

# *The* Corfiot

Corfu's English Language Monthly Magazine

October 2010

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No. 235

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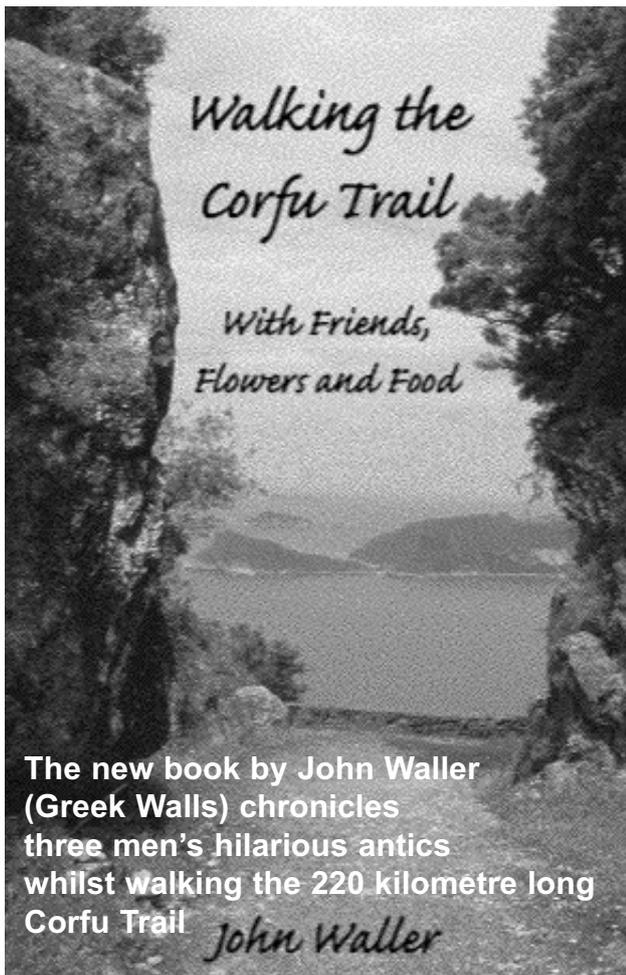
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John Burke, Alex Christou, Lionel Mann

Paul McGovern, Louisa van Vuurde

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# The Complete Book of Corfu Walks

Hilary Whitton Paipeti



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## ear to the ground

OH! THE DELICIOUS IRONY! ON THE COLDEST EARLY SEPTEMBER EVENING I CAN REMEMBER (trouser- and FLEECE-clad, for heaven's sake!), we attended a talk on Big, Bad Global Warming at the Cavalieri Hotel in Corfu Town. The talk was given by climatologist and ozone depletion expert Christos Zerefos, a scientist with a very impressive set of environmental credentials at Greek and international level, including the 1997 Global Ozone Award from the United Nations. According to his website, he has published over 500 peer-reviewed papers and three university text books.

Despite the qualifications, I'm afraid I didn't buy it.

With a career reliant on the 'Climate Change Industry', where funding and publication (i.e. your job) depend on your adherence to the doctrine of Man-Made Global Warming, for such a scientist to question its truth would be akin to an arms manufacturer declaring that war is a Bad Thing.

As regular readers will be aware, I am one of the people whom band-wagon scientists call a 'Climate Change Denier' (thus placing us in the category of deluded Holocaust Deniers), and indeed this was what Dr Zerefos called me when I challenged its validity.

Actually, I answered, I am not denying that the climate is changing. It's CONSTANTLY changing in all sorts of ways, and has been for billions of years. I'm just questioning the extent of man's role in the change, and more specifically the political and social agenda that is driving the fear-mongering. I silently wondered whether this talk, which purported to prove that Western Greece was heating up due to carbon emissions, was aimed at buttering us up for acceptance of the installation of giant windfarms on the island - installations which, if constructed, will cause us environmental and economic catastrophe, as well as damage to our health which will make illnesses provoked by the now-disallowed aerial spraying of the olive trees look like man-flu. See page 10 for more.

It was particularly indicative that all the warmist data we were fed during the talk stopped at the dawn of the millennium. NO data on the vagaries of the climate was given for the past decade. Very conveniently for the agenda-pushers, medium-term climatology goes in ten-year packets. And guess what? They're not telling us yet that the world has COOLED in the last ten years.

COOLED to the extent that the latest meeting of the Bilderberg Group, in June, had Global COOLING on its discussion agenda.

As James Delingpole writes in a Telegraph blog:

'...the global elite is perfectly well aware that global cooling represents a far more serious and imminent threat to the world than global warming, but is so far unwilling to admit it except behind closed doors.' Please take time to read the full article. The URL is at the foot of the page.

Notice how the powers-that-be have gradually watered down the name of the phenomenon: 'Man-Made Global Warming' became plain 'Global Warming' when they had to reassess the human factor. Then when temperatures dipped, it was altered to the woolly 'Climate Change'. Now apparently the new term is the even vaguer 'Climate Disruption', which pretty much covers every weather event - cold, warm, flood, drought, even unseasonal rain in early September - that's going to happen.

To be fair to Dr Zerefos - and to the Cavalieri Hotel, which laid on a good event - the talk contained one revelation for me: the correlation between vivid sunsets depicted in works of art over the centuries (think Turner) and volcanic eruptions (the depicted red skies are due to volcanic dust). But that doesn't prove that any sort of climatic warming or cooling is taking place.

Dr Zerefos concluded his talk with an excerpt from Vivaldi's Four Seasons (he is a gifted musician, as he proved later on the Hotel's piano), with a comment that 'Climate Change' has reduced the four seasons to two - just as the pouring rain and chill outside heralded a proper autumn!

Long-time readers will be aware that I too have mourned the loss of Spring and Autumn, when for several years we experienced the sudden onset of summer and an equally abrupt changeover to winter, without intervening seasons. This was certainly the case in the 1980s and 90s, when burning heat would generally linger into October. However, in more recent Corfiots I have celebrated the reestablishment of Spring. Autumn returned a few years later.

AND WHAT AN AUTUMN WE ARE HAVING! Within a couple of days of the prolonged and relatively gentle rain of early September, the ochre-burnt Ropa Plain displayed a haze of green where grass seeds had germinated. Now, even some shrubs are budding again and throwing out fresh leaves, despite a couple of hotter days mid-month. The Sea Squill, watered also by last winter's heavy rainfall, is having a tremendous year, with its tall white spikes crowding the olive groves and hillsides. Truly a Second Spring, like Autumn used to be.

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# Man with Van

## Removals

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# Threat to Patounis Soap Factory averted

## Local institution lives on

Closure of the world famous Patounis Soap Factory has been blocked, after the co-owner of the town-centre establishment made plans to raze the building and construct an apartment block in its place. The factory has been housed in its current premises since 1891 and was recently designated as an 'Industrial Archaeology Site' by the Greek government.

But fifth-generation proprietor Apostolos Patounis, with the backing of the Town Council, came to an agreement with the co-owner, and now is able to sustain his business, keeping alive the tradition founded by his forebears.

The factory, located on Ioannis Theotoki Street in the corner of San Rocco Square, is Corfu's only remaining producer of traditional olive oil soap, and still manufactures the product using artisan processes. Housed in a vast, barn-like building opening from a small stone-flagged shop-front, the workplace employs the original equipment and tools, or authentic copies of them, to make the pure, additive-free soap. Popular now with a new generation of Corfiots who are echoing their grannies' preferences, the product is also exported all over the world, especially to Japan and Germany. The factory also functions as a tourist attraction, with particularly Japanese visitors coming to the island especially to see it.

