardis. Olga's cooking is famous all over the region. For hobby photographers there are many fabulous images to be captured. This part of the island is famous not only for the views but for the sunsets.

Inexpensive accommodation is available in both locations, at the Dassia Beach Hotel, Dassia and the Porto Timoni Hotel, Afionas. Guided walks of 4-5 hours can be booked at a cost of €8 per walk.

Contact: Robyn Roth 0049 (0)7633 500415. Email: info@go-greek-dancing.de



DISCOVER CORFU

Historically, the chapel must be significant, even only as way-mark on the pilgrims' route. Before roads were constructed in the mountain zone, pilgrims came on foot from all over the island, through the cool of the night, to take part in the Monastery's great Paneyiri, following the old stone footpath from Pyrgi to Spartillas (now mostly wiped out by the road). The Taxiarchis chapel marked the end of the steepest climb, and from here on the way was easier. They would have rested here, thanking the Archangels with a candle, in a place where only seasoned hikers now go.

But the Pantokrator Monastery is built on the site of an ancient temple dedicated to Zeus, so who knows how long worshippers have been stopping at this strategic spot?

In Greek Orthodoxy, the Archangels are the great heralds of good news. They reveal prophecies, knowledge and understanding of God's will. Archangels strengthen people in the holy faith, enlightening their minds with the light of knowledge of the holy gospel, and revealing the mysteries of devout faith.

The name Taxiarchis is specifically given to Michael or Gabriel. The word literally means 'commander (archis) of a squadron (taxis)'.

'Michael' means 'like unto God' or 'Who is like unto God?' He first appeared in Joshua's account of the Fall of Jericho and subsequently cropped up in numerous Old Testament tales. During the Exodus of the Israelites from Egypt, he went before them in the form of a pillar of cloud by day and a pillar of fire by night. He has been attributed with many miracles, even as late as the 6th century AD. In Greek iconography, he is represented as the Chief Commander of the Heavenly Hosts, holding a sword in

one hand; in the other he often carries either a shield, a date-tree branch, a spear, or a white banner (possibly with a scarlet cross).

The name Gabriel derives from the Hebrew 'Man of God'. Gabriel played a very minor role in the Old Testament, but he plays a very important part in the New Testament, being the angel who announced the conception of John the Baptist and of Christ. He then appeared to the shepherds near Bethlehem, telling them of the Nativity, becoming the key figure in revealing to humanity the Incarnation. Finally, Gabriel was present



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during the Passion and Resurrection, being identified as the mysterious 'young man, wearing nothing but a linen garment... following Jesus', who fled naked after he was seized during Christ's arrest in Gethsemane. Most importantly, it was Gabriel who announced Christ's Resurrection outside the tomb. According to tradition, he will proclaim the Second Coming by blowing a trumpet. Gabriel is usually portrayed wearing blue or white garments; he holds either a lily (representing the Mother of God), a trumpet, a shining lantern, a branch from Paradise presented to him by the Mother of God, or a spear in his right hand, and often a mirror - made of jasper and with a X (the first letter of Christ (Χριστός) in Greek) - in his left hand.

Unlike in the islands of the Cyclades and Dodecanese (where many children are named Taxiarchis), dedications to the Archangels are less common than those (for example) to the Virgin (Mother of God) or Saint George. It may be significant that - apart from a Taxiarchis Church in the Kambiello District - the Archangel chapels are located in high places. There's one on the top of Angelokastro (the 'Castle of the Angels' is actually named for them), and another above Sinarades, set on a ridge near Aerostrato and looking out over the countryside in both directions.

Saint Michael is the 'Angel of Light', the Christian incarnation of the Sun God Apollo. Like Saint George (whose churches are also usually in high places), he is associated with dragon-killing. Apollo and Saint Michael are also united in the remarkable cross-Europe ley line, the Saint Michael - Apollo Axis, which begins at Skellig Michael off the west coast of Ireland, and runs across Europe through many sites dedicated to Saint Michael, including Saint Michael's Mount and Mont San Michel. It is at Corfu that the changeover to Apollo occurs. The line enters the island at Angelokastro, dedicated to Michael and Gabriel, and leaves it after passing through the centre of the Temple of Artemis (significantly, she of the snake hair). It continues through Dodoni, Delphi, the Acropolis, Delos (Apollo's birth-place), the Temple of Apollo on Rhodes, and ends at Mount Carmel in Israel, where Yahweh supplanted Baal.

