

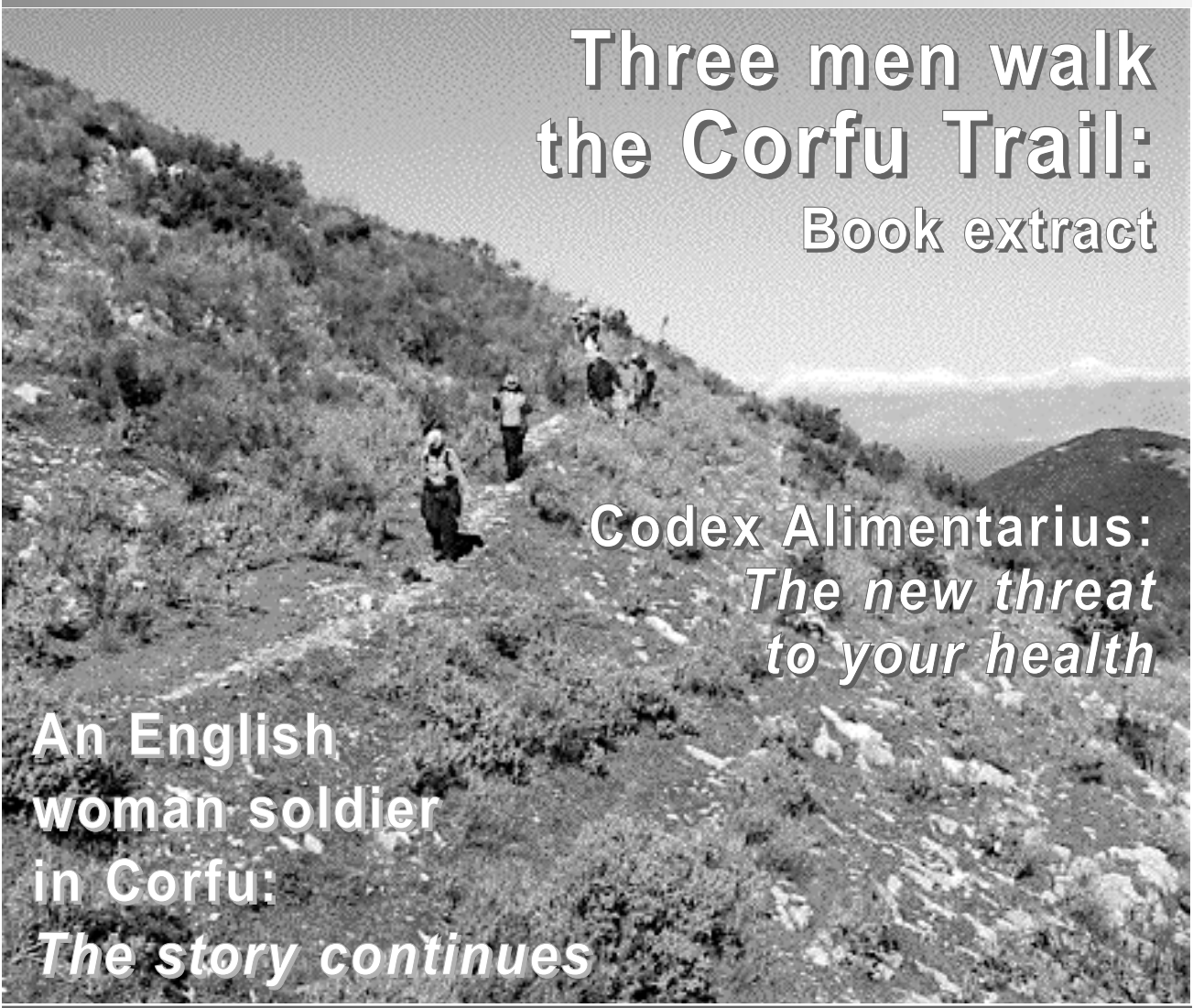
The Corfiot

Corfu's English Language Monthly Magazine

May 2010

2 euro

No. 230



Three men walk the Corfu Trail: Book extract

Codex Alimentarius:
*The new threat
to your health*

An English
woman soldier
in Corfu:
The story continues

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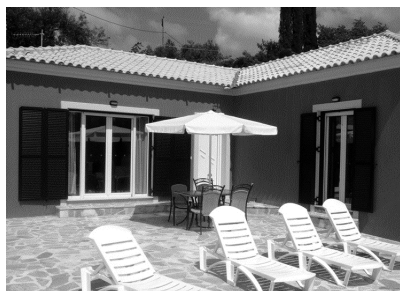
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COME AND JOIN US - EVERYONE WELCOME

ear to the ground

AFTER EGGS AND BITTER CHOCOLATE HAVE BEEN CONFIRMED AS 'SUPERFOODS', THIS MONTH'S FOODIE ABOUT-FACE IS ALSO GOOD NEWS:

Animal fat is now good for you! Yes, you don't have to peel off all that lovely brown skin off your charcoal-grilled chicken any more! In fact, the only fat which is actually BAD for you is any sort of transfat (hydrogenated vegetable oils i.e. margarine). I personally would not cook in any vegetable oil except for olive oil and sunflower oil, though (nut and seed oils are wonderful in small doses on salads).

English Breakfast is a healthier way to start the day than cereals! Researchers believe that kicking off the day with a fatty meal encourages your body to metabolise fats throughout the rest of the day, whereas eating cereals makes the body use up carbohydrates, leaving fats to accumulate. As I don't like the idea of the chemicals in supermarket bacon and sausage, my own personal fat-rich brekkie is a handful of mixed walnuts and almonds, a piece of chocolate, and the odd boiled egg. All superfoods!!!

Garlic (in moderation) is good for dogs! Having spent a fortune on Frontline, only to find my pals ticky again after a week or two (not to mention worries about leishmaniasis spread by sandflies, and heartworm-bearing mosquitoes), it's a relief to be able to confirm that garlic is a great bug repellant for dogs, and as long as you don't overdose, positively beneficial. Because onions - a related allium - can trigger a deadly form of anaemia in dogs, many websites have warned against feeding garlic to pets. Hang on a mo! Didn't my mum give garlic to her dogs every day of their (long) lives? Didn't a friend who once lived in Rhodesia feed his dogs garlic to prevent ticks? In nature, don't dogs (like all animals) search out wild garlic when they're sick (renowned British vet Buster Lloyd-Jones, who pioneered the use of herbal products for animals, found garlic to be very effective)? So I'm putting garlic in their dinner now, instead of covering them with vile chemicals which may well be harmful. There's speculation, by the way, that the anti-garlic hysteria might have been initiated by the companies which manufacture the nasty chemicals; of course, they don't want you use inexpensive natural products that don't make them a profit. Sounds familiar? (I'm also trying skordalia - Corfiot garlic dip - as a mosquito repellant for myself. Any excuse. There's a recipe inside.)

Sunshine is good for you! Vital, in fact! Hum... didn't we really know that all along? Flowers and trees lean towards the sun, animals bask in it, and we all feel better on a bright sunny day (in contrast, didn't you feel miserable during our last gloomy winter?). After two decades of anti-sunbathing hysteria kicked off by the 'hole in the ozone layer' (where did THAT go?), it turns out that most people in Northern Europe are deficient in vitamin D, 90% of which we get from sunlight. The deficiency makes them prone to depression, osteoporosis and some types of cancer. Of course, you still shouldn't peg yourself out for hours in the mid-day sun, and of course getting burnt isn't good, but the new wisdom is to spend some time every day in the sun with no protection.

Actually, have you looked at the stuff that's in suncream? A healthcare professional recently suggested to me that there's no

better way of provoking skin cancer than slathering yourself in Factor 40, then lying out in ultraviolet light!

I've not used suncream for 25 years, and despite being a natural redhead, go brown straight away. Apparently, it's down to eating ripe tomatoes all summer, along with plenty of olive oil.

WITH REFERENCE TO THE EARLY-MAY UK GENERAL ELECTION, I PICKED THIS UP FROM A NEWSPAPER BLOG: *Has anyone noticed that the Labour party's election slogan 'A future fair for all' anagrams into 'Our fearful fat liar'?* It does, too...

AND, IN THE LONG FALL-OUT FROM THE BANKING CRISIS, SOMEONE SENT ME THIS:

Who is the odd man out? And, more importantly, why?