Patounis soap comes in four types, each with a specific role: face and body wash, clothes washing etc. It also has antiseptic and healing properties. The soap is available from the factory shop and from selected outlets all over the island.



**Apostolos Patounis**  
with the tools  
of his trade

## Autumn Walks

**SATURDAY, 2 OCTOBER West Coast Loop** (1 1/2 - 2 hours \*\*) Meet at Sinarades Main Square, 10.30 for 11.00 start. Followed by beach/swimming at Agios Gordis. Lunch at Agios Gordis.

**SATURDAY, 9 OCTOBER The Shepherds' Walk** (1 1/2 - 2 hours \* NEW!) Meet at Ropa Valley Bridge (Little Holland), 10.30. Lunch at 19th Hole Bar, Vatos (or swimming/lunch at Ermones)..

**SATURDAY, 16 OCTOBER Lakones Short Circuit** (1 1/2 - 2 hours \*\*) Meet at Lakones coffee bar by the traffic lights, 10.30 for 11.00 start. Lunch at Elizabeth's, Doukades (or swimming/lunch at Liapades).

**SATURDAY, 23 OCTOBER Circuit of Lake Antinioti** (2 hours \*\*) Meet at Saint Spiridon Beachfront, 10.30. Lunch at Harry's Taverna, New Perithia (after possible swimming).

**SATURDAY, 30 OCTOBER Two Picturesque Villages** (2 hours \*\*) Meet at Kouramades Bus Terminal - Kastellani end of the village at Maureen's house, 10.00 for 10.30 start. Lunch TBA.

**SATURDAY, 6 NOVEMBER Circuit of the Theotoky Estate** (2 - 2 1/2 hours \*\*) Meet at Tristrato Coffee Bar, Marmaro junction before Giannades, 10.00 for 10.30 start. Lunch TBA.

### RATINGS

\* Easy. Short walk with flat or almost flat terrain

\*\* Easy. As above but may involve some short inclines

**For information, call 6934 396335**

## Fire forces charter plane's return to Corfu

A Thomas Cook charter plane from Corfu to Gatwick had to make an emergency return to the island's airport after a fire broke out in the galley. The fire was quickly extinguished by cabin crew.

The Boeing 757-200, carrying 207 passengers, made a safe landing at John Kapodistrias Airport an hour after its departure. The plane was able to leave for Gatwick later the same day, reaching its destination 15 hours after schedule. Passengers were accommodated in local hotels during the delay.

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### SUNDAY SERVICES

Sundays 10.30 Holy Communion  
19.00 (1st, 3rd & 5th of month) Songs of Praise

### 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)  
Wednesdays 20.00 Quiz Evening (second Wed. in the month)  
Thursdays 10.00 Bible Study, with John Gulland  
Fridays 10.00-12.00 Informal Prayer Meeting  
Saturdays 10.00 Nearly New Sale (first Sat. in the month)

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

- ~ Make a cash donation
- ~ Sponsor an individual donkey
- ~ Donate equipment
- ~ Volunteer to help with care or DIY

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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

## This month's name days

03. Dionysios 06. Thomas  
07. Sergios 08. Pelagia  
18. Loukas 20. Artemios, Gerasimos  
21. Sokratis, Christodoulos  
23. Iakovos 26. Dimitrios

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 some nibbles.

## Happiness...

### from a Different Source!

Are you forever trying to find contentment from material possessions? Or have you attempted to change your circumstances but find you've brought all your problems with you? Why not try meditation? What have you got to lose?

Classes start from the end of October.

Call 6945 554627 (Greek-language)  
or 6938 644543 (English).

**Advance Notice: Kadam Kostas Kapetanopoulos will visit Tharpaling Meditation Centre on 9 and 10 November. For information, call the above numbers.**

# Serenade - Classical Concert at Agios Ioannis

Ria Georgiadis (Flute)

Dr. Lionel Mann (Organ)

Saturday, 23 October - 20.00

Admission 20 euros, including Indian food and a complimentary drink.

## PROGRAMME

Sonata in C major	Georg Phillip Telemann
Introduction and Allegro	Georg Friedrich Händel
Sonata in G major	Carl Philip Emanuel Bach
Fantasia and Fugue in C minor	Johann Seb. Bach
Andante in C major	Wolfgang Amadeus Mozart

## INTERVAL

Morceau de Concours	Gabriel Fauré
Der Nebel Steigt	Carl Nielsen
Prelude, Fugue and Variation	César Franck
Danse d'un Faun	Lionel Mann
Fantasia in E flat	Camille Saint-Saëns
Fantasia Mélancolique	Matthieu André Reichert

Phone: 2661 058177

e-mail: [macgovern@otenet.gr](mailto:macgovern@otenet.gr)

RIA GEORGIADIS was born in Thessaloniki where she graduated from the New Conservatory with the highest Diploma for Flute with distinction at the age of 18. She then studied at the Anton Bruckner University of Music in Linz and at the Staatliche Hochschule für Musik Freiburg i.Breisgau, studying with N. Gurlinger and Prof. Robert Aitken, gaining Bachelor and Master Degrees with 'Distinction'. She 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 received several scholarships and won prizes in international competitions, among them Gradus ad Parnassum, Hellepo, Yamaha, Lilian Voudouri, Jugend Musiziert, Scholarship of the New Conservatory Thessaloniki.

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 made various first per-

formances of works for flute and recorded for Austrian and Greek Radio.

She is a member of the Trio 'Les Dames Dëshéritées', the contemporary music ensemble eWave, the Harmonices Mundi Ensemble, the Ensemble Sonare and participated in such 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. 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 electro  
twenty-five

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## ANIMAL WELFARE

# Some Happy Endings

📍 Louisa van Vuurde

With the tourist season coming to an end, charter flights will soon cease; and as usual the animals without a home will be in for a hard time. So at the Ark, we are trying to get as many dogs and some cats rehomed as long as the charter flights still run.

I'd like to tell you about mention recent animal rehomingings.

First there was little Nietsa, a tiny puppy found by a doctor in Corfu Town. He handed her over to his animal-lover mother. But she couldn't keep her and asked us for help to foster the little one. Nietsa was very special; although tiny, she was the most open and happy puppy, friends with everyone. We thought we'd easily find a nice family here in Corfu, but we had no success, so she's in Holland now. Little Nietsa was a bit too enthusiastic and fell down the stair, so now she has to be in plaster for a few weeks.

Her playmate Fayoula went to Holland too. She was one of four pups from a Maltese dog owned by someone, and the father was also of a small breed. But nor was this sweet, beautiful pup chosen locally, so she went to a golden basket abroad. We hope the owners will now sterilize the mother, for far to many puppies are born on the island, and while all are lovely and beautiful, each one needs a caring home, not just for a month but with luck for over 15 years.

Out of six pups found by Greek tourists near Benitses, we could rehome only one of them locally, with a young caring couple. Let's hope little Itsas will have a good life.

Another example of a dog not being able to find a suitable home in Corfu was Songhi. This little white poodle-type dog, about two years old and only 25 centimetres tall, was found last September. We had him checked for a chip: nothing. We put up posters with his photo: no reaction. We tried to find a good family for him here: not one. So, running out of options, we put him on the list for rehoming in Holland - and lucky Songhi was chosen by a nice couple who already have a big Berner Sennedog. Songhi is happy in his new surroundings, and Daniellle especially is super-happy having this little doggie. She cried buckets when she got him in her arms, and she's sent lots of photos showing her Songhi in his new home.

As usual September seems to be the month when we receive lots of phone calls from tourists worrying about cats and their health conditions.