The geographical line runs straight across Europe, but dowsers have found that the system incorporates two energy lines which weave and cross the main line, forming 'a corridor of Earth energies that wove around the central axis much like the serpents twining around the Caduceus - a perennial symbol of healing and energy operating in equilibrium. These energies, both male and female, were apparently operating in polarity, and were known and understood in the ancient world. They were the vital force within the Earth, the dynamic, living intelligence of Gaia symbolized since the earliest days as the Dragon or Serpent.' ('EARTH MYSTERIES - The Dance of the Dragon' Paul Broadhurst and Hamish Miller)

One of these energy lines has been tracked across the north of the island, hitting the sea near Barbati. Could it be that Taxiarchis Chapel's location on a famed pilgrim route holds clues to an earlier origin? Apart from the main way, we have traced at least two

footpaths connecting the Taxiarchis route with Strinilas and the nearby Church of the Virgin of the Roads - which has two frolicking dragons carved on the door lintel! The traditions of pilgrimage are far, far older than organised religion. According to Broadhurst and Miller, the earth's healing energy lines are the 'paths of the Dragon', which 'speak of this close association between humanity and the great Being that is the Earth. For countless thousands of years people have trod [them], merging their own consciousness with that of their ancestral spirits and the mind of the living Earth itself.' (ibid.) The symbolism speaks.

And when we lose the Chapel of Taxiarchis, we will not only lose a connection with our immediate predecessors who made a Christian pilgrimage on this path, but also to a much more ancient heritage which we can now only discern in echoes.

Several species of wild orchid flourish on the little plateau behind the Chapel, and in its immediate vicinity. Among them are a pale yellow orchid which ONLY grows between Spartillas and Strinilas, and the rare Man Orchid.

At the foot of the tunnel of evergreen oaks, just off the path, a well-preserved threshing floor can be admired.

To reach Taxiarchis Chapel, you can either follow the Corfu Trail from Spartillas (a steep climb of about 45 minutes), or you can descend from the peripheral fire-road (which still needs about 200 metres to reach the Pantokrator road and make a full circle). It starts about half way between Petalia and the Summit and is marked by a 'Mountain Refuge' board with a map. You will have to follow the track about an hour on foot (4-5 kilometres) to reach the crossing Corfu Trail, indicated with yellow paint markings - a robust 4x4 can make it this far, but don't try in a hire car.

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The 'Sweet Poison' in your food

 **Maureen McNamara**

Many people believe that proponents of the dangers of Aspartame are merely subscribing to a conspiracy theory, but the truth is that consuming methanol cannot be a good idea.

Methanol is one of the three constituents of the artificial sweetener that is known under the brand name of NutraSweet. Methanol is the poison that causes skid-row alcoholics to end up blind and even dead. Do you want to feed it to your children? Of course not!

Yet whenever you give your child some sugar-free chewing gum (better for their teeth!), you are giving them methanol. When you buy then a diet fizzy drink (mustn't let them get fat!), you are feeding them methanol. Even when you think something might be actively good for them (like certain non-Greek 'natural' fruit juices), there may well be methanol in it., added to make the mix more 'palatable'.

Methanol breaks down into formic acid and formaldehyde in the body. Formaldehyde is a deadly neurotoxin. An EPA assessment of methanol states that methanol 'is considered a cumulative poison due to the low rate of excretion once it is absorbed. In the body, methanol is oxidized to formaldehyde and formic acid; both of these metabolites are toxic.' They recommend a limit of consumption of 7.8 mg/day. A litre of aspartame-sweetened beverage contains about 56 mg of methanol. Heavy users of aspartame-containing products consume as much as 250 mg of methanol daily, or 32 times the EPA limit.

