

# A Place for Pilgrimage?

To Market, to Market...  
*The Frugal Kitchen*

Animals: When the tourists go home

## Turkey Leftovers

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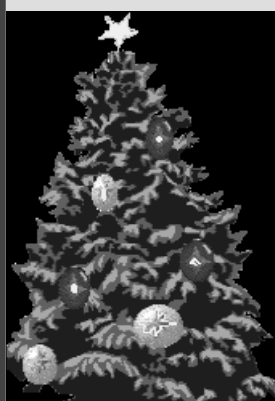
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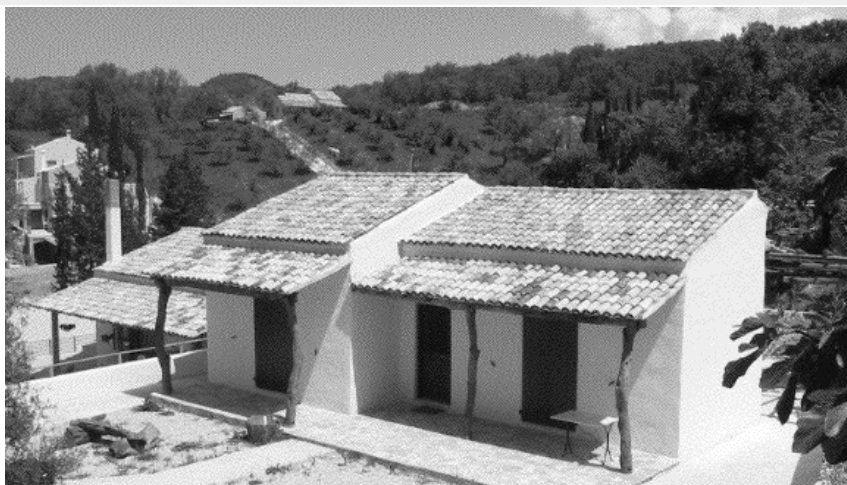


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# The Travel Corner

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## ear to the ground

ONCE AGAIN, THE CRETANS ARE SHOWING THE WAY FORWARD. This time, they're using the famed Cretan Diet as a tool to promote tourism, and also to bolster their local agriculture.

It was the Cretans who were behind the so-called 'Local Produce' tourist shops that are everywhere in Town and now even out in the resorts. All those herb and spice mixes, they're all from Crete, with Corfu only getting a look-in with mostly cheap-and-nasty fluorescent orange kumquat. Amongst the olive oils (mostly Kalamata and... Crete), only the Stamatelos family's Nyssos brand, and another made near Avliotes, are sometimes on the shelves. Nyssos has now branched into vacuum-packed olives, but they are not sourced in Corfu.

Crete's latest ploy involves a cooperation between Cretan farmers and hoteliers. 'Cretan hotels are opening their doors to local fresh produce of high dietary quality,' writes the magazine Tourism and Property. 'It's an initiative aimed at upgrading the competitive advantage of the island - its international renowned diet - in order to combat the challenge of other low-cost Mediterranean destinations.' Local farmers will be contracted to supply the hotels participating in the scheme with their vegetables; demand just for tomatoes is expected to be around 200 tons. As a result, visitors will be able to enjoy 'gastronomic tourism' without having to search for tavernas.

The Cretan Diet is mainly based on vegetables, cultivated and wild. Cretan 'Brushetta' comprises a wholemeal rusk topped with fresh chopped tomatoes and olive oil. Wild greens are boiled and served with lemon juice and oil. In summer, purslane - called glistrida or andrackla in Greek - sprouts; this fleshy, slightly acid, salad leaf has been proved to reduce bad cholesterol. Diners may also expect dishes 'invented' by local chefs, such as a combination of boiled courgettes and vlitra greens served with an uncooked sauce made simply of grated tomatoes and olive oil.

Where a pioneer goes, the rest can follow. But will Corfu? Imagine if the quality hotels supplied a special 'local menu' in parallel with their normal one. Dishes made of local produce could be marked so that guests could choose. Local farmers joining the scheme would perhaps have an incentive to pick their lemons instead of letting them fall and rot on the ground. The Arillas artichoke crop might not go to waste. An army of local women could get paid for picking wild greens. Foreign visitors might be introduced to the delights of skordalia (garlic sauce) served with beetroot, chard and courgettes.

Will it happen?

WITH THE FINANCIAL WORLD IN CHAOS, many British expats are feeling the pinch of the dropping pound. Indeed, with a drop in tourism from traditional markets (i.e. UK), most of us have to worry about cutting costs. We can do without a second mobile phone, a new flat-screen TV and takeaway grills every night - but not the food that sustains us. So in this issue, our theme is frugality. Over two articles, Sarah Button tells us how to source local food and save money on cooking it. Your one extravagance this December may be the Christmas Turkey, so we examine ways to make it go further. And, in our main article, we see how an almost-free activity can also be uplifting for the soul.

Despite the gloom - or perhaps because of it - have a very Merry Christmas.

NOTE ON LAST MONTH'S ISSUE: Readers can't fail to have noticed that the colour pages in the November edition were in the wrong sequence. This was due to reduction in the number of pages, which caused confusion at the print shop, Typoekdotiki, which apologises for any inconvenience.

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### CHRISTMAS SERVICES

SUNDAY, 7 DECEMBER

**Holy Communion**, 10.30. Book of Common Prayer  
**Songs of Praise**, 19.00. Informal Worship

SUNDAY, 14 DECEMBER

**Christmas Nativity Service**, 10.30. Common Worship  
with Christingles

SUNDAY, 21 DECEMBER

**Holy Communion**, 10.30. Book of Common Prayer  
**Service of Nine Lessons and Carols**, 19.00

TUESDAY, 23 DECEMBER

**Carol Singing** around Corfu Town, 17.30 meeting at Holy Trinity for a 18.00 start. Followed by mince pies and mulled wine.

WEDNESDAY, 24 DECEMBER, CHRISTMAS EVE

**Midnight Holy Communion**, 23.30

THURSDAY, 25 DECEMBER, CHRISTMAS DAY

**Holy Communion Service**, 10.30

SUNDAY, 28 DECEMBER

**Holy Communion Service**, 10.30

SUNDAY, 4 JANUARY 2009

**Holy Communion**, 10.30. Book of Common Prayer  
**New Year Songs of Praise**, 19.00

### 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

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**Wednesday: 10.00 - 13.00**  
**Thursday: 10.00 - 13.00**  
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**Rev. Canon John Philpott** will be leading a short teaching course on 'Death. Resurrection & Heaven' on Thursday mornings at 10.00 during the month of December. Anyone interested in joining please come along. Details can be obtained from Andrea on 6978 873070 or Anne on 6934 963176.

## This month's name days

04. Varvara  
05. Diogenos, Savvas  
06. Nikolaos  
09. Anna  
12. Spiridon  
14. Anthi, Elefterios  
17. Daniel, Dionysios  
22. Anastasia  
24. Evgenia  
25. Christos, Chrysa  
26. Emmanouil, Iosif  
30. Stefanos

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.



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## Christmas Market

13 & 14 December  
11.00 - 21.00

Look for @home logo  
before Afra from Danilia

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Jazz & Funk music, DJs after 19.00  
An opportunity to find things you are looking for, and things you didn't know you were looking for!