Lord Stevenson: former chairman, HBOS

Sir Fred Goodwin: former chief executive, RBS

Andy Hornby: former chief executive, HBOS

Sir Tom McKillop: former chairman, RBS

John McFall MP: chairman of Treasury Select Committee

Alastair Darling: Chancellor of the Exchequer

Gordon Brown: Prime Minister and former Chancellor

Sir Terry Wogan: former presenter of Radio 2's Breakfast Show

If you said Terry Wogan, you're right. But the reason may surprise you: Terry Wogan is the only one out of this motley crew who actually holds any formal banking qualification. Worrying, isn't it!

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Corfu Trail book presented

Local author John Waller presented his latest book *Walking the Corfu Trail, with Friends, Flowers and Food* to the public on Wednesday, 14 April in the delightful library of the Durrell School of Corfu. The book tells a 'three men on a walk' tale of a hike along the Trail, accompanied by friends with interesting stories to recount about their experience of Corfu.

Simon Baddeley comments:

This is a book that will last, be borrowed and not returned, be swiftly resold if displayed second hand, becoming a valued souvenir and an essential companion (it is already for us) for residents and visitors to this island - guiding people on the different stages of the Corfu Trail, explaining some of what you'll see (especially the flowers) and providing helpful advice on places to stay. And slipping in, almost unnoticed, observations on the many different ways more and more people, local and foreign, are thinking about 'the' environment as 'their' environment, doing practical things - pointing to a reversal of that sad phrase from Cavafy's poem that Jim Potts quotes at the end of his recent book:

As you have destroyed your life here in this little corner, you have ruined it in the entire world.'

'Walking the Corfu Trail' is also funny; amusing in a kind way, full of cameo incidents and pen sketches of such a variety of people - walking companions, people met on the trail and figures from the island's past. John Waller's style brings to mind the classic 'Diary of a Nobody', written by two Victorian sophisticates, using Mr Pooter, his wife Carrie and their friends and neighbours to tease their real life equivalents. By the end of the book, The Nobody's have become real enough to outlast a legion of celebrities - and, notwithstanding the role of exceptional leaders, it will be the activities of small anonymous heroes that will be the saving of 'this little corner'.

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New Tour Operator heading for Corfu

Online bookings with Dream Holidays

A new tour operator will begin marketing holidays to Corfu this summer. Dream Holidays is offering packages, flight-only deals and accommodation deals from Gatwick and Manchester, exclusively with online booking. Prices start at 189 pounds for seven nights, and the new operator promises to pay agents competitive commission rates for bookings.

Managing director Akis Kyprianou says that the establishment of the company was prompted by the demise of firms such as Libra Holidays. 'There is now a lack of presence in the UK marketplace of specialist tour operators featuring the Eastern Mediterranean,' he said.

'Following the unfortunate demise of established brands in the last five years, we believe that we can offer the specialist product that the consumer is currently missing. Since 2004, the UK has seen a decrease in the number of holidays to Greece and Cyprus and this huge reduction in capacity has created a gap in the market and presented an opportunity for a new specialist tour operator. In addition, the Greek and Cypriot hoteliers, we believe, will welcome the opportunity to support our new specialist brand.'

The company is ABTA and ATOL bonded and also will operate to Crete, Rhodes, Kos, Santorini and Zakynthos.

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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.

This month's name days

05. Irini
09. Christoforos
10. Simon
11. Methodios
13. Glykeria
20. Lydia
21. Konstantinos, Eleni. Local holiday to celebrate Union of the Ionian Islands with Greece. Procession in Corfu Town, 9am.
29. Theodosia
Name-day ritual dictates that you visit the home of the celebrating person, who will be holding an 'at home' - no invitation required. Take along a simple gift (alcohol, flowers, cake) and you will be offered a drink, nuts, cake, and possibly food.

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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

4Square @ AgiotFest

The new Fairport Convention?

Veteran rocker Joe Brown, accompanied by his band, may be headlining at this year's AgiotFest, but we at the Box Office believe that the highlight of the Festival will be 4Square. Even our classicist Lionel is enthusiastic!

'4Square is a relatively new, young fusion band, dripping with very obvious talent,' writes music critic David Kidman on nethrhythms.co.uk. 'Outstanding musicianship, total assurance, abundant energy and exceeding confidence,' he continues.

Two of the band's members - accordion/keys player Jim Molyneux and percussionist Dan Day, both currently studying at Chethams School Of Music - were finalists in last year's BBC Young Musician Of The Year contest. (Dan follows in the footsteps of his dad Brendan, who at last summer's Festival played drums for the Dylan Project.)

The other two members of the group are fiddler/singer/clogger Nicola