An enormous population suffers from side effects associated with aspartame, yet have no idea why drugs, supplements and herbs don't relieve their symptoms. Over 90 reactions linked to aspartame consumption include spots, blindness, hearing impairment, seizures, migraines, personality changes, high blood pressure, nausea, weight gain, brain damage and hyperactivity in children. It may trigger several syndromes, among them Alzheimer's and MS. Because it accumulates in the body, consumers who do not experience immediate reactions may suffer long-term effects, even 40 years later.

Aspartame was cleared for use in dry goods in 1981 in the US, despite lab-tests in which animals (monkeys and mice) began experiencing adverse effects, ranging from brain lesions and tumours to seizures and death. Yet it was later approved for use in beverages, and in 1993 for use in cooked goods, even though heating methanol beyond 30o creates free methanol, which is absorbed even more quickly into the body.

Since 1996 its use has been unrestricted.

The unfocused neurological symptoms suffered by many US soldiers on their return from the Gulf War, far from being caused by Saddam's chemical weapons, may have been a result of aspartame poisoning. To combat thirst in the desert heat, the soldiers were given vast quantities of Diet Coke which had been stored in direct sunlight, in temperatures above 30o. The disorders were similar to what has been seen in persons who have been chemically poisoned by formaldehyde.

Aspartame was discovered accidentally in 1965 by a chemist working for the American company Searle. Searle was later taken over by Monsanto, which despite its being increasingly recognised as an underlying cause of chronic ill-health by researchers and physicians, continues to manufacture it. Monsanto is the biotech company which now is promoting genetically manipulated crops - and telling us that they are 'safe'.

When NutraSweet was launched as a sweetener in diet drinks, the American public was subjected to an intense advertising campaign programming them to believe that sugar has lots of calories, calories make us fat; NutraSweet has no calories, therefore it won't make us fat. Aspartame is now in an estimated 7-9,000 common consumer products in at least 100 countries. Is it a coincidence that the same period has seen an epidemic of obesity, a huge increase in out-of control behaviour, and in diseases like diabetes in children and dementia in the elderly?

Aspartame is a hidden ingredient in many medicines and other pharmaceutical products, including children's vitamin supplements (see case study).

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Aspartame case study

On 5 January 1994, three year old Katrina was diagnosed with an ear infection after complaining of pain. The doctor prescribed antibiotics and seemed unconcerned. But it was not just Katrina's ear that her mother, Carmen, was worried about. During the past two and a half months, she had become clumsy, particularly compared to other children her age. Sometimes, she acted blind, literally running into things. Occasionally, she fell. At times, she was hyperactive. Her speech more slurred. She never acted in a reliable manner. Her mother wondered if this was typical three year old behavior. She had also been experiencing diarrhea and cramping. The doctor told her mother to bring her back if she did not improve.

Over the next few days, her condition worsened, with vomiting and lethargy. Four days after the first visit to the doctor, she didn't get out of bed, and at lunch time Carmen found her unconscious and not breathing. The emergency services rushed her to hospital. In the ambulance, she had a seizure and stopped breathing again. Regular seizures continued at the hospital.

Katrina spent eight weeks in hospital, on life support for two weeks and in an induced coma for one week, during which she had an arterial line in her ankle to draw blood hourly to check for blood gases and drug levels. She required a blood transfusion to replace what was being continuously drawn. She had two central lines; one in her neck and one in her groin area. Each central line had two lines leading into it. One for feeding, three for various drugs. Her urine was collected hourly. She was put into isolation as they suspected she was contagious.

Despite a barrage of invasive and painful tests, including a liver biopsy and several spinal taps, the doctors could give no answers, and she was released with no firm diagnosis. She remained on drugs to prevent seizures.

Subsequently, the family moved to Dallas, Texas. A neighbour suggested Katrina's symptoms were reactions to aspartame. She gave Carmen an article published by a consumer group concerned about NutraSweet safety, the Aspartame Consumer Safety Network. For the first time since Katrina's illness, they found some answers that made sense.

But while Katrina occasionally ate products sweetened with aspartame, the quantity was not enough to create such serious symptoms.

Carmen called the NutraSweet Company to ask if they had ever received complaints like hers. They claimed to have no idea what she was talking about. They mailed her brochures advertising all the products NutraSweet is found in, professing complete aspartame safety.