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# NOTICE BOARD

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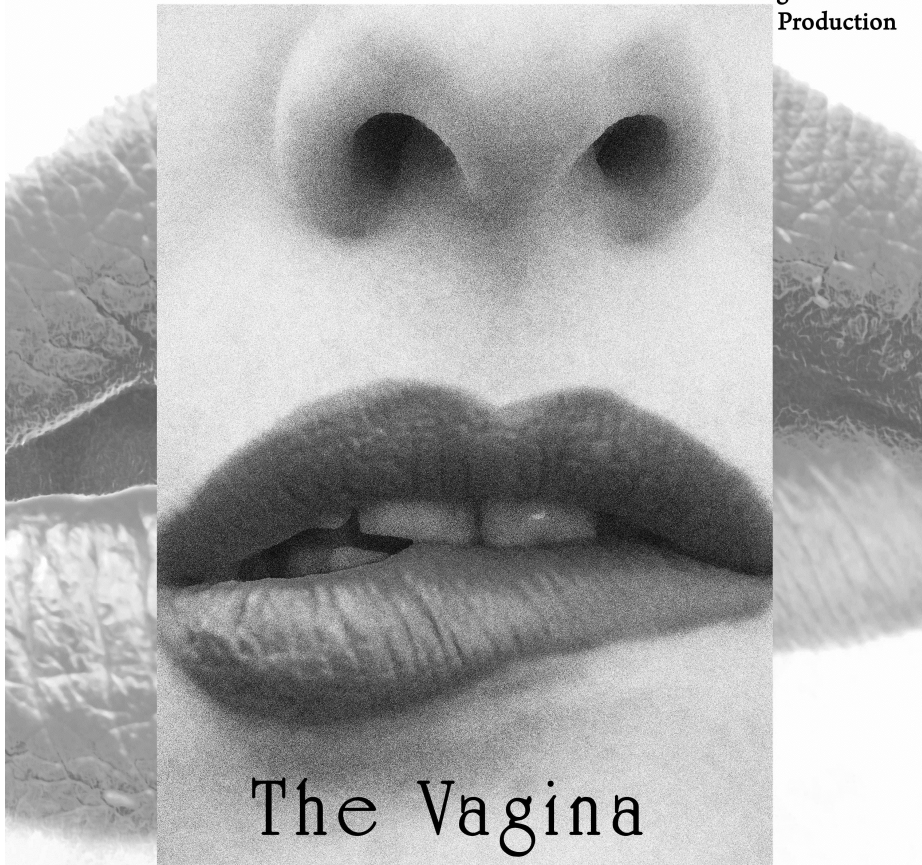
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Δημοτικό Θέατρο 4-5-6 Δεκεμβρίου

# New clashes over Lefkimmi dump

New clashes between locals and riot police have erupted in Lefkimmi over the construction of the island's new rubbish dump (XYTA). In the afternoon of Thursday, 20 November, residents staged another demonstration against the construction of the dump, which has been imposed by Athens. They say the dump does not adhere to regulations regarding proximity to homes and underground water. During the sit-in that blocked the passage of bulldozers to the construction site, the protesters were attacked by a large force of riot police (MAT), which have been stationed in the area since last year when the environmental struggle commenced.

As the riot police threatened to drive their armoured vehicle over the sit-in, local women stood against them. The police responded with force and tear gas, attacking the women and arresting one. Enraged, the protesters attacked the riot forces, torching a police van and trapping two riot policemen, whom they disarmed and stripped naked.

During the demonstration that followed outside the police station where the arrested woman was being held, the locals declared: 'It is time for a general uprising on the island of Corfu against actions that are no longer merely a threat to local interests, but to everyone's human rights.'

# Corfu Remembers at the British Cemetery

The Remembrance Sunday Service on 9th November was blessed by very fine weather and an encouraging attendance of both local residents and visitors from a Cruise Ship.

The Service was led by the Rev'd John Philpott of the Holy Trinity Anglican Church, assisted by Tony Dunford, Retired Servicemen, with representatives from the Catholic and Greek Orthodox faith also present.

Despite adverse weather conditions during the preceding days, the British Cemetery was as usual well presented, due to the care and devotion of George Psailas who, accompanied by myself on behalf of the British Vice Consulate, laid a wreath. Wreaths were also laid by Deputy Prefect Meropi Idreou, Deputy Mayor Panayiotis Bogiakis, and a Representative of the Naval Commander.

We were honoured by a new Bugler, Tasos Aspiotis, of the local Mantzaros Philharmonic, who kindly performed the Last Post and the Reveille.

Thank you to all whom attended, those who helped the day along smoothly and, not forgetting the assistance at the reception held at the Anglican Church following the service.

*Sarah Ticherou - British Vice-Consul*



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## PEOPLE IN THE NEWS

# It's a Knockout!

Locals joined expats on 18 November at the Night Owl in Afionas for the first 'Night Owl Knock Out' Darts Competition. The Night Owl, located on the road to Afionas just before the main part of the village, is run by Nick Handrinos and his American wife Linda, and is open all winter as a kafenion, with grills at weekends.

Some residents of British origin have criticised efforts to organise darts events, on the basis that 'we shouldn't be forcing our culture on the Greeks.' However, locals are also enthusiastic. Local Dimitris Anthis, who with his brother Spiros runs the Rainbow Bar in nearby Arillas, regards the Night Owl as his 'winter local'. Both brothers are teaching Niko and Linda's sons Spiros and Petros to play the game.

'Why not have darts?' he said. 'It's a nice change, something to do in winter to get people together. We've been working with English people in the bar for so many years, and we offer darts, quiz nights and pool. Some people say they won't come in because they're English activities, but others have a good time. I'm not saying everyone should have a pool table and a darts board, but if they are there you can play if you want. I'd also like to see foreign people joining in with the locals at backgammon and cards.'

Penny Barlow, who recently retired to a home near the Night Owl, watched husband Bob taking part in the knock-out.

'It's a great way to intermingle,' she emphasised. 'Our two different nationalities can come together in sport - and age doesn't matter! It also brings extra business in winter, and on a rainy night like this, it reminds us that our weather in the UK doesn't allow outside games for much of the time, so darts is a great way of passing the time when it's wet.'

...and the winner was: Dimitris Anthis! 'How ironic,' commented Linda, 'that a Greek beat the Brits at their own game!' When asked how he did it, Dimitris said modestly, 'The Brits are good teachers.'

Perhaps one day, darts will be adopted into the local mainstream scene. If Corfu had not absorbed features from the many different cultures which have ruled the island over the centuries, consider what would be missing:

**OLIVE TREES.** The Venetians encouraged the planting of the island's four million olives, changing the aesthetics of the landscape and the microclimate.

**CRICKET.** Introduced by the British and played enthusiastically today by nearly 20 teams.

**PASTITSADA.** The Corfiots' love affair with pasta came from its proximity to Italy. What would Sunday lunch be like without Pastitsada?

**MASHED POTATOES.** 'The British taught us to eat mashed potatoes,' writes Ninette Lascari. It's the traditional accompaniment to Sofrito.

**GINGER BEER.** Also introduced in British times, Corfu's ginger beer is a 'fossilised' product - it's the ginger beer of the 19th century that's never changed. Thanks to new plastic packaging, it's now available in most supermarkets.

**THE LISTON.** Built by the French, it's the origin of, and still the focus for, Corfu's 'cafe culture'.

**BUILDINGS.** Some of Corfu Town's most attractive buildings were built by the British - the Palace of Saint Michael and Saint George and Mon Repos being the most notable examples.

Wouldn't Corfu's culture be poorer if the locals hadn't assimilated these features, and many more, into their way of life?



**Above:** Some of the darts players with Nick (centre), Linda and Petros

**If you are holding an unusual event, please let us know well in advance and we shall try to report on it.**

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Neil

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# The Incarnation

✍ John Philpott

What's that you might ask? No, it is not the name of a magazine for a nation of motorists besotted with their vehicles. Rather it encapsulates theological truths which are right at the heart of the Christmas message. It is shorthand for saying that God in Jesus took our nature without putting off his own. He assumed all that is implied in being human without ceasing to be divine. The eternal Word of God became flesh without ceasing to be the eternal Word. Chilli con carne (chilli with flesh) uses the same Latin word as found in the middle of Incarnation.