This time, five German tourists were having a wonderful sailing holiday, until on the last day before taking the ferry to Italy, they found a tiny kitten. One eye was already missing and the other looked rather horrible. They did everything they could to find a vet without success, then they got in contact with us, having found our number in September's Corfiot article. We took the kitten, and they gave us a donation to cover vet expenses; they were so relieved that the kitten might be saved. Since then, they have phoned me several times, concerned about this little kitten. Is it not amazing that tourists spend their precious time and



Fayoula (left)  
and Nietsa  
Below: Fayoula with  
new boss in Holland



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money to save animals on this island? When AAI [the Dutch animal welfare organisation whom the Ark work with] heard about the kit, they offered help, and will rehome the beastie, even though she's more or less lost her other eye. But little Sola is coping quite well with her situation, purring all day long.

More kittens were taken by Dutch and Belgium couples, and at the end of September hopefully a small mother cat will go to the UK. A visitor on holiday saw, with all her kittens ill, and wanted to save her. To rehome animals in the UK, you have either to leave then for seven months in Corfu before taking the creature there, or take it straight to the UK, and keep it for six months in quarantine kennels. Andrea found a nice kennel close to their home, so she will be able to visit Kato quite often.

Let's end these animal stories with a happy ending for a found dog and a lost dog - the same dog. The person who found the dog was happy that it could be returned, and the owner Tanyia was overwhelmed that her two year old fluffy dog had been found and returned home. She said she will now sterilize the dog, put a collar with her mobile number on it and have it microchipped.

The 4th of October is World Animal Day, so take an extra moment to reflect about all animals and the responsibility humans have towards them. A group of boy scouts will be assisting the Ark by going around Corfu Town with collecting boxes and attempting to raise awareness of our animal friends on this special day.

We always need volunteers for all kind of help, so if you have some spare time and want to help our animals let us know. And if you don't have time you can always help by visiting our charity shops in Town.

Call 26610 32111 (Greek) or 26610 80308, 6979 798202. Email [info@corfuanimalwelfare.com](mailto:info@corfuanimalwelfare.com)

[www.corfuanimalwelfare.com](http://www.corfuanimalwelfare.com)

## THE ARK CONTACT DETAILS

Tel. 26610 32111 (Greek).

English, Dutch, German: 6979 798202

[www.corfuanimalwelfare.com](http://www.corfuanimalwelfare.com)

email [info@corfuanimalwelfare.com](mailto:info@corfuanimalwelfare.com)



**Songhi being met  
at the airport**

## • **Corfu Donkey Rescue** • **in new location**

- The island's donkey charity, Corfu Donkey Rescue (CDR) has moved from Poulades to its new land near Doukades. The new land, where the animals are housed in a spacious semi-rigid 'tent', has been acquired by CDR, so that there is no danger of eviction, nor daily hostility from neighbours as at Poulades.
- Says Judy Quinn, who founded the charity five years ago, called it a 'calming and beautiful setting', and said, 'the whole ambiance of the place is conducive to a happier existence than at our old shelter. There is no mud for a start! Seriously, the new place has a very special feel to it, and I love to be there.'
- Judy, along with friends and volunteers now work hard in what are, at times, incredibly difficult and distressing circumstances, to help these wonderful animals who sadly, often suffer the most appalling neglect. Lack of money and resources compound the problems but despite this Judy has worked relentlessly to gain support, charity status and recognition by the Greek Government and in 2006 received status as a Greek registered charity. Over the last five years CDR has taken in just over 200 donkeys, a mule and several desperately neglected ponies.
- Contrary to local Greek opinion, CDR receives no governmental financial help either locally, nationally or from the EU. The shelter is supported through donations over the internet, but the main income is from visiting tourists in the short summer season.
- Visitors are welcome - call 6947 375992 for directions.
- Volunteer helpers are also urgently required.

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# We pulled it off!

✍️ Paul McGovern

## With Joe Brown at AgiotFest

After months of uncertainty and preparation, Joe Brown and his entourage arrived for AgiotFest10. Separately, Laura Zakian, flew in from the UK. Kuriri came over by ferry from Igoumenitsa, 4 Square flew in from a Prague gig. One Drop Forward slid in almost unnoticed. Jemma Bartlett and newcomers the Shires for their maiden outing also flew in from the UK, and Laura Doss came from Germany.

Local groups Omega 5 and The Good Old Boys and songstress Sonia Grammatikos were our island representatives. All was set.

The Friday could not have got off to a worse start. The state-of-the-art M7 mixing desk brought over with the Joe Brown Group did not like the journey or the Corfu conditions, or maybe it was a duff machine. Anyway, it did not work from the start. So Digital had to give way to Analogue, and Bill Vrionis worked his magic on rearranging the various acts with available channels to produce a Saturday show.

But first Friday had to be sorted. Sound-checks were severely delayed following the M7 glitch and were still going on at opening hours. The crowd started to drift into the New Cactus Hilton; it was pleasing in an odd way to think that the hallowed spot had never before seen such activity.

What a pleasant place it is! Chairs were laid in neat rows, but a grassy olive knoll allowed people to relax with their picnics as an alternative to the good-value simple fayre offered next to Villa Theodora.

Lots of children came in; our no-charge policy helped many parents with their decision as to whether to come or not. A few stalls were in the approach lane, a modest first try to what we hope will become a thriving opportunity.

But after the sound check delays, just when things seemed as if they could get no worse, they did. The village lost one of its three phases of electricity power. Lights along the Agiotfest trail were extinguished, a communal groan escaped the lips of the audience. Power was redirected to the stage area and two hours behind schedule the show started. Luckily, there had been not too many people up to that point, so the steady stream that followed were blissfully unaware of the erstwhile hiccups.

During this mayhem it was the hard luck to be on stage for the Shires, the Good Old Boys and Laura Doss. But they coped very well with this setback. Steve Dell, especially, commended the professional ethic of young girls Alice and Aliyah, who sang on unperturbed as the technology around them sputtered and flickered.

Omega5 can always be relied on to get things going. Again, they did not disappoint. The Fest was off! No Paul Stenton this year, but Adonis showed his skill was no less, if differently-styled. Steve doubled as compere, when not rocking out his songs. He was in for a long two days with a round-trip to Acharavi sandwiched between.

Kuriri from Serbia were unknown to Corfu before this night. They will not be unknown now. It is not without good reason they are so highly-regarded across the Balkans. Their musical

ability and unorthodox presentation were a perfect match. I can give no better tribute to them than that given by our own musical Dr. Mann: 'Kuriri were superb, they really know how to play their instruments.' This rare recognition from a musician who recognizes little post-1890 is worth a mention.

The night ended with a group much better known in these parts: One Drop Forward. They delivered as they always do, a brilliant presentation of reggae with people dancing and swaying to their rhythms on the improvised 'dance floor' before the stage.

Thus ended the Friday night, saved from possible disaster by some quite wonderful sounds.

Frightened into super-action by the power failings of Friday, the Saturday morning saw activity beginning a little past eight in the morning. By nine o'clock Joe Brown was doing his sound-check and the other acts followed, almost by the time-table. Things were looking hopeful. The catering side was also better-shaped and prepared for the evening.

And so it opened, and on this night there were to be no repetitions of the early Friday failings. The show started at 6.45 pm, only fifteen minutes behind schedule. The first act on was Laura Zakian, with her musically talented trio. Her act is not a typical turn for hereabouts and thereby the reaction was uncertain, which is why it had been decided not to have the set too long. Now we wish we had, for she was well-received by the growing audience.