This information told her the answer. She now knew how Katrina had got ill! Katrina's daily children's multiple vitamins contained aspartame. Her mother did not know they contained aspartame, because the chewable vitamins were not labelled 'sugar-free.'

Carmen had bought the popular children's vitamin for Katrina early the previous October, and religiously gave them to her until January 9, the day she collapsed. On October 13, a few days after she started the vitamins, Katrina had been taken to the emergency room with a concussion. She had 'stumbled' and fallen. From that time on, she began developing strange behaviour. She had a hard time standing. She'd stand in one spot with her finger pointed out, turning in circles and mumbling.

Due to the frequent earaches, her mother had started Katrina on a children's pain reliever, unaware IT also contained aspartame. Katrina was consuming aspartame without her mother's knowledge, because of lack of labelling. More vitamins, more aspartame, more earaches, more sugar-free pain relievers.

Home from the hospital, Katrina was on prescribed anticonvulsants. Carmen did not start her back on vitamins until she weaned her completely from the medication. Seizure free for over one year, Carmen started Katrina back on the chewable vitamins. One week later, the same symptoms which marked her previous illness reappeared. Katrina began complaining of stomach pains and diarrhea; she began stumbling and falling down.

About this time, Carmen was first introduced to information concerning aspartame. She began to put two and two together. Was aspartame in Katrina's vitamins? Yes, but why? Katrina didn't need sugar-free vitamins. Carmen took the vitamins away from Katrina, and her returning symptoms disappeared.

During the course of her illness, Katrina had suffered from acute toxicity, lethargy, confusion, impairment of articulation, severe headaches, abdominal pain, vertigo, and temporary visual loss. All symptoms of aspartame toxicity. Katrina also had nausea, unsteady gate, and unusually high liver enzyme levels.

Katrina can never have aspartame again. It is hidden in so many things, her diet has to be watched minutely. She can never risk eating out. Her life will never be normal due to the 'sweet poison'.

WHAT CAN YOU DO?

Cut out all sugar-free products from your diet. Substitute mastic gum for ordinary chewing gum.

LOOK AT THE LABEL. If aspartame, or E951, appears in the ingredients list **DO NOT BUY THE PRODUCT**. Inform the shop management that they are stocking a brain-scrambling poison. Write to the manufacturer telling them that you will not buy their product, and why.

If you think you are suffering from a syndrome caused by aspartame, detox. There are commercial detox products and programmes available (making money for their creators!), but you can benefit from drinking plenty of water and eating lots of raw vegetables, preferably organic. Greens (and the water they're boiled in), brassicas, carrots and citrus are particularly good.

RECIPES

Early Summer means Courgettes!

Courgettes must be the most versatile of all vegetables, and are delicious cooked in any way, even plain boiled. They can be grilled, stewed, fried, baked and stuffed, and generally go well with other summer vegetables.

Early summer is the best time for courgettes, and if you are growing them yourself, you will be anticipating the first of the crop. Courgettes grow well in a sunny and open position, but need heavy daily watering in the height of summer. Pick (or buy) courgettes for boiling when they are still not much bigger than your finger and dark green. It's tempting to wait until they get bigger, but you will find that they can expand hugely overnight, and will be watery (ones you've missed can be used in the Baked Courgette recipe below).

To prepare courgettes for cooking, wash them well (scrub with the reverse side of your dish-wash sponge, well rinsed of detergent, if they feel gritty - it's a good idea to keep a sponge specially). Don't peel them. Trim the two ends.

Courgette Salad

When courgettes are young, there is no tastier way of preparing them just plain boiled as a warm salad.

Simply cook in simmering water until tender when pricked with a fork but still firm. They will be ready in anything from five to fifteen minutes. Drain well and dress with olive oil. Serve while still warm, with salt and lemon juice on the table. Later in the season, you can add green beans, topped and tailed and boiled for about ten minutes.

Courgette and Potato Salad

This comes from the long-closed and still-missed Pelargos Restaurant in Kanoni. The character of the dish comes from the contrast between the boiled vegetables, soft and still warm, the cold tomatoes, the crisp onion and salty feta cheese. With crusty bread, it makes a meal in itself.