The two natures of Jesus is not an easy concept around which to get our minds. Simple solutions like saying that he had a human body and a divine mind simply won't do. They are plain wrong. At various times in the development of Christian doctrine different aspects of his nature have been emphasised. In the early centuries of church history it was essential to establish his divinity - the fact that he was so much more than a miracle-working prophetic social revolutionary. With that necessity went to the danger of de-humanising Christ and falling into a heresy which presented a Christ who was so heavenly as to be unreal in human terms.

The opposite danger was so to emphasise his humanity that his nature as Son of God was downplayed. This poem runs close to that danger but is a wonderfully folksy portrayal of how Jesus must have come across to the many who during his life did not perceive his true identity. I found it in John Davies inspiring studies on the Incarnation - *Be Born in Us Today* (Canterbury Press 1999) but it is taken from *The Collected Poems of Harry Webb*. The setting is Wales during a time of economic depression in the twentieth century.

## LOCAL BOY MAKES GOOD

When Christ was born on Dowlais Top  
The ironworks were all on stop,  
The money wasn't coming in,  
But there was no room at the Half Moon Inn.

The shepherds came from Twyn y Waun  
And three kings by the Merthyr and Brecon line,  
The star shone over Beacon's ridge  
And the angels sang by Rhymney Bridge.

When Christ turned water into stout  
A lot of people were most put out  
And wrote cross letters to the paper  
Protesting at such a wicked caper.

When Christ fed the unemployed  
The authorities were most annoyed;  
He hasn't gone through the proper channels,  
Said the public men on boards and panels.

When Christ walked upon Swansea Bay  
The people looked the other way  
And murmured: This is not at all  
The sort of things that suits Porthcawl.

When Christ was hanged in Cardiff jail  
Good riddance said the Western Mail.  
But, daro, weren't their faces red  
When he came to judge the quick and the dead.

Whilst it is true that the church in the early centuries appropriated a mid-winter pagan festival to celebrate the Saviour's birth, he is still the reason for the season. To-day we must not let an increasingly secular and commercial Christmas blind us to this most staggering of truths, namely that:

Thou who art God beyond all praising,  
All for love's sake becamest man.

If that is true, as Christians believe it is, then it is difficult to think of any truth of greater significance.

## Winter Walks

For information, call 6948 889174

SATURDAY, 6 DECEMBER **Lakones Footpaths** (2 hours \*\*\*). Meet at Alipa Junction, 10.30. Lunch at Doukades.

SATURDAY, 13 DECEMBER **Karst Plateau** (2 hours \*\*). Meet in Strinilas Square, 10.30 for coffee and onward car transfer. Lunch at Stamatis, Strinilas.

SATURDAY, 20 DECEMBER **Byways behind Ipsos** (1 1/2 - 2 hours \*\* NEW!). Meet outside Town Hall, Ipsos Seafront, 11.00. Walk will be followed by Walkers' Christmas Dinner, at Albert's Restaurant, Ano Pyrgi. Booking essential, minimum number required. Price 14.50 euro for starter, turkey, all trimmings, pud and mince pies (drinks extra). Lunch will take place even if raining.

SATURDAY, 27 DECEMBER **Mount Agios Mattheos** (2 - 2 1/2 hours \*\*\* with new descent). Meet first coffee bars, village high street. Lunch at Paxinos, Benitses.

SATURDAY, 3 JANUARY **Dafni and the Stalactite Cliffs** (2 1/2 - 3 hours \*\*\* NEW!). Meet at the Night Owl, Afionas, 10.00 for 10.30 start. Lunch at the Night Owl.

SATURDAY, 10 JANUARY **Giannades & the West Coast** (2 - 2 1/2 hours \*\*\* NEW!). Meet Giannades Square, 10.00 for 10.30 start.

## RATINGS

\* very easy

\*\* easy with some climbing

\*\*\* moderate, some steep climb

\*\*\*\* difficult with rough terrain

\*\*\*\*\* only for the fit!

Guiding fee 2 euros, kids under 12 and dogs free

## ANIMAL WELFARE

# Tourists gone... dogs and cats left behind

✍️ **Louisa van Vuurde**

The charter flights have stopped, and tourists are long gone. During the summer, many visitors fed stray dogs and cats all over the island, and they often report their worries about them to us by email or telephone. A few years the Tourist Organization became aware of the concern tourists have about the treatment of animals. They now have a complaint form on their website, and even a special section to report about maltreatment of animals. Many visitors have filled in this form and sent it to the Ministry of Tourism, and that of Agriculture, which is responsible for animals. Look also for this form on our website [www.corfuanimalwelfare.com](http://www.corfuanimalwelfare.com).

Some tourists get so upset they tell us that they will never come back to Corfu or even Greece, but our reply always encourages them to return to help and support all the locals who are trying to improve the well-being of our animals.

At the end of the season we got a lot of calls from tourists about cats, often ill or injured. A very common illness seems to be the infection of kittens' eyes. They catch it from the mother and if it is not dealt with immediately it usually causes blindness.

One lunchtime I was with Mirjam from the Dutch AAI organization, at the seaside near Boukari; as befits a fishing area, there were plenty of cats around. She saw him first - little black one, with two eyes sticking out like ET. She adopted the kitten, after politely asking permission of the taverna owner, who offered another eight if the lady was interested! Anyway little 'Nikos' was treated and later on he went to Holland. Although 99% blind he is doing very well. When her son's friend came along to see the new kitten, he got such a fright to see ET that he ran out the house.

Last month another kitten - this time with only one eye infected - went to Dani in Vienna. On her first day in Corfu she saw this helpless kitten and could not enjoy her holiday from the worry, she got in contact with us and we were able to find a foster home. Now little Fenzo is reunited with Dani in Vienna. We had several similar cases of cats and kittens who have been adopted by visitors from Holland, Germany, Belgium and Switzerland. Now those cats have all found their golden baskets. But there are so many cats and kittens who need our support over the winter.

We have also managed to rehome a few kittens here on the island, but we get few requests as anyone who wants a kitten or cat can find a plentiful supply amongst neighbours.

To cope with the number of unwanted kit-

tens, more cats should be spayed. We try, but it is a costly affair. Another problem they must face is the widespread danger of poison indiscriminately laid around. Please warn your neighbours of the danger from the poison they lay, which, while meant for mice and rats, is also consumed by dogs and cats, who die a terrible death.

Winter here, tourists gone. Now there are no people in apartments and hotels, where dogs could come for food. Only you are left to take care of the animals in your surroundings - please give them food and water to help them until next summer.

As usual, we badly need people to foster a dog or puppy temporarily. And if you are looking for a nice dog, pup or cat, please do contact us. Sometimes dog owners tell us that they can not keep their dog any longer for all kind of reasons, or that their dog has had pups which need a home. These are not strays, and we know their background. Our Corfu 'breeds' are such lovely and loyal doggies, who deserve a safe and caring future. The Greek word for 'pedigree' is 'clean blood', but have you ever met a dog with 'dirty blood'?



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# A Place for Pilgrimage?