Sonia Grammatikos is a local lady with huge talent, singing soulful ballads with her own guitar accompaniment. She had not



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played on a stage for nine years. We tempted her from retirement and what a gutsy performance she gave us. Short, but sweet.

The Good Old Boys featuring Jemma were back for a second showing; they have a growing fan-base in Corfu. This time they did not have to compete with the technology.

4Square. I don't really know what to say. I will leave it to better music critics than I to write here and elsewhere on later dates. Suffice it to say they probably even outshone the illustrious top-of-the-bill, in terms of audience appreciation. Four very likeable young people from Rochdale. Gracie would be 'prideful'.

John Taylor, manager for Joe and his band was impressed, and that in itself is impressive. Towards the end of their act Ocaj had arranged for a glittering firework display over their stage, maybe a tad loud... sorry, 4S.

Then came Joe Brown. I had to sit down to this one. I could hardly believe this was happening at last. Joe Brown in Agios Ioannis! On stage!! And delivering brilliantly, superbly backed by his son Pete and the rest of the band. What an exponent of so many instruments, a true musician's musician!!! It was all worth the months of finger-biting. Thank you Joe for an unforgettable debut at the New Cactus Hilton.

When the show ended the Minstrel was grandly entertained on the terrace of Henk's apartments by Kuriri and their friends, as was Brenda of ice-cream fame. I felt humble in their humble presence. They were such a refreshing reminder of long-gone days of courtesy and manners, often lost in the West of today.

#### AND NOW TO THE THANKS:

- Firstly, all the musicians themselves, without whom this page would not exist.
- John Taylor for his industry and professionalism.
- The technicians: Bill Vrionis is a genius, in my opinion. He and his team saved and made the event.
- All who worked on the catering side, including Mike Mahon, Rich and Karen Quilter, Sophia, Mirna and her sister, Anna the cleaner. Paul and Luke, Neil, Ronah and Paul for his haulage work.
- Brenda and Jimmy and Stormin' Norman for the chairs.
- Steve for his great compere work, ably interpreted by Kristina from Energy Radio.
- The Security provided by Ioannis Fagogenis.
- Doug on tickets with Jan, Helgy too.
- Agron, Jimmy and Eli, great workers... often going unnoticed in the throng, but responsible for the hard work which any enterprise such as this needs.
- Unflappable Mitsos the electrician.
- Peter McGovern, for his vizma and energy. Belatedly, Kostas his brother, who worked the Saturday so well.
- Paul and Sally, support and kindness as residents in the N.C.H.
- Our distributors, supporters and advisors; Richard Wilson from Arcadia, Paul and Jan Scotter, Chas Clifton, Emma Wood, Diane Kondou, Janet from James Villas, Vickie Moss, Micky Clark, The Navigators, Boatman's World, Alex from Re-Max.
- Jon from TrueType Web Solutions, always on-the-ball with our website.
- Prokopis for his haulage.
- Natasha from Novatech.
- Spyros Hytiris, a constant source of friendship and encour-

agement and Hermes of our dream presented to the Greek nation.

- Hilary Paipeti for her love of Agiotfest and editorial contributions.
- Andy D'Cruz - what a star!
- Jackie Dickinson, lifelong friend and schmoozer par excellence.
- Maureen and Kim.
- The Donkey Sanctuary and the Ark.

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#### THANKS ALSO TO:

- Corfu Airport and the Port Authority, Gouvia Marina for allowing our posters.
- Kerry the cameraman and John and Dimos from Corfu Press, adding professionalism and exposure to our 'baby'
- All our many well-wishers, including the ones who could not make this year. All the fans who did make it, especially from abroad.
- Our village. Not a single complaint. When you imagine how the status quo is bombed for our weekend, that in itself is testimony to the tolerance and hospitality of all here. Giorgos and Varna Halikia and their families, who could not attend, as they had 09, for the sadness and respect they have for the recent passing of their dear Vallya. Her spirit, I am sure, haunts the New Cactus Hilton, where she tended her flock for decades. I know for sure that she was smiling on us.

If, in my haste to meet this deadline, I have missed anybody out, please forgive me.

#### FOUR THANKS ABOVE ALL OTHERS:

- Jan and Ken Harrop who brilliantly handled the North at their own expense.
- A special mention for Jan, who has put up with my crazy brain during months of planning.
- Lucy Steele. I can only describe Lucy's contribution and work-ethic as an example to all. Thank you Lucy.
- To my dear wife Lula, who suffers my insanity for trying to bring this dream into a reality for our local community and island.
- To all of you... thank you!!!

It would be remiss not to briefly mention Agiotfest 11, even this early. There is a drive and hope amongst many - I know because I have talked to them - for the show to go on. Well, without too much modesty I think I can safely say that 09 and 10 both delivered, although they differed in many aspects. We will deliver again in 2011, but we need financial encouragement. By that I mean a lot more people buying tickets pre-January, in order for us to gauge the response and solidly book our acts accordingly. We have already got the green light for several artists to appear, but now it is time for the Corfiots to step forward and show us this will not become a 'nearly show'.



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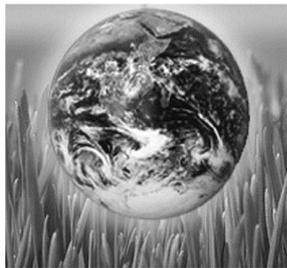
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# ENVIRONMENT

## Huge windfarm in the sea planned off NW Corfu

✍️ Alex Christou

### BRIEF SUMMARY OF EVENTS

It's been more than a year since the summer of 2009, when the plans for the construction of a wind farm in the sea between north-west Corfu and the Diapontian islands (Othoni, Erikousa, Mathraki) started getting widely known.

In the fall of 2009 and with the initiative of some active citizens of the area, the 'Association of Unions and Citizens of Northern Corfu and the Diapontian Islands' was formed. We started researching, and discovered that applications had been filed by 14 companies to the RAE (Regulatory Instance of Energy). We are talking in total of 400 windmills with a height of over 150 meters and a total power of 1200 MW!

Our Association held several general assemblies with an average of 30-40 people and appointed a coordinating committee. This committee gathered articles and information, composed a memorandum of opposition and collected about 5000 signatures against the construction of the windmill park in our area. The memorandum and the signatures were handed over to the local authorities and the Corfiot Members of Parliament, as well as to 44 related agencies and ministries in Athens. Also, after pressure by the Association, official decisions against the windfarm were taken by local municipalities, the Prefecture of Corfu, the Union of Tourist Agents, the Technical Chamber and Chamber of Commerce, fishing unions and many other local organisations.

In December 2009 the draft of law for the 'Speeding up of Renewable Energy Sources to deal with Climate Change' was put online for 'public debate'. In the draft is mentioned that: protection of the climate by promoting energy production by RES (Renewable Energy Sources) constitutes an environmental and energy priority of the highest importance for the country, prevailing decisively in cases where it is weighed against other environmental or social parameters.'

The draft was put to the vote and becomes a law of the State in June 2010 (Law 3851/10). Just one month later, the Ministry of Environment, Energy and Climate Change announced the procedure by which sea wind farms will be planned and placed, as well as maps of the 12 areas preliminary selected for the construction of sea windfarms. Corfu was included in these areas, completely disregarding the opposition of inhabitants and the local authorities and organisations. Of course it's true that the government has taken a little step back and is now talking about two areas between Othoni and Mathraki and Othoni and Erikousa where many fewer wind turbines will be installed. But the planned is labeled Phase 1, meaning that there will also be a phase 2 and maybe a phase 3 and 4 and... At the same time, the wind turbines themselves have grown taller and now we are talking about monsters of 180 meters - equivalent to a 60-storey building!