4 potatoes, 8 medium courgettes, 4 large ripe but firm tomatoes, 2 medium onions, scant teacup olive oil, 1-2 tablespoons wine vinegar, salt and freshly ground black pepper, 200 gr feta cheese

Scrub the potatoes, place in cold, lightly salted water and bring to the boil. Cook until tender. Peel as soon as they can be handled, cut into chunks and place in a large salad bowl.

Meanwhile, cook the courgettes until just tender. Drain well, cut into chunks and add to the potatoes in the salad bowl.

While the vegetables are cooking, cut the tomatoes into chunks, removing seeds and discarding any liquid that runs out. Peel and slice the onions.

Also while the vegetables are cooking, make the dressing by beating the vinegar and the oil together with the seasonings until it emulsifies.

As soon as the potatoes and courgettes are ready, dress with half the oil and vinegar mix. Immediately add the tomatoes and onions, pour over the rest of the dressing and toss. Crumble the feta cheese on top and serve at once.

Green Beans and Courgettes with Feta Cheese

1/2 wineglass olive oil, 1 medium onion, 2-3 cloves garlic, 500 gr small courgettes, 500 gr green beans, 250 gr tomato passata, salt and freshly ground black pepper, 200 gr feta cheese, 1 small bunch dill

Scrub and trim the courgettes and cut into pieces of about two centimetres. Top and tail the beans and break into two or three sections. Chop the onion and garlic.

Heat the oil in a casserole and sauté the onion and garlic. Add the courgettes, beans and tomato purée and season, using lots of black pepper. Cook gently until the vegetables are tender and the sauce reduced.

Transfer to a shallow oven-proof serving dish. Break up the feta cheese and dot on the top. Put under a preheated hot grill for a few minutes until the feta starts to melt (feta does not brown). Sprinkle with chopped dill and serve immediately.

Baked Courgettes

1 kilo largish courgettes, 100 gr flour, 3 eggs, 100 ml milk, 1/2 wineglass olive oil, bunch of dill or fennel, 1/2 bunch mint, 100 gr grated hard cheese, 1 small onion, salt and pepper

Boil the courgettes until tender. Remove and drain well. When they have cooled, press to squeeze out as much water as you can, at the same time turning them into a rough purée.

Put the flour in a bowl and mix in the courgettes, eggs, milk, salt and pepper, herbs, cheese, oil and grated onion. Knead lightly to mix well.

Oil a baking dish and tip the mixture in, smoothing it out. Sprinkle with extra grated cheese and bake for about 30 minutes in a medium oven until it is set and browned on top.

Courgettes with Garlic and Tomato

450 gr young courgettes, 1 medium onion, 200 ml olive oil, 2 cloves garlic, 2 tablespoons parsley, 150 gr tomato passata, salt, freshly ground black pepper

Clean and slice the courgettes into discs about a centimetre thick.

Thinly slice the onion and put it in a flameproof oven dish. Sauté until pale gold. Add the coarsely chopped garlic and sauté until it colours lightly. Add the chopped parsley, stir a couple of times, then add the tomato. Cook at a steady simmer for 15 minutes.

Preheat the oven to 180°.

Add the courgettes to the sauce, along with salt and pepper to taste. Cook until tender when pricked with a fork, but still firm. Transfer the contents of the casserole to a gratin dish. Place in the uppermost level of the preheated oven and about five minutes, until the liquid the courgettes have thrown off has dried up. Serve immediately in the gratin dish.

Courgettes sautéed with Onions
700 gr courgettes, 45 gr butter, 2 medium onions, salt

Slice the courgettes as thinly and evenly as possible - a food processor is ideal.

Halve the onions and slice very thinly. Put the butter and onion into a broad saute pan and cook, uncovered, until the onion turns a nice golden brown.

Add the sliced courgettes and a pinch of salt. Turn up the heat to high. Stir frequently and do not cover. The courgettes are done when they turn a light brown at the edge - very young ones may only need five minutes. They should be tender but not at all mushy. Serve at once - good with roast chicken or grilled meat.