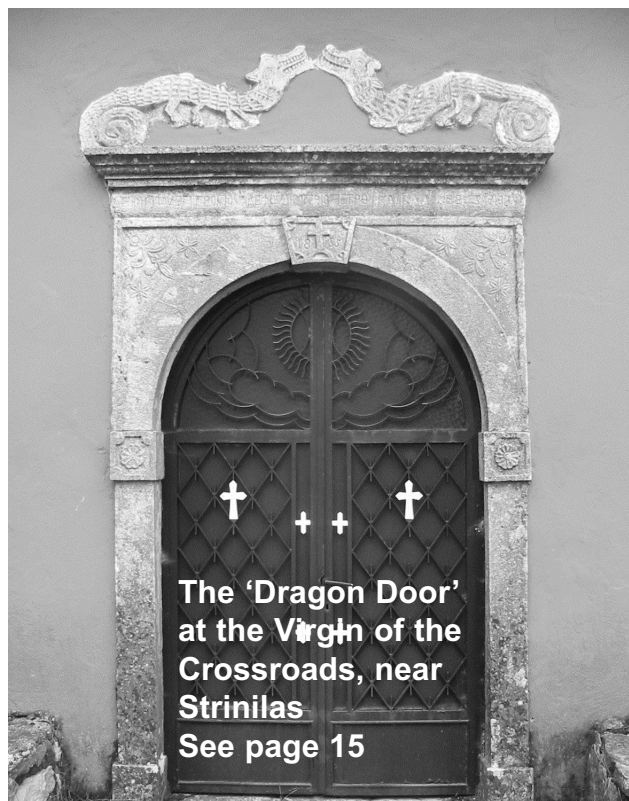
by Hilary Paipeti

In the days between the two world wars, the young Ioanna Sourvinou was among the many local folk who would take a break from the toil and tyranny of summer food production (which assured their winter survival) to make a pilgrimage to the Monastery of Pantokrator for its festival on 6 August. Without transport, and in an absence of motor roads between villages, they walked there. Ioanna and her friends would set out from Kinopiastes, south of Town, at sundown. They would climb Corfu's highest mountain by way of the stone-cobbled footpaths from Ipsos to Spartillas and then onwards and upwards to Taxiarchis Church and across the Karst Plateau for the final assault on the summit cone. On arrival, the friends would rest, then join in the worship, followed by traditional dancing; they would hope to have a little cash for a taste of roast lamb. The next day would be spent in much the same way, and on the third night they would walk home, refreshed both physically and spiritually. For Ioanna, like every Corfiot who participated in this great fiesta, it was both a holy-day and a holiday.

The 'Pilgrim Path' they used still exists above Spartillas; below the village, only the odd section still runs, since it now is cut by the switchback road. The way from Spartillas to the foot of the summit cone is in use today as one of the more strenuous parts of the Corfu Trail, the island's long-distance walking route. Across the plateau, where in poor visibility landmarks are few, the path is still marked by red crosses, signifying the religious aspect of its function. Today, pilgrims heading for the Pantokrator festival travel by car, but their place on the footpath has been taken by the many hundreds of walkers who follow the course of the Trail.

Mass Tourism is generally regarded as being 'invented' in North West England towards the end of the industrial revolution, when enlightened bosses sent their factory workers from the 'dark satanic mills' to the sea-side: Blackpool and Morecambe. The latter town was created in 1889 when the villages of Bare, Poulton-le-Sands and Torrisholme collectively became known as Morecambe; locals, however, still refer to the areas by their original names. Morecambe's heyday as a resort came in the mid-twentieth century. Whilst Blackpool attracted holiday-makers predominantly from the Lancashire mill towns, Morecambe had more visitors from Scotland and Yorkshire. During 'Bradford Week' - when the workers of that Yorkshire city descended on the resort en masse - not a bed could be found, and visitors would even sleep in the corridors. In this period, top stars performed at Morecambe's Winter Gardens Theatre, and between 1956 and 1989 the resort was the home of the Miss Great Britain beauty contest.

Morecambe's decline began in the 1970s, when cheap package holidays gave its for-



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## FEATURE

mer clientele the chance to take their vacation in locations where the sun was sure to shine - and particularly to those spots which were prepared to compromise their own culture for the trappings desired by the masses, mainly certain destinations in Spain and Greece. This approach to the 'holiday' remains from the Morecambe days: the event is no more than a break from routine and work, to be taken in a place where fellow vacationers, and general provisions and accessories, are reassuringly familiar.

While it's recognised that 'vacation' and 'holiday' are respectively the American and English term for the same activity and thus are synonymous, their etymology is distinct. Holiday is a contraction of holy and day, for holidays originally represented special religious days, when people would be obliged by the Church to take a break from work - and perhaps, like Ioanna Sourvinou and her friends, they would take a trip to a festival. The word evolved in general usage to mean any special day of rest (as opposed to the Sabbath), with or without a religious provenance. But the word 'holiday' still carries connotations of its origin, as a break from work that also has spiritual associations.

In contrast, 'vacation' derives from the French 'Les Vacances', from the fact that, in the past, upper-class families would literally move to a summer home for part of the year, leaving their usual family home vacant. In Britain, it referred specifically to the long summer break taken by the law courts (and later universities).

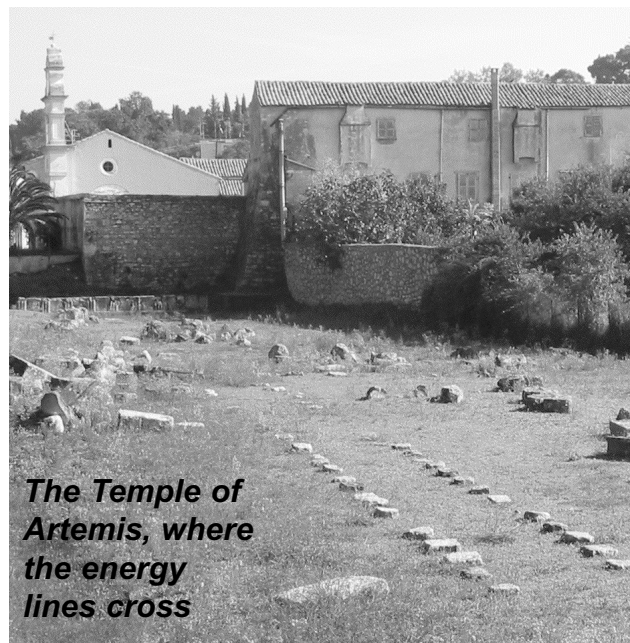
The word conveys a sense of 'doing nothing'; an empty activity, without meaning. When applied to a person or their expression, 'vacant' suggests 'having or showing no intelligence or interest', as in a 'vacant stare'. Go to Sidari or Kavos in high season, and you'll see plenty of this type of tourist; 'mass tourism' is 'vacation'.

Ioanna Sourvinou's annual August pilgrimage - her 'holiday' in both senses - follows in a long tradition. Pilgrimage is probably as old as Man's first awareness of a higher consciousness. Ancient cult centres, their location decided by the forces of the Earth (Gaia), were the first; Delphi was one, and many others later shed their pagan origins and became places of importance for modern religions, so that today's pilgrims are following a tradition many millennia old. The Pantokrator Monastery is built on the site of an ancient temple dedicated to Zeus; how old is that path from Spartillas across the Karst Plateau?

We have lost our understanding of ley-lines, hypothetical alignments of a number of places of geographical interest, such as ancient monuments and megaliths. Their existence was suggested in 1921 by the amateur archaeologist Alfred Watkins, whose book *The Old Straight Track* brought the alignments to the attention of the wider public. While Watkins believed the lines were simply paths, later writers such as John Michell have claimed that Neolithic peoples recognised that the harmony of society depended on the harmony of the earth force; ley-lines were the 'wires' which directed the force, and holy sites were spots people could visit on pilgrimage in order to 'plug in' to it for healing. Dowsers have linked the appearance of ley-lines with underground streams and magnetic currents, and believe that crossings of 'negative' water lines and positive aquastats explain why certain sites were chosen as holy.