In the beginning of September 2010, Mr Michalis Dekleris visited Corfu to examine the garbage dump in Lefkimmi and the area of north-west Corfu regarding the sea windfarm.

First of all, let us see who is Michalis Dekleris. Michalis Dekleris is one of the greatest Greek lawmakers of the last century. As funder and head of the 5th Department of the Council of State (the Supreme Administrative Court of Greece) he has produced legislation on environmental topics, sustainable devel-

opment and natural reserves that has been adopted worldwide! He has stopped many colossal projects that did not comply with environmental regulations.

In his interview he talked about the natural reserves of Corfu that are being exhausted in a breathtaking pace. All islands are sensitive ecosystems and their natural reserves should be maintained at 30-50% of their area. Of course, as we all know, the natural reserves of Corfu have been cannibalized for many years and the outlook in the near future is even worse.

Specifically on the issue of the windmill parks (beside the sea windmill park there are also plans for windmill parks on Mount Pantokrator!), he stated that 'windmill parks are a well-designed scam by international loansharks', as the energy produced is not continuous and has large fluctuations, and so requires a complete backup system powered by conventional means. Thus, there is really nothing 'green' about them.

Especially regarding the planned sea windfarm, he stated that the millions of tons of concrete that will be used to support the windmills on the sea bottom will cause the total destruction of the invaluable marine ecosystem of the area. 'The sea windmill park is an environmental crime as the sea bottom is a living organism,' he said.

He also stated that the new law (3851/2010), which puts energy production from RES above all other environmental and social issues, is fundamentally incompatible with the Greek constitution and all related Greek and international laws.

This is where we are today.

### GREEN ENERGY?

Windfarms (on land and in sea) have been used for energy production for more than 10 years in northern Europe (Denmark, UK, Holland, Germany) and experience there can help us reach some conclusions on the 'greenness' of this method of energy production.

First of all, the basic problem is that wind (in contrast, for example, to water) cannot carry much energy. For this reason, while a small size hydroelectric turbine can produce many megawatts of power, to achieve the same result with wind turbines we need many wind turbines of enormous dimensions, which are very expensive and carry with them the well-known problems of optical, sound and electromagnetic pollution.

Secondly, the power produced by windmills is in reality just a small percentage of their nominal power, quite simply because they only function when the wind is blowing at a specific speed (approximately between 4 and 8 Beaufort). From measurements done in the Netherlands and Denmark, the yield of wind turbines at sea barely reaches 30%.

Third and most important is the fact that the power produced by wind turbines fluctuates continuously, in synch with the strength of the wind. This can have a disastrous impact on the electricity network. We will go a little deeper into this one. The basic problem of electric energy is that IT CANNOT BE STORED. There exist no batteries that could even remotely store the amounts of energy we are talking about. As a consequence, to keep the electric network from collapsing, the energy supplied to the network must be at all times equal to the energy consumed. So, when



>13 Finally, the argument that they want to support electric power production to counter the effects of global warming and climate change is also invalid. Only 20% of CO2 emissions come from the production of electric power. The greatest part of emissions comes from the industry and transportation. If we substitute 20% of fossil fuel electric production by wind power (which is, as we have seen, not likely), we will have achieved a 4% reduction in CO2 emissions. A drop on a glowing plate...

In conclusion, the cost of wind energy is much higher than that of all other sources. This is one of the reasons that this type of energy is being challenged more and more in Northern Europe. The real issue is not climate change, nor is it cheap and green energy. The real issue is, as usual, who will profit from the billions of subsidies. Great words about green energy and saving the planet are just a pretext for making more money out of the destruction of the planet. The cost will be, once more, paid by us, only this time it's not just money that is at stake but the very survival of the people and the nature of Corfu.

### CONSEQUENCES

The most important consequences such a sea wind farm would have are:

- Destruction of the marine ecosystem of north-western Corfu and the Diapontian islands, including the rare Poseidonia meadows (seaweed) and all fish, amphibians and marine mammals (sea turtles, dolphins, seals etc) living in the area. Apart from the purely ecological disaster, the fishing sector would also be obliterated.
- Economic destruction of north-western Corfu due to the impact on tourism. According to common sense, but also supported by statements of tour operators and the Union of Travel Agents of Corfu, it is evident that tourists do NOT want to have a view of a wind turbine forest; they want to enjoy our pristine land- and sea-scape. The consequences will not be limited to north-west Corfu but will affect the whole island.
- The transport network of the produced power (for which NO mention whatsoever has been made) requires substations and ultra high tension wires that will run across Corfu. It's well known that those are connected to increased risk of cancer. And we have to keep in mind we are talking about installed power at least ten times that of the current station in Gazatika (Kato Korakiana).
- The sound caused by wind turbines when the blades pass in front of the tower can be compared to that of a helicopter, but much louder. There are studies connecting the sound of wind turbines to psychological problems and depression in humans and disorientation of marine mammals (dolphins, seals, whales).
- The optical pollution caused by windmills should not be underestimated, not only with regard to tourism, but also for us locals who will have to look at them every day.
- Problems in navigation and fishery as the passage of vessels within some distance of the wind turbines is prohibited.

### WHAT TO DO?

It is essential to be informed and inform as many other people as possible about these plans, and the catastrophic consequences they would have. We can use newspapers, blogs, personal discussions and whatever other means available to spread the word. If enough people oppose those plans and if we act united, we have a fair chance of preventing their realization and saving this beautiful island!

For updates by the author, go to [greencorfu.wordpress.com](http://greencorfu.wordpress.com)

## Living it up at Lucciola Hilary Paipeti

From the Bohemian Durrells, to eco food production, to spiritual awareness, Corfu seems to attract those in search of an alternative lifestyle. And as more people pursue the dream, so do they provide additional services for others in tune with them; until perhaps the day will come when alternativism reaches a critical mass, and Corfu becomes synonymous with the new lifestyle.

One of the latest enterprises to join this zeitgeist movement is Lucciola Events Centre and BioCafe. The brainchild (and long-time dream) of Daphne Desylla, the Centre opened in the spring, and is now poised to enter its first winter.

Wrote Daphne at the time of setting up Lucciola: 'We intend to create a 'green' functioning centre which will host events, workshops and seminars of all sorts. Our aim is to promote co-operative, cross-cultural liaison and environmental awareness. We intend to create a centre that focuses on a holistic approach to well-being, knowledge and sustainability. We also aim to reduce our carbon footprint by applying the three R's principle; Re-pair, Re-use, Re-cycle. We particularly aim to integrate with the local community, and one of our interests is to work with local schools. We want to host workshops for schoolchildren, which will promote environmental awareness and sensitivity. This will



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be achieved through activities such as fun recycling art, science projects and nature walks.'

To these ends, the Centre offers a bright and airy 80 square metre room, which can be used for seminars and workshops, either organised in house or from outside bodies; for rehearsals; for exhibitions; for bazaars; and for any sort of party or celebration (with food and entertainment laid on if desired). Already, Lucciola's programme has included African Tribal Dance lessons, aerobics and table-top sales. Conventions focusing on alternative activities (juggling, tattoos and Samba being a few possibilities) are planned. With the indoor space at nearby Casa Lucia now out of use for such events due to family reasons, Lucciola caters for a distinct need.

The Lucciola building at Sgombou (just back from the main road near Casa Lucia) upholds a long history of hospitality. Built in the 1920s for storing hay, in the late 1950s it was converted into an olive press, and then in the early 1960s it was finally became an inn. Lucciola means firefly in Italian. The name was conceived one early evening when Daphne's grandmother was waiting to be picked up and was thinking about how to name the new hotel. Gazing at the glowing field of fireflies, she coined the title, and - despite many changes of hands in the ensuing years - it has stuck.