Courgettes and Rice
with egg and lemon sauce

For two: Olive oil, 1 onion, 8-10 small courgettes, 150 gr Carolina rice, 1 medium potato, salt, freshly ground black pepper, 2 eggs, juice of a medium lemon, a few sprigs of dill (optional)

Heat the olive oil in a heavy casserole and gently saute the finely chopped onion until it goes soft and transparent. Do not allow to colour. Add the courgettes and the rice and stir for a minute to coat with oil, then add boiling water to cover. Add the potato, peeled and diced, season and simmer for 12 - 15 minutes until the rice is cooked, stirring frequently. Test towards the end. If the courgettes are fresh, they will be tender but firm at the same time the rice is ready. You may have to add more boiling water - you are aiming for about a teacupful at the end.

Drain the dish through a sieve into a bowl. The teacupful of liquid will be already quite thick with the starch from the rice and potato. If there's too much, measure out the teacup, and if too little, make it up with just-off-the-boil water. Tip the rice mixture into a serving dish.

While the rice is cooking, beat two eggs in a shallow bowl, and squeeze the lemon into another bowl.

Gently pour the cooking water into the egg, beating all the time. Then pour in the lemon juice, again beating. The mixture should suddenly thicken. Pour the sauce over the rice and serve at once. You can garnish with a little dill.

Warning: If trying this dish with anything but local lemons, the much more acid juice might well curdle the eggs and spoil the dish. Try using bottled lemon juice (but check for aspartame!).

Thought of the Day

Maureen McNamara

'Without inner peace outer peace is impossible.'

A man once found a fish floundering in the road, so he gently carried it home and put it into his own pond.

Some time later, he noticed that there were fewer fish in the pond. Eventually, only the rescued fish remained, and he realized that it had killed and eaten its companions.

This story demonstrates that we must use wisdom with our compassion, and carefully consider whether our actions are for the highest good of all concerned.

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FUN

Laugh of the Month

After last month's true story from the Word Perfect Helpline, we present some more Call Centre chuckles.

Customer: 'I've been ringing 0800 2100 for two days and can't get through to enquiries, can you help?'

Operator: 'Where did you get that number from, sir?'

Customer: 'It was on the door to the Travel Centre.'

Operator: 'Sir, they are our opening hours.'

SAMSUNG ELECTRONICS

Caller: 'Can you give me the telephone number for Jack?'

Operator: 'I'm sorry, sir, I don't understand who you are talking about.'

Caller: 'On page 1, section 5, of the user guide it clearly states that I need to unplug the fax machine from the AC wall socket and telephone Jack before cleaning. Now, can you give me the number for Jack?'

Operator: 'I think you mean the telephone point on the wall.'

RAC MOTORING SERVICES

Caller: 'Does your European Breakdown Policy cover me when I am travelling in Australia?'

Operator: 'Doesn't the product name give you a clue?'

ENQUIRY ABOUT LEGAL REQUIREMENTS WHILE TRAVELLING IN FRANCE

Caller: 'If I register my car in France, do I have to change the steering wheel to the other side of the car?'

DIRECTORY ENQUIRIES

Caller: 'I'd like the number of the Argoed Fish Bar in Cardiff please.'

Operator: 'I'm sorry, there's no listing. Is the spelling correct?'

Caller: 'Well, it used to be called the Bargoed Fish Bar but the 'B' fell off.'

Then there was the caller who asked for a knitwear company in Woven

Operator: 'Woven? Are you sure?'

Caller: 'Yes. That's what it says on the label: Woven in Scotland.'

On another occasion, a man making heavy breathing sounds from a phone box told a worried operator:

'I haven't got a pen, so I'm steaming up the window to write the number on.'

COMPUTER HELPLINES

Tech Support: 'I need you to right-click on the Open Desktop.'

Customer: 'OK.'

Tech Support: 'Did you get a pop-up menu?'

Customer: 'No.'

Tech Support: 'OK. Right-Click again. Do you see a pop-up menu?'

Customer: 'No.'

Tech Support: 'OK, sir. Can you tell me what you have done up until this point?'

Customer: 'Sure. You told me to write 'click' and I wrote 'click'.'

Tech Support: 'OK. In the bottom left hand side of the screen, can you see the 'OK' button displayed?'

Customer: 'Wow. How can you see my screen from there?'