A major ley-line, the St. Michael - Apollo Axis, runs right

through Corfu. The alignment runs from Skellig Michael off the coast of Ireland, through St. Michael's chapel on Carn Brea in Cornwall, St. Michael's Mount in Cornwall, Mont St. Michel in Brittany, Bourges, Sagra di San Michele in Piedmont, San Michele at Castiglione di Garfagnal. Perugia, Monte Sant'Angelo, Monte Gargano, the site of the first recorded appearance of the Archangel Michael, Corfu, Delphi (Apollo's main sanctuary), Athens, Delos (legendary place of Apollo's birth), Kamiros on Rhodes (oldest temple to Apollo on the island), and Mount Carmel in the Holy Land. Notice that many of the sites are located on outcrops or mounts. The Axis enters Corfu at Angelokastro (dedicated to the Archangels Michael and Gabriel), and passes through the central point of the Temple of Artemis in Kanoni (Artemis was Apollo's sister).



But ley-lines are more than just simple alignments. In parallel with the positive and negative magnetic field found at sites on ley-lines, each alignment forms the axis for two energy paths, which weave around the central axis 'much like the serpents twining around the Caduceus - a perennial symbol of healing and energy operating in equilibrium,' write Paul Broadhurst and Hamish Miller, who charted the Axis. '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 symbolised since the earliest days as the Dragon or Serpent.' Both Apollo and St. Michael are associated with serpents; the Serpent Temple of Avebury is located on another St. Michael line, which runs across southern Britain.

In Corfu, Broadhurst and Miller found that the two energy lines cross the Axis right in the centre of the Artemis Temple. On the entrance pediment was set a massive bas-relief sculpture of Medusa, whose hair is formed of snakes and whose belt comprises a pair of entwined serpents. Surely the ancient builders were symbolising the passage of the ley-line and its associated energy lines through the temple. While Ancient Greek legend portrays Medusa as a negative figure, she once represented female wisdom and the forces of Nature - indeed, she IS Gaia, Earth's energy as directed by ley-lines.

One of the energy lines associated with the Axis heads over the central north of the island and sweeps down over the sea to Corfu Town and its rendezvous with the twin line at the Temple. As I wrote in the November 2007 edition: 'Until the lines are dowsed thoroughly, all must remain speculation, but the man-made landscape provides some telling clues. The chapel of Taxiarchis (Archangels) stands high above the village of Spartillas. Like many of the locations associated with the Axis, the chapel introduces a human element to an elevated or isolated feature of the natural landscape. The chapel also stands almost directly on the old pilgrimage route to the Pantokrator Monastery.

'Not far from the chapel, the Church of the Virgin of the Crossroads occupies an isolated spot near the village of Strinilas. Above the main doorway, two romping dragons face each other. Though the doorway is dated 1855, the stone carvings are not structurally integrated with the lintel, and may be much older. The presence of serpent images on a Christian monument, the 'crossroads' reference in the church's name, and its pointlessly isolated location, may be hidden ley line references. Does the energy line also run through here?'

Its name, the Virgin of the Crossroads, suggests that it is set on a conjunction of walking routes. Only pilgrims arriving from the south would use the Taxiarchis / Karst Plateau path to Pantokrator; those coming from the north west may have found the Crossroads Church a convenient resting point before the last push to the summit, and indeed paths lead from the church onto the Plateau. If - as the dragons suggest - it is a holy 'plug-in' site, pilgrims would at the same time have found spiritual refreshment.

One of the great pilgrim routes is the Way of St. James, the pilgrimage to the Cathedral of Santiago de Compostela in Galicia in northwestern Spain, where tradition has it that the remains of the apostle, Saint James the Great, are buried. It has existed for over a thousand years, and was one of the most important Christian pilgrimages during medieval times, though its origins may derive from a Celtic death route, westward towards the setting sun, and terminating at the 'End of the World' (Finisterre).

Wikipedia says: 'Today tens of thousands of Christian pilgrims and other travellers set out each year from their front doorstep, or popular starting points across Europe, to make their way to Santiago de Compostela. Most travel by foot, some by bicycle, and a few travel as some of their medieval counterparts did, on horseback or by donkey. In addition to people undertaking a religious pilgrimage, there are many travellers and hikers who walk the route for non-religious reasons: travel, sport, or simply the challenge of weeks of walking in a foreign land. Also, many consider the experience a spiritual adventure to remove themselves from the bustle of modern life. It acts as a retreat for many modern 'pilgrims'.' The Galician government has recognised the Way as an important contributor to the tourism industry of the region, which doesn't boast the climate and beaches of Spain's mass tourism destinations.

For these people, their trip to Northern Spain is a true holy-day, one with direction and purpose, rather than just an empty vacation. Pilgrims, indeed, were the first tourists, and they brought prosperity to successful pilgrimage sites - an economic phenomenon unequalled until the tourist trade - the mass vacations - of the 20th century, pioneered in places like Morecambe, and now focused in resorts like Sidari and Kavos.

Today, mass tourism is in decline. Sun and sand no longer provide motivation, and people seek an experience (holiday) rather than an empty break (vacation). Initiatives like the Corfu Trail demonstrate that the island can provide purposeful activity. Isn't it time now for Corfu to take another step forward and exploit its potential for pilgrimage?

## WALK: STRINILAS AND THE 'DRAGON CHURCH'

*Corfu's highest village is surrounded by unspoiled mountain territory. This walk leads you through characteristic maquis, and then along a deep valley to complete your pilgrimage at the 'Dragon Church'.*

Starting Point: Strinilas Square

Time: 1 1/2 - 2 hours

Ascent: 100 metres

Terrain: Road, rough paths, track

Rating: Easy to moderate

Shade: Minimal

Starting in the square of Strinilas, take the road in the direction of Petalia and Mount Pantokrator. Follow the road to the first junction, where you take the right fork towards Pantokrator. A short distance uphill, a concrete water reservoir stands on the right of the road. Just beside it, at its right hand corner, a path leaves the road and heads sharply uphill. Pick your way through the loose stones to the crest. A few metres after the crest, bear right; you will see a clear path, which is marked with splashes of blue paint. Follow this path as it winds through rocks and bushes. Some distance on, you emerge into a circular clearing, a grassy 'lake' amongst the maquis. Opposite, an opening in the shrubs is your way forward, with the footpath continuing gently uphill. Eventually, you reach a concrete road on the edge of Strinilas. Here go left to continue the walk, or if you wish to cut it short, right back to Strinilas Square.

Continuing, go right at the first junction of tracks, then about 50 metres down, take a path left. The path, rough in places, descends to the flat valley floor. After a huge ilex tree, the way, now a track, swings right and runs southwards along the valley. Keep going straight on until slightly to the right you see a small stone construction atop a rock. Head to this and pass it. A gap in the wall of trees is the way on, now marked by blue signs and paint splashes. A short distance through the woods, and you emerge into a clearing. Stone bothies are on your right and in front. Head for the ones in front; the path continues beside them, into woods again. Look on the right for a paint mark to leave the path descending a short slope into a pasture. Now proceed straight across the pasture, looking for paint markers to lead you up two low terrace walls. Climbing the second, you pick up a track heading to the right. The track soon swings left and then passes the imposing buildings of the Church of the Virgin of the Crossroads. Enter the churchyard up a walkway to the gate. A carving depicting two frolicking dragons is above the main door of the church.

To continue, return to the track and turn left. A few metres on, leave the track on a footpath through a gap in the trees. The path descends to the valley floor, which is crosses on a low causeway. At the far side, a short scramble uphill takes you onto a wide track. Here go left, then swing sharp right. A short walk uphill and the way becomes concrete and leads into the village. Alleyways on the left will take you back to the square.



# The Frugal Kitchen

✍ Sarah Button

The budget is blown; mine and Pete's income has dropped faster than a barometer in an approaching storm, and market wobbles are scaring us into adopting a frugal lifestyle. As a result, we are watching the leptas, but sadly, the euros seem incapable of looking after themselves as exchange rates vary wildly.

Unfortunately, I cannot tighten my belt - I'm on the last notch - so maybe I'll use this as an opportunity to lose some weight. We may be down but we are far from out!

These days, I am relying on some skills I learned many years ago as a single parent, with the difference that, this time around, I admit I am quite enjoying a challenge that is forcing both of us not only to re-think our diet but do away with unnecessary and wasteful purchases.

### TIPS FOR FRUGAL FOOD SHOPPING

- ✓ Leave credit and debit cards at home. Take out only enough cash to cover your shopping.
- ✓ Never go food shopping when you are hungry. Shop on a satisfied tum and you are less likely to be tempted.
- ✓ Give yourself plenty of time. Shopping mid-afternoon when the shops are quieter makes it easier to look for the best prices.
- ✓ Make a list and stick to it, except when shopping at the market, where you never know what you will find - but do stick to your budget!
- ✓ Use Corfu Town market for seasonal fruit and veg, cheap pulses, herbs and fish.
- ✓ Shop at Lidl. News is that our friends back home are deserting Waitrose and Sainsbury, and actually don't mind being seen in a discount store.
- ✓ Cut down on meat or go veggie. A small portion of meat goes a long way when bulked up with pulses or served with interesting vegetables.

### MAXIMISING

- ✓ Make stock from chicken and meat bones to create well flavoured sauces that allow you to cut back on the meat.
- ✓ Go Greek with vegetables. If you are making celery soup don't chop the leaves off - use the whole lot. Same goes for parsley - use the stalks as well. Broccoli stalks are lush in soup too. Potato peelings come in to their own when brushed with olive oil, sprinkled with sea salt, oregano and grated cheese then baked in a hot oven. Wash the potatoes before peeling.
- ✓ Don't follow recipe instructions to remove the fat from gravy or sauces made from meat. It's all extra nourishment - and, contrary to the advice we've been 'fed' over the last decades, animal fat from fresh, good quality meat is NOT bad for you. In contrast, trans fats like those contained in margarine and processed foods (e.g. cakes, biscuits, commercial pies) are lethal.

### LEFTOVERS

Why do we eat the same thing for breakfast every day? We wouldn't dream of having the same dish for lunch or dinner day upon day.

- ✓ At breakfast time, use your imagination with what's left from dinner the previous evening: bubble and squeak made from mash and vegetables, for example. Or use vegetables or meat to make an omelette. Stir-fried leftover rice with strips of bacon and an egg is good for a yummy alternative to traditional bacon and eggs.
- ✓ Last night's pasta can be loosened up with cream, yoghurt or a home-made tomato sauce, or add some tinned tuna or chopped bacon - and you have another meal.
- ✓ Liquidise left over vegetables and add some stock for soup.
- ✓ Put leftovers in plastic cups and freeze them; it's amazing how quickly these add up to a substantial mezze.
- ✓ Don't throw stale bread away - it makes an excellent pudding. Or dry it in the oven to make crumbs for stuffing. Mix the crumbs with grated cheese for economical toppings on gratins and pasta dishes.
- ✓ Bread crusts, peelings, rinds, outside salad leaves etc will buy you eggs! Find a local with chickens and offer your unusable leftovers. You'll almost certainly get the odd clutch of eggs left on your doorstep in exchange.
- ✓ Leftover gravy or 'jus' makes a great dressing for a finely shredded cabbage salad. Dress first with a little oil and a smidgen of lemon juice, heat up the gravy, pour over and toss the lot together. Eat at once before it congeals.

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## FOOD FEATURE

# To Market, to Market...

by Sarah Button

Shopping for the Health Conscious & Budget Minded

A weekly shop at the market in Corfu Town is, for us, a delight. To enjoy it to the full we never prepare a list, since to do that would mean ignoring seasonal treats as they find their way onto the stalls. So we turn up clutching 25 euros in change, and buy what pleases us. Arrive before 9am and you should be able to park quite close on the road coming up between the walls of the New Fortress from the Port. At that hour the market won't be busy either, giving you space to give the stalls a good once-over. Market shopping has many obvious advantages for the health conscious. Vegetables, if local, are very rarely refrigerated so won't wrinkle up and go soggy the day after you buy them. Also, they are less likely to have been irradiated as so much of the greengrocery in supermarkets has been. The origins of much of the fare on display is given, but it's always well to ask if produce is 'Dopio' ('Local'). Your question will often be met with a big proud smile and a 'Nai'. But don't expect local produce to have escaped insecticide. I suspect that poisons banned in much of the EU are still freely used here. The only way to be sure is to go organic.

My favourite stall belongs to Effie, famous for her starring role in Rick Stein's Mediterranean Escapes. Effie's stall is an ever changing cornucopia of what's available in her garden at the time, and much of what's on display is organic - not necessarily certified organic, but her fruit and vegetables won't have been saturated with carcinogens. Her wild greens are legendary >18



### LEARN TO MAKE CURRY

- ✓ 'Fakeaway' curries are all the rage in the UK. Sales of the traditional takeaway have slumped and now it's DIY Byriani and Masala. Most good supermarkets sell the appropriate spices. Alternatively, get friends to bring or post spices from the UK.
- ✓ Indian style food is a brilliant way to maximise meat - it's all down to making a good marinade. Vegetable curries are easy and cheap to make. There are a million dishes to be made from lentils and chick peas alone, and they are good for you. Check out foodie websites.
- ✓ Chilli has been used in food as an appetite suppressant for centuries, so a bit of hot food can be useful for the weight-conscious as well as the cost-conscious.

### OLD FASHIONED DISHES... LETS GO RETRO!

Remember school meals? OK, maybe you don't want to, but these were the frugal meals born of post war poverty and rationing. Nowadays, with diverse ingredients and spices, we can add our own spin to dishes like cheap and nutritious liver and bacon. Stews such as Irish stew can be delicious made with left-over or cheap cuts of lamb. And what about good old-fashioned dumplings? Suet is hard to find, so throw a slab of butter or margarine in the freezer for a while then grate it into your flour. For a cheffy touch, add dried or fresh herbs - sage and thyme with pork, rosemary with lamb.

The humble cabbage is back in fashion. The nice hard white crisp variety makes perfect coleslaw, and shredded and steamed with the addition of grated nutmeg, bacon and melted butter it is irresistible - even to the most greens-averse child!

### DINNER PARTIES

**STAYING IN IS THE NEW GOING OUT.** We often cook for friends, and it needn't blow the budget - it just requires a little thought and imaginative presentation. A recent dinner invitation went out with the challenge of finding the cheapest most drinkable wine. There is no harm in asking guests to bring a dish either, and we think it adds to the fun. You can easily blow money on crisps and nibbles, but a home-made bruschetta deals with this problem. Just rub garlic on lightly toasted French bread (you can use up stale bread), add chopped tomatoes, drizzle with olive oil and sprinkle with basil or other herbs while still warm.

**PETE'S 'CHEAT'S BRUSCHETTA':** Chop and crush the garlic into some oil then brush it onto the bread with a paint brush - much easier and quicker - then add the tomatoes and herbs.

### GROW YOUR OWN

This has to be the way forward - fresh unadulterated veg from your own garden. I am no expert, and I confess I simply don't have a clue. My fingers don't possess even the merest hint of green, and when I tried growing my own I failed miserably. Having carefully planted leeks, spring onions and some artichokes, they were enjoyed by a herd of itinerate goats. C'est la vie!

## FOOD FEATURE

and she will happily sort a selection for soup, omelette or a tsigarelli. And, I can recommend her home-made cheese - it is to die for. Sometimes she has marvellous free-range eggs with lovely golden yolks. However, they are not cheap; supermarket eggs are half the price, and while not organic, are produced using methods less intensive than in the UK. However, my solution is to eat the best, just less of it.

At the market, even the cash-strapped needn't overlook fish, regarded as the prerogative of those with fat wallets. The market is swimming with a range to suit most fish kettles. For a mere three euros a kilo you can have a bag of mixed small fish, ideal for soups like Bouillabaisse. In summer, sardines are eminently affordable and meet health guidelines suggesting we eat oily fish at least once a week. If you don't mind the faff, a kilo of mixed-sized prawns can be had for around six euros. We feasted on these the other day, accompanied by hunks of fresh wholemeal bread dunked in olive oil. Farmed fish is reasonably priced but I struggle with the ethics of this method and worry about the use of antibiotics. If you want the free-range catch you have to pay a premium. Again, the solution is to buy less.

Beans and pulses are in abundance, and you will find huge sacks of lentils, chickpeas, butter beans, polenta and rice. This is a green way of shopping too, as packaging is minimal - though it's as well to make a note of when you bought them (there's no labelling either) as after time they go stale and then take ages to cook.

I can't pass the olive stall without buying a small bag of Kalamata's most famous fare, and of course what self respecting cook is without a bunch of dried oregano, on sale throughout the year.

**HOME AGAIN, HOME AGAIN...** The kitchen table resembles a market stall as we lay out our bounty and conjure up inspiration. We'll thumb through our cookery books and, knowing we will be short of an ingredient or two, we adapt a recipe to suit. Then maybe I'll make a tomato sauce with very ripe tomatoes, red wine, red onions, heaps of oregano, lashings of black pepper and lemon juice, cooking it till it's nice and thick. Great for pasta dishes, or sprinkled with cheese in a baked potato.

Soup is a great comforter as cooler weather approaches, and my favourite is lentil, made with homemade stock, onions, garlic, tomatoes, lemon juice and red wine.

I usually bring back a huge bag of spinach, as it's so versatile. Try cooking it Indian style, as in 'Aloo Sag': stir-fry the chopped spinach in olive oil and garlic and then stir in hot chopped boiled potatoes, add garam masala, salt and pepper and there you have it. Effie's cheese combined with spinach makes a perfect pie. Pete likes to stir the iron rich greens into pasta shells with chopped bacon and pine nuts.

**JIGGETTY JIG...** With deep satisfaction, we then store our culinary efforts and reward ourselves with a glass of wine. Our freezer was an investment, not only enabling us to prepare several days meals

in advance but also allowing us to store seasonal favourites; there's nothing like artichokes with peas in October, a taste of spring as winter approaches.

### SO, WHAT HAPPENED TO THE FAT PIG?

Meat stalls are rare in Mediterranean markets, and I suppose this reflects the fact that for many years meat was an expensive luxury, with the protein in the diet of ordinary folk coming from pulses and fish. It is ironic that such a lot of fish nowadays is pricier than some cuts of meat. There is no doubt that a healthy diet can exclude meat altogether, and some choose not to eat fish either and still remain fit, healthy and strong. I wouldn't choose to do without either fish or meat, but since living here I have found that I eat so much less of it. Yes, cost is a factor but having learned more about simple cooking the Greek way, I find that I actually enjoy meat-free dishes more and more. If you take your time at the market, many stall holders will be happy to share their culinary secrets with you with enthusiasm and pride, and it is hugely satisfying to make a vegetable dish that you know has probably been a favourite of a farming family for centuries. Long may these recipes and traditions live!



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## Turkey Leftovers

### Turkey Salad

250 gr chopped cooked turkey (white meat), 2 celery stalks, 1/2 tub plain yoghurt, 1 tablespoon mayonnaise, 1 tablespoon honey, 1 teaspoon grated orange rind, 1/8 teaspoon salt, 2 medium oranges, lettuce leaves, 1 small banana

Combine turkey and sliced celery and set aside. Combine yogurt and next four ingredients. Pour over turkey mixture and toss gently. Cover and chill.

Arrange the orange sections on a platter lined with lettuce leaves. Just before serving, add the sliced banana to the turkey mixture. Toss gently and spoon onto the platter.

### Turkey and Apple Curry

2 tablespoons olive oil, 2 sliced onion, 2 tablespoons lemon juice, 250 gr cooked turkey, cut into chunks, 1 tablespoon curry powder (or to taste), 1 medium apple, 4 tablespoons plain yogurt

Heat the oil in a skillet over medium-high heat. Stir in the onion and lemon juice and cook until the onion is tender. Mix in the turkey, season with curry powder and continue cooking until heated through.

Remove from the heat. Gently stir in the yoghurt and the apple, cored and thinly sliced. Serves 2 with some grilled pitta breads.

### Turkey and Broccoli Alfredo

1 pack tagliatelle (450 gr), 200 gr broccoli flowerets, 1 tin Campbell's Condensed Cream of Mushroom Soup, 1/2 cup milk, 50 gr grated Parmesan cheese, ground black pepper, 250 gr cooked turkey

Cook the pasta according to the package directions, adding the broccoli for the last four minutes of the cooking time. Drain well in a colander.

Stir the soup, milk, cheese and black pepper in a large pan over medium heat. Add the turkey and the pasta mixture and cook until it's hot and bubbling.

Serve with additional Parmesan cheese. Serves four.

### Turkey-Farmer's Pie

Olive oil, 1 large onion, 1 large clove garlic, 500 gr cooked chopped turkey, 2 tablespoons flour, 1 chicken stock cube dissolved in 1/2 pint water, 1 cup tomato passata, 1 tablespoon Worcester sauce, 1 bay leaf, 2 sprigs thyme, black pepper

For the mash: 1 kilo potatoes, 100 ml milk, 75 gr butter, grated cheese (cheddar or graviera)

In a large pan, saute the onions in the oil for five minutes. Add the turkey. Sprinkle in the flour and stir to blend. Add the chicken stock, tomatoes, herbs and seasonings. Cook over medium heat until thickened. Pour into a lightly oiled dish.

Cook the potatoes and mash thoroughly, adding the butter and milk. Spoon the mixture on top, fork up and sprinkle with cheese. Bake in a medium oven for 20 to 30 minutes, or until browned. Serves 4-6.

### Spicy Rice Pilaf with Turkey

200 gr brown rice, olive oil, 1/2 teaspoon cumin seeds, 1/4 teaspoon ground ginger, 1/4 teaspoon ground cinnamon, 4 cardamom seeds, 4 cloves, 1 chicken stock cube dissolved in 2 cups water, 2 tablespoons raisins, 250 gr turkey, 50 gr pine nuts

Saute the rice, cumin seeds, ginger, cinnamon, cardamom seeds and cloves in the oil in a saucepan for a few minutes. Add the stock and bring the mixture to the boil. Lower the heat and simmer for 45 to 50 minutes or until the rice is cooked, adding more water if necessary. Add the raisins, chopped cooked turkey, and nuts to the rice mixture. Cover with a clean tea towel and leave for a few minutes in a warm place. Serves four.

### Turkey Sauce

1 box tomato passata, 70 gr tomato paste, 1 teaspoon powdered mustard, 1 small chopped onion, chili powder to taste, 250 gr chopped cooked turkey

Combine all the ingredients in a saucepan. Simmer for 10 to 15 minutes, or until the flavors are blended. You can use it as a sauce for spaghetti or rice, or spooned on toast like baked beans.

### Curry Turkey Stir-Fry

250 gr cooked chopped turkey, 1 1/2 teaspoons curry powder, 1 tablespoon Soy sauce, 4 sliced spring onions, 4 finely sliced celery stalks, 1 finely sliced sweet red pepper, 1 tablespoon cornflour, 1 1/2 cups water

Heat a nonstick wok or skillet. Add the turkey, curry powder, soy sauce, and onions. Saute until the turkey is heated, about 2 minutes. Add the celery, pea pods and pepper. Stir-fry another 3 to 4 minutes. Add the cornflour, dissolved in the water. Cook just until the liquid thickens.

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# LETTER

## TIME TO CLEAN UP CORFU!

*Having fallen in love with Corfu on my first visit here in 1972, I vowed that, one day, I would make my home here. Over the next three decades, my passion for travel took me to some wonderful and exotic places, but - every year or so - the magnetic magic pulled me (and, in later years, my family) back to Corfu. As we approached early retirement, my husband and I commissioned a company to build for us. In March this year, we moved into our new home in Kavadales - amazingly, completed bang on schedule!*

*Since moving here, we have become avid readers of the Corfiot and we feel total empathy with many of the issues you raise. For example, Sarah Button's articles about 'badly behaved Brits' - from opposite ends of the social scale - reminded us only too vividly of our own encounters with both species. However, it is the article by Paul Whyles, entitled 'Corfu: An idyll...or a dump?' which actually prompted me to e-mail you.*

*As I said, we have visited Corfu, on a fairly regular basis, since 1972 and we have certainly seen some changes, especially in places like Sidari (Blackpool with sunshine as my husband calls it). However, compared to, say the Balearics, we are relieved that so much of the island remains unspoilt - that is, apart from the alarming increase in litter.*

*Like Paul, every time we go out we get more and more upset about this problem, which seems to be getting worse by the day. We, too, do our bit as regards voluntary litter picking, but we recognise that this is not even scratching the surface of the problem - and, in any case, it is soul-destroying to spend hours clearing up an area, only to find that even more rubbish has been dumped within 24 hours.*

*Paul ends by saying 'it is time to clean the island up' and this is exactly what we have been saying to each other for months now. But just HOW do we go about this? After three decades of 'Brits abroad', it is no surprise that the general attitude towards us is not what it was, and Paul's perceptive comments identify the delicate position of expats. However, whilst we must be very careful to avoid any action which might be perceived as presumptuous, patronising or interfering, we feel that we really must do something before the situation becomes irretrievable.*

*If there are other readers who share our concern, maybe we could all get together and try to come up with some ideas to tackle the problem sensitively? And perhaps you could print something in The Corfiot to try to get some sort of action group going?*

*Thank you, and keep up the good work!*

**Val Robertson**  
Kavadales

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## Karma Maureen McNamara

Buddha taught the laws of karma (cause and effect). For every action we perform - mental, verbal or bodily - there will be an effect like a boomerang. When I discovered this truth I felt a great relief; it explained what I had pondered for years - the unfairness of life. Innocent people and animals suffering appallingly whilst the villains prosper.

Only an enlightened being knows the exact way that karma works, but we believe that karma ripens when conditions are right, so when we suffer and experience obstacles, it is because of past negative actions, maybe from many lives lived previously. The same applies to virtuous actions producing fortunate conditions.

There is no judge waiting to punish us when we die (what a relief!). Karma explains everything that happens in our lives from our appearance to our behaviour, and why two children with the same parents and background can be so totally different. We cannot blame anything or anyone for our misfortunes, only our previous non-virtuous actions. Having this realization makes us much more compassionate, as we do not judge others so much, knowing that we ourselves have committed far worse deeds in the past. We accept difficult circumstances more easily, and do not repeatedly say 'why me?' or 'it's not fair.'

Some of the effects of karma are quite obvious. For example, generosity leads to wealth in a future life, whereas miserliness and stealing lead to poverty. If we have killed we will have a short life. Patience leads to a beautiful form and anger leads to ugliness. If we find our wishes are unfulfilled, in the past we prevented other from fulfilling their wishes. If we are separated from friends, we must have interfered with others' relationships. If we cannot find trustworthy friends we have deceived people and if we are sick we have hurt others physically. No two people ever have exactly the same looks, characteristics and experiences. We all know the feelings we have when we hear about child cruelty, the atrocities of war and other terrible events. We want the perpetrator of the crime to suffer; often they do not appear to, but karmic law dictates that they will suffer in a future life. Thus, the suffering beings we see today are people who committed negative actions in a previous life. We should, however, still show compassion for these beings.

With skill we realize that everyone can teach us about karma. Looking at others' situations, we can see how they have arisen and make a determination to apply great effort to attain permanent cessation of rebirth, and to help all others to do likewise. We can then respect and value every living being as our most precious teacher.

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**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

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# 10 Key Things to Look For in a Good Web Designer

When you are investing in a new or newly refurbished website you need to find a company to get that website up and running. This means more than simple design. You also need someone who can help you conceive and write copy; plan functional site structure; get a domain registered; upload files; set up email accounts; and deal with other technical details. Below are ten things to look for when choosing such a company.

**EXPERIENCE** You will need someone with all the techniques, tools and tricks that will help you prepare your web site and accomplish your online goals. Ask all prospects for a portfolio and find out how many years of experience each one has.

**CUSTOMER SERVICE** As important as experience is a mindset and attitude of making customer service a priority. If a designer/developer is too busy to answer e-mails or phone calls, will they be able to keep the production schedule? Ask for references, and make a point of actually calling them. Ask the prospect's previous clients if the web developer was responsive, on time and effective.

**ORIGINAL COPY AND DESIGN** Creating professional and 100% original web graphics separates the men from the boys every time. Anyone can do some quick copy writing and slap it on a page with some pictures and hyperlinks. On the other hand, a talented and veteran designer will demonstrate knowledge of page layout, have a way with colour and know how to place elements on a page for best appearance and web site performance.

**CREATIVITY** You need to decide right away (before you even start talking to designers) just how much the designer you find will be involved in the conceptual process. Your designer may need to help you with some of the "big picture" questions, such as marketing, web copy writing (for search engines) and how to generate traffic. You want someone creative, but who can also work with your ideas to bring them to fruition.

**MARKETING EXPERIENCE** The easiest way to find out if your prospective web designers are good at marketing web sites is to view their website and their portfolio. You'll want to ensure that you can find what you're looking for on their site quickly and easily and that you can do the same on some of the sites in their portfolio.

**COST** For a full picture of all the costs involved in the project, ask for all the costs to be broken out individually - domain name and hosting, graphic design work, marketing fees and web development matters. You may need to place a deposit if the job is large enough, and you should have all payment terms worked out before work starts. Get every detail in writing, including deadlines and how many revisions are included.

**JOB TIMELINE** After you ask the developers how long the process will take, make a point of asking references if their project was, in fact, completed on time.

**COMMUNICATION SKILLS** Don't hire anyone who insists on speaking to you in "computer-ese" or won't explain unknown terminology. You have to communicate with this person about things that are important to your business, so you need to be clear at all times.

**FULL SERVICE** There may be one or two things that your designer/developer cannot do and will have to buy in from a third-party, but for the most part you should be able to find a reasonably-priced professional who can handle just about everything.

**AVAILABILITY** Are these prospects full-time web professionals? Or are they moonlighting from some other job, even a completely unrelated one?

Having asked all those questions you should end up with a website design and management company like 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.

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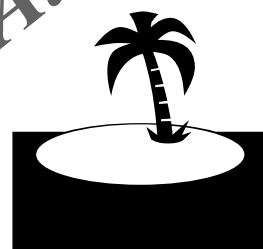
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