Daphne and her partner Tom are continuing the tradition, for Lucciola functions not only as an events centre but also as a fine restaurant, which itself maintains their 'green' principles. All the food is 100% organically-sourced; though Daphne wished to serve only local produce, this proved impossible due to production practices on the island. Lovely local olives, though, come from Acharavi, and many of the vegetables from Kalliope and Fergal's organic garden near Danilia - the latter travelling all of five food-miles.

Some foodies may be doubtful about a cuisine which refuses to compromise, and perhaps worry that they will be force fed lentils! But the 'Act Local - Think Global' philosophy does NOT mean compulsory vegetarianism. Rather, it involves natural seasonality, sustainability of resources, low food-miles and ethical treatment of animals. So, though rich with goodies full of vegetables and cheese, the menu has enough meat and fish to satisfy any carnivore.

Food ideas come from Daphne and Tom, in tandem with their Serbian chef. As Tom explained, 'We've based the menu on what food we like eating. We like healthy, mainly vegetarian food, but when we have meat, we want to make sure that the animals have had a good life. 90% of our vegetables are organic ones from the island, because we want to help Corfu's producers.

'Many tavernas here do serve good food,' he added. 'but it tends to be all the same. We want to introduce an element of surprise.'

Surprise indeed caught us, when we went along to eat there. First on the table was a complimentary bowl of olives, sourced from Acharavi and bursting with flavour. Our menu choices started with sublime Guacamole (avocado dip), a pale green froth which melted on the tongue. Main course selection was an aromatic Couscous, studded with steamed courgettes, nuts, seeds and herbs. We accompanied it with a green salad, not just lettuce, but a wonderful melange of different leaves with sliced mushrooms and more seeds and nuts. Lastly, pudding was a yoghurt and lemon whip, reminiscent of the best cheesecake you've ever tasted without the unhealthy biscuit base. The well-balanced red wine was from the renowned Stinis Cava opposite the Catholic Cemetery (take along plastic bottles and fill up from the casks), and water came in pretty pressed-glass carafes. Not only were we thoroughly satisfied, but also were filled with the self-righteous glow of knowing that 14>

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## Ivi Spa

# Return to Albania

✍ John Burke

*'Under the dictatorship of Enver Hoxha, very few foreigners were allowed into Albania, and during the final period of isolation from 1976 to 1990, the grim life even meant shortages of everything from milk to clothes, while the land became an armed camp.'*

So spoke our Albanian guide on the coach from Saranda to Butrint this August, yet I must have been the only person during this day-trip from Corfu to have witnessed what she was referring to. Thirty years ago, I got a worldwide scoop, datelined Tirana, that *The Observer* syndicated to 244 newspapers worldwide, including the *New Zealand Herald* - infuriating the local Marxist-Leninist splinter-group.

I had joined a tour run by a company in Bristol specialising in the more extreme Communist lands, and only the starry-eyed Stalinists were obviously what they seemed. I myself was on a second passport identifying me as a salesman rather than a journalist, as the old blue ones (usefully, I think) required one's profession. The 17 members of our group certainly included a couple of evangelists, doubtless carrying religious tracts, and there was an apparently retired major who corrected our Albturist guide when he belittled the wartime efforts of Special Operations in the Balkans.

The dire state of Albania was obvious as soon as we walked a hundred yards out of Yugoslavia to the border-crossing at Han i Hotit, which was emblazoned with a slogan from Enver Hoxha: **EVEN IF WE ALBANI-ANS HAVE TO GO WITHOUT BREAD, WE DO NOT VIOLATE OUR PRINCIPLES. WE DO NOT BETRAY MARXISM-LENINISM.**

Apart from the scenic grandeur of this mountainous land, the following impressions remain vivid: rough wine; ubiquitous plastic sandals; pill-boxes spread across the landscape like mushrooms, outnumbered only by propaganda on hoardings and buildings; piles of the party's unread newspaper, *Zeri I Popullit*, at kiosks;

coal heaped outside socialized housing, those mean blocks of flats that can still be seen in Saranda amid the rash of multi-storey construction.

During the communist era, the rare motorised traffic consisted of buses, Chinese-built lorries and Polish Fiats with curtains across the rear window to protect party officials. I also remember the dwarfish statues of Lenin and Stalin in Tirana and the latter's works in English in a dimly lit bookshop. Everyone noted the gigantic transmitters of Radio Tirana, whose daily output of 66 hours in 20 languages rivalled the BBC External Services, and we even saw an anti-western spy-thriller at a cinema in Elbasan; it seems that nowadays Albania is reviving a film industry that was always very good despite the ideological constraints. There was also a newsreel featuring Enver Hoxha who, amazingly, eschewed the shapeless military costume of Stalin, Mao and Castro in favour of a stylish, three-piece suit.

Our tour in an old Fiat coach included Durazzo (Durrës), Kruja and Gjirokastra, where the highlight was meant to be seeing the dictator's birthplace, and Scutari (Shkoder) where I climbed to



>13 we'd consumed about a week's worth of energising superfoods in one meal.

Being with a vegetarian and not wanting to offend sensibilities, I didn't order flesh, but another time - and sans vegetarian friend - I will certainly order the Chicken Pie, made from a recipe handed down through generations of the family. This pie's fame has spread worldwide, due to a mention in the classic 1970s travelogue by Ernle Bradford, 'Ulysses Found'. Stopping over at the Gouvia Marina in his search for the island of Alkinoos, Bradford recommends a visit to nearby Lucciola Inn for the Chicken Pie as a must-do.

Not containing seasonal ingredients, this pie is set to be a standard on the menu, but other dishes will change according to what's available. So now as we are heading for autumn, peppers

will make way for pumpkin (curried), and lighter meats for robust dishes like Pork with Plums. And in a true spirit of seasonality, a chalkboard menu will advertise dishes which showcase ingredients sourced that very day.

And music-lovers take note: lots of one-off and regular events are ongoing. Friday or Saturday evenings feature a live band or a jamming session (performers get a free meal!). Thursdays are no-energy evenings when you dine in candlelight, with soft piano music by the fire. A Sunday Brunch Buffet is also accompanied by live music.

Lucciola's clearly an establishment which feels and celebrates the rhythms, in more ways than one.

For more information contact Lucciola on 26610 91022 or 6993 330023. Email: [pickalot@hotmail.co.uk](mailto:pickalot@hotmail.co.uk)

the top floor of the Albturist hotel and photographed from afar the Catholic cathedral that had become a gymnasium. The tour included a visit to the Atheistic Museum nearby, underlining the fact that Albania had become the world's first official no-God republic in 1967. Although over 2,169 places of worship were subsequently closed, Saranda's new mosque can now be seen from the sea, and our Ionian Cruise guide said she had learnt English whilst working for Christian evangelists.

I had already been to Saranda, which I recognised only from the long sweep of its bay. In 1980, there was just one Albturist hotel, overlooking the southern end of the bay, and one could see across to where a patrol-boat kept steam up ready to chase any craft escaping to Corfu. There were sentries on the bare seafront at night.

*There was just one Albturist hotel, overlooking the southern end of the bay, and one could see across to where a patrol-boat kept steam up ready to chase any craft escaping to Corfu. There were sentries on the bare seafront at night.*

Today, the modern resort clearly has more hotels than anywhere else in Albania, and the efforts to promote tourism are impressive, although I have seen plenty of over-development in my career. What will certainly stick in my memory is that the waiters at the Serxho, where we stopped for lunch, wear white shirts with bow ties.