Caller: 'I deleted a file from my PC last week and I have just realised that I need it. If I turn my system clock back two weeks will I have my file back again?'

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INFORMATION

POST OFFICE

Alexandras Avenue.
Open 07.30 - 20.00. Stamps for
Europe 70 lepta

TOURIST POLICE Samartzi 4, San
Rocco Square. Tel. 26610 30265

EMERGENCY TELEPHONES

| | |
|----------------------|---|
| Police | 100 |
| Traffic Police | 26610 39294 |
| Port Police | 26610 30481, 26610 32655 |
| Fire Brigade | 199, 191 |
| Radio Taxi | 26610 33811-2 |
| Animal Welfare (ARK) | 26610 32111 26610 43332 26610 34628 |

CONSULATES

| | |
|---------------|---------------------------|
| Great Britain | 26610 30055 & 23457 |
| 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 |
| Kastellani | 26610 54333 |
| Kato Garouna | 26610 53000 |
| Strongili | 26610 75200 |
| Agros | 26630 71201 |
| Ano Korakiana | 26630 22123 |
| Velonades | 26630 71343 |
| Gimari | 26630 91395 |
| Doukades | 26630 41555 |
| Karoussades | 26630 31377 |
| Kassiopi | 26630 81238 |
| Makrades | 26630 41368 |
| Lefkimmi | 26620 23333 |
| Argyrades | 26620 51421 |
| Perivoli | 26620 22196 |

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

TRIKLINO VINEYARD Agricultural tradition and local products. Video showing olive and wine production. Wine tasting, traditional snacks and music. Walk through vineyards with panoramic views. Karoubatika, on Pelekas Road, 6 km from Town. From 12.00 daily

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.

CLASSIFIED

FOR SALE

LAND FOR SALE Kontokali, near the new hospital. 400 sq.m. in Town Planning, can build 240 sq.m. Flat with good access. 75,000 euro. Tel. 6934 396335

ASHCROFT SPINNING WHEEL In excellent condition complete with combs. Cost 400 pounds new - selling for 150 euros
VINTAGE BLACK CAST IRON HAND PUMP Traditional ornate design no longer in production. Good working order. Stands 4 ft tall. 250 euros

SOLID PINE WOOD CORNER CABINET Hand crafted rustic design. Very attractive. Cost 750 pounds selling for 400 euros

HAND HELD BODY MASSAGER Suitable for many ailments. Cost 300 pounds - selling for 100 euros

SIX EXCLUSIVE COLOUR PRINTS of original paintings of Corfu - not available in shops. 20 euros the set

CENTRAL HEATING BOILER and fittings for minimum 200 sq.m. house - offers above 400 euros

ELECTRIC WATER PUMP Good condition, 30 euros

Please phone 26630 81369 / 26630 98392

SONY 21" COLOUR TELEVISION with remote control

FAN HEATER Oscillating 4-speed hot/cold with thermostat control and 60 minute timer

CONVECTOR HEATER hot/cold with remote control. 1,000watt/1,500watt, 2,500watt

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SOFAS 2-seater and 3-seater with matching cushions. Can be sold separately

SHUTTERS Two double-hinged aluminum (four in all). Complete with all fittings

CRASH HELMET with front shield. Medium size

All above items are in excellent, as new, condition. Offers considered on all items. Contact 6975 833654

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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.

DOES SOMEONE CLOSE TO YOU HAVE A DRINK PROBLEM? To help someone, you need to help yourself first. Al-Anon family groups give courage, comfort and support to the partners, families and friends of alcoholics. The Corfu group meets on Monday at 8.00 pm. Any Greek speaker welcome. Call 26610 38776 or 26610 23871 between 08.00 and 13.00 weekdays

ARE YOU FREE AND ACCEPTED BUT WITHOUT A MOTHER? Then contact WB on 6945 717223

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with 20 years experience, now living in Kassiope, available for care work for young and old in

North/North East Corfu. Please contact Debbie on 6945 669252 or 6948 867162

BABYSITTING Mature Englishwoman offers babysitting services.

Evenings only. Corfu Town and surrounding villages. Susan Skoupoura 26610 48015.