Thirty years ago, I did not visit Butrint. Instead we saw Apollonia, and my photograph of the site is in the Bradt guidebook to post-communist Albania. The interesting thing about the ruins south of Saranda is the Butrint Foundation run by Lord Rothschild and Lord Sainsbury. The guide said to me, 'You were lucky to get into Albania in 1980. Both those peers had local interests but had to be content with residences in Corfu.'

Altogether, this excursion from Corfu must be one of the most interesting around the Mediterranean - by contrast, when I took coach tours to Athens in 1965, the choice was going to Delphi or taking a boat-trip to Aegina and Hydra. The so-called 'Albanian Adventure' by Ionian Cruises combines: sailing through the historic Corfu Straits; a drive through both rugged and fertile countryside; a look at a major archaeological site with Greek, Roman and Byzantine ruins; and some free time in Europe's newest sea-side resort.

Bearing in mind that most of the trippers were from Eastern Europe, my only criticism is that the various guides are unaware of British interest in the region: The cricketer C.B. Fry claimed that he had been offered the Albanian throne at Geneva in 1920. Julian Amery, the Conservative MP, and Anthony Quayle, the actor, worked with the Communist partisans during the Second World War. King Zog and his family spent the first years of their exile at the Ritz Hotel in London, and then outside Ascot. There are war-graves of British sailors in Corfu, because two destroyers of the Royal Navy were sunk by mines in the straits in 1946. Kim Philby, the spy, betrayed agents sent into postwar Albania.

I had always wanted to visit the 'Land of the Eagles' since reading John Buchan's *The Thirty Nine Steps*, in which the hero says, 'It struck me that Albania was the sort of place that might keep a man from yawning.' If that was so in 1915, it was all too obvious in 1980; and it still holds true thirty years on.

## • One-liners

- When I left home, my mum said: 'Don't forget to write.' I thought: 'That's unlikely - it's a basic skill, isn't it?'
- Velcro ... what a ripoff.
- I went to the record shop and I said: 'What have you got by The Doors?' He said: 'A bucket of sand and a fire blanket!'
- So I went down my local ice-cream shop and said: 'I want to buy an ice-cream.' He said: 'Hundreds and thousands?' I said: 'We'll start with the one.'
- You know, somebody actually complimented me on my driving today. They left a little note on the windscreen which said 'parking fine'. So that was nice.
- What do you call a lady with big teeth who sleeps in the afternoon? Siesta Rantzen.
- I was in the Army once and the sergeant said to me: 'What does surrender mean?' I said: 'I give up!'
- I have spent the afternoon re-arranging the furniture in Dracula's house ... I was doing a bit of Fang-Shui.
- When it comes to cosmetic surgery, a lot of people turn their noses up.
- I was taking the motorway out of London. A policeman pulled me over and said: 'Put it back.'
- I've played football on a plane, you know ... there I was, running up the wing!

## 'A Good Conversation'

On a human level, a conversation from the heart with respect to content and awakening. The basic for a good conversation originates from my study psychosynthesis. Psychosynthesis is a modern psychology, designed by the psychiatrist Dr. Roberto Assagioli from Italy (1888-1974). I studied in the Netherlands and was trained by trainers from around Europe.

Content: \* a place for everyone's story  
\* rational and irrational  
\* more deepening in yourself  
\* more real contact

The Heart: \* the place in yourself where you feel welcome  
\* makes listening and looking to reality

Awakening: \* of the subpersonalities in ourselves  
\* our drawback  
\* the Self, center of awareness

Who: Everybody who is willing to self-reflect

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# Cholesterol: it's not your enemy!

In the last couple of years, *The Corfiot* has highlighted a number of changes in the popular conception of food health. Many of the ideas we grew up with - ones which are still being spouted as gospel by the medical and pharmaceutical industry - have been turned on their head. As we have found with other issues, consensus is not the same as truth, and those who fall in line are not necessarily right.

The latest - and perhaps greatest - of these changes is the debunking of the myth that cholesterol is Bad For You.

Hundreds of thousands, maybe millions, of people are taking unnecessary and potentially dangerous drugs, because the medical and pharmaceutical industry (the use of the word 'industry' to describe both is deliberate) choose to put their own interests before those of their 'customers'. If we all got well, their industries would collapse. The food manufacturing business is happy to go along with the charade, enabling it to sell adulterated foodstuffs which purport to promote health to gullible consumers (e.g. fat-free meals).

One of the latter was my mother, who believed all the publicity that eating Flora margarine would make husbands' hearts healthy. In doing so, she started a long-term chain of events which I am convinced led to my dad's death.

The cholesterol myth is now up for termination. The whole sorry story began with a spurious study done in 1953, when a physiologist ran a study comparing rates of heart disease with cholesterol levels in six national populations. He found that Americans had the most heart attacks and the highest levels of cholesterol, and the Japanese the lowest of both. His simplistic conclusion was that high cholesterol causes heart disease.

Any exercise in logic makes this demonstrably untrue. When you witness a fire (heart attack), a fire truck (cholesterol) will be at the scene. But its presence does not mean that the fire truck CAUSED the fire. However, this is exactly what the author of the above study concluded.

Big Medicine and Big Pharma - blindly or otherwise - took these conclusions to heart (forgive the pun!), and ever since have been scaring you into buying their products (don't think that because the NHS is nominally 'free' that it doesn't cost you in every way).

Subsequently, a vast number of studies have failed to find any direct correlation between cholesterol levels and heart disease. Some authorities even say that there has not been a single study to prove that high cholesterol causes heart disease; in fact, many have concluded that it is LOW cholesterol rates that pose a danger to health.

LET'S LOOK AT A FEW OF THE ROLES OF CHOLESTEROL IN THE BODY:

- In a world full of toxins (many of which we ingest in rubbish food products), cholesterol is a detoxifying agent. It is antioxidant and anti-inflammatory.
- The brain needs cholesterol in order to function. Cholesterol prevents memory loss (could growing use of statins be a cause of increased rates of Alzheimer's?).

■ The body cannot manufacture vitamin D without cholesterol. Low vitamin D levels are thought to be connected with the development of many cancers.

■ Low cholesterol reduces levels of serotonin (the 'happy hormone'), and decreased levels of cholesterol are associated with increased levels of suicide. An aside worth thinking about: why do super-skinny women such as Victoria Beckham - through whose lips fat has never passed - never smile?

LET'S ALSO LOOK AT WHAT SOME RECENT STUDIES HAVE CONCLUDED (IN RANDOM ORDER):

■ Cancer rates increase in populations whose cholesterol readings are under 210. Above 65 years old, high blood cholesterol is a predictor of long life and good health in the subjects. Long term studies show that those with the lowest cholesterol tend to lead the shortest lives.

■ Low cholesterol diets do not lower the incidence of heart disease; they increase it.

■ Dietary cholesterol is not related to blood cholesterol levels. In other words, you are NOT what you eat.

■ Populations which consume diet high in saturated fats have a low incidence of heart disease (think French and Inuit).

■ Subjects who ate the most saturated fat, most cholesterol and most calories had the lowest blood cholesterol levels, weighed the least and were the most active.

■ Total blood cholesterol levels were grossly inaccurate at predicting the incidence of heart disease.

■ Consumption of so-called 'healthy' polyunsaturated oils (e.g. Flora) is linked with cancer and heart disease. Some studies go so far as to say that these oils CAUSE heart disease (I wish my dad had had that information available back in the 70s!).

■ Statins interfere with the hormones that control human health.