SEMI-RETIRED LADY WANTS WORK Villa maintenance, looking after pets, anything considered within easy reach of Aqualand. Replies to: maria@soundofmusic.plus.com

Small ads (for sale and offers categories) are only accepted if paid for in advance. Copy BY EMAIL ONLY, written direct on the document. No attachments and do not write in capital letters please, except where you would normally use caps. Leave your payment (5 euro up to 50 words) by advance telephone arrangement at Typoekdotiki Printshop near Tsores Toys.

RENTALS

MANDOUKI Shop premises 132 sq.m. Xen. Stratigou 78, Mandouki. For information tel. 6977 076283.

GARDELADES Pretty house near quiet village square. Two bedrooms, large sun terrace. Road access and parking close. 400 euro p.m. Tel. 6945 556821

AGRAFI Delightful village house with fertile garden, wide country view and plenty of space and light. Two bedrooms plus studio annex, spacious living area. Direct road access. 500 euro p.m. Tel. 6945 556821

MAGOULADES Lovely old stone barn completely renovated, in elevated position by village road. Two bedrooms, garage, patio garden, great view. Popular village near beach. 500 euro p.m. Tel. 6945 556821

AGIOS MATTHEOS Renovated house with two bedrooms, large lounge/kitchen, balcony, small covered yard. Parking close. 300 euro p.m. Tel. 6945 556821

GIANNADES Renovated house in sunny edge-of-village setting, with roadside parking, great country views from two balconies, small yard. Two bedrooms, separate lounge and kitchen. 400 euro p.m. Tel. 6945 556821

ANO KORAKIANA Renovated house, 2 bedrooms, plus separate guest studio. Roof terrace with sea view, road access. Tel. 6948 180195

NEAR ACHARAVI Modern self-contained apartment in renovated old stone house. Furnished, fitted kitchen & shower room. 10 mins to Acharavi. 280 euro pm including electricity and water (no bills). Tel. 26630 63989 / 6948 135851

This month we thought we'd let someone else do the talking!

The Mediterranean Garden Society moved its existing web site to Truetype Web Solutions in 2005. As Web Editor I can testify that we have been most satisfied with the service we have been offered regarding both the everyday managing of the site - revisions to existing pages and the creation of new pages - and the more challenging task of modernising and synchronizing the format of the site. The ease of communication with Truetype Web Solutions and their attention to detail made the process as pain-free as possible. We now look forward to expanding and improving the site together.

The Mediterranean Garden Society

Thank you for the great work you did designing my website. The speed and professionalism your company showed was quality and unparalleled in my experience of the industry. You should be proud that I had to send my work to you even though I am in the heart of Silicon Valley here in California. I'm looking forward to working with you again in the future.

Andy Hewitt's Jensens, California

We have been working with Truetype Web Solutions for five years now. We are completely satisfied with the service they provide. They are very quick to make changes and additions to my website, always friendly and most supportive. The quality of their web design is excellent and they offer very good suggestions. They have been most helpful setting up the system for online payments. We thoroughly recommend them.

Chamber Music Holidays and Festivals

Truetype designed our website and have handled it for several years. We are very pleased with the way they always quickly accommodate our (often last minute) updates. They work quickly, efficiently and creatively. It is a pleasure to work with a company who obviously care for the interests of their clients.

The Ark

We have used Truetype Web Solutions for six years now and can only express satisfaction with their service. All our requests and updates are dealt with immediately - usually within 24 hrs - and we have reached the top of the search engines with no extra advertising costs.

The Invisible Kitchen

My compliments on your work. My website is working well and I have a lot more early reservations than last year.

Zambeta Apartments, Arillas

At Truetype Web Solutions our 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.

We offer a free analysis of your website, pointing out any defects and suggesting ways in which it could be improved. For details of this offer, or if you have any queries regarding your site or our services, please don't hesitate to get in touch with us. You can also visit our website where you will find a wealth of information about website design, search engines and the Internet, as well as a portfolio of some of our latest work.

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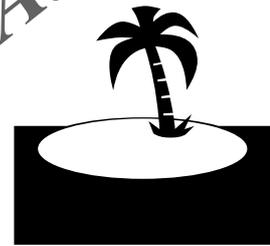
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