Even if you take the view that these studies are as flawed as the 1953 one, it is nevertheless clear that there is a case for severe questions to be asked about the medical consensus on cholesterol.

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If we look back (anecdotal evidence), we probably remember that meat in the past was fatter, and families are large quantities of lard and dripping - not refined vegetable oils and low-fat spreads - yet few people were obese. Also, people weren't popping the mountains of pills they now seem to be prescribed for various chronic 'syndromes' which we'd never heard of in the fairly recent past (syndrome = faux disease). Clearly, our modern 'healthy' lifestyle, promoted by our saviours the medical and pharma industries, is not doing us any good at all.

Many modern health practitioners conclude that FOOD is the only medicine we need. The drugs which we are being told to take for this and that syndrome would not be needed, or would be needed in much smaller quantities, if we ate properly. But do you think Big Medi and Big Pharma want us to listen? No. They dismiss such claims as 'alternative pottiness'. Because if we listened, they'd be out of business.

In celebration of the official reinstatement of lovely FAT in our diet, here are three recipes for PORK.

## Rillettes

*1 ½ kilo pork belly, 5 cloves of garlic, ½ teaspoon ground nutmeg, 2 teaspoons freshly ground black pepper, 2 teaspoons sea salt, 2 bay leaves, 1 tablespoon fresh thyme leaves*

Remove the rind and bones from the pork and cut into 2-3 centimetre pieces. Peel the garlic and halve each clove.

Preheat the oven to 150°C/gas mark 2. Put all the ingredients into a heavy-bottomed oven or hob-proof dish (a Le Creuset type casserole is perfect), pour in 150 ml of cold water and gently bring the contents of the pan up to a simmer. Cover with a lid and put into the oven for 3 to 3 ½ hours. Stir occasionally and add a little more water if the liquid has evaporated. The meat is done when it's falling apart.

Empty the contents of the pan into a colander or sieve over a bowl so the liquid fat runs. Allow to cool a little and remove the bay leaves.

With two forks, shred the pieces of meat; chop up any large remaining pieces of fat. Transfer into a clean bowl, then mix in enough of the strained fat to form a creamy paste. At this stage check the seasoning and add a little more salt and pepper if required; it does need a lot of seasoning.

Transfer the mix into little individual pots or ramekins, or a suitable serving dish. Spoon a little more fat on top to seal the contents. Cool and refrigerate - they will keep some time. Serve with crusty bread or toast, with olives and crunchy gherkins.

## WHAT CAN WE DO?

■ Eat 'good' fats: Coconut oil, unrefined palm oil, butter, olive oil and animal fat. Avoid 'bad' fats: Margarine, cottonseed oil, corn oil, canola oil, vegetable oils and any hydrogenated fat.

■ The obesity epidemic is, in my view, being driven by six food contents: High fructose corn syrup, Aspartame, hydrogenated fats, highly refined carbohydrates, sugary drinks (including alcopops) and the wrong sort of salts (e.g. the kind they use in mass-market pork products). Avoid all of these, all of the time, and keep off the 'E's, and you'll go a long way towards making yourself a lot healthier.

■ Look at the small-print label when you purchase anything packaged. Unless it's a composite food product (e.g. a pie), if there are more than five ingredients, don't buy it.

## Sticky Roast Pork Belly

*1.3 kilo piece pork belly (boned, rind left on and scored), 2 teaspoons olive oil, 1 teaspoon crushed white peppercorns, 3 large sliced onions, 2-3 tablespoons clear honey, 2 teaspoons ground cumin, 1 red chilli (deseeded and chopped)*

Heat the oven to 180C/fan 160C/gas 4. Lay the pork, skin-side up, on a rack in a roasting tin. Trickle with a little oil, then lightly press on the crushed peppercorns and a sprinkling of coarse sea salt. Place in the oven, then cook for 1 hour. Remove from the oven and baste with the juices. Continue to cook for a further 1½ hours, basting every 20 minutes.

Put the sliced onions in the roasting tin under the pork. Mix the honey together with the cumin and chilli, brush it over the pork, then increase the oven to 200C/fan 180C/gas 6. Cook for a further 30-40 mins, basting occasionally, until caramelised with a rich, golden glaze over the pork. Once cooked and tender (this can be easily tested by piercing the flesh with a knife), remove the pork from the oven, then leave to rest for 10-15 minutes.

While the pork is resting, heat the tin on the stove with the onions, adding 2 tablespoons water. Deglaze the pan so you are left with a rich gravy of juices. Season the onions with salt and pepper, then divide between 6 plates. Carve the pork into 6 portions, then serve on top of the onions. Pour any remaining juices over and serve with mash.

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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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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. Saturday Mass at 19.00, Sunday Mass at 10.30 & 19.00  
**Evangelical** Church of Greece: 3 Iakovou Polilla St. Tel.: 26610 37304. Sunday Morning Service 11.00. Evening Service 7.30. email: EV-CH-OF-CO@ker.forthnet.gr

## SPORTS

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## MEDICAL SERVICES

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## Need a reliable weather forecast?

A detailed five-day forecast is at:

[www.corfunet.com/weather/index.php](http://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

**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

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**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

**MUSEUM OF TRADITIONAL GREEK COSTUMES AND CORFIOT FOLK MUSIC** 40 years in the making, a unique collection of traditional costumes from all over Greece, plus recordings of traditional songs. Pelekas, opposite the 'Grafitti Wall'. Open 10.00 to 13.30 or by advance notice.

**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. Benitses Harbour Square, north end. Open every day 10.00 - 20.00

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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 Kassiopi. 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.

# Website Checklist

Does your present website meet these ten criteria?

**The First Glance:** Visitors need to be able to tell what you do right away. Don't hide behind a splash page or make people wait while something loads - many won't take the time.

**Navigation:** Make sure visitors can find things easily. Put your navigation in the usual places, and make it very obvious what your visitors need to click in order to find each section

**Contact Information:** Can customers find you when they need you? Your contact information must be clear, accurate and easy to find.

**The End Game:** It should be easy to to complete an order through your website or get more information. Regardless of the content of the page make sure that you include clear instructions.

**Above the Fold Focus:** Most visitors won't scroll unless you have already convinced them that it's worth their while to do so. Make sure important aspects are above "the fold" – the point where scrolling becomes necessary.

**Inviting Content:** To develop relationships with your clients, you need to have them visit more than once. In fact, most people won't commit themselves the first time they come to your website. You need to offer them something to make them want to return.

**Well-Organized Pages:** Don't make your visitors search. Always ensure that your page layout is clear, concise and gives the visitor exactly what they want without having to search for it.

**Visual Appeal:** While the content on your page is the most important thing, an attractive page will be more enjoyable and appealing for visitors. Choose colours that work well together, leave some open space so it's not too busy, and make sure you have everything lined up nicely.

**Sincerity and Trustworthiness:** The internet is all about trust. If you can ensure that your website is trustworthy, people will be more likely to complete an order. What's more, the search engines also base your rankings on how trustworthy they think your page is.

**A Polished Finish:** Do your links work? Make sure you check your grammar, spelling and layout are correct? Is all the information up to date and accurate? Your visitors will have less faith in you if you have errors on your website.

If your website lacks these vital ingredients then maybe you should be looking at a 'makeover'. Truetype Web Solutions can carry out a full analysis of your website covering all the points above and more - for free! If you then decide that you need to redesign or upgrade your present site, the low prices of both our web design and site management services may surprise you. At Truetype Web Solutions our speciality is designing and optimising cheap, but highly efficient, websites for small businesses. We are proud of our close personal relationship with all our clients and we are always happy to update your web pages to reflect changes in your business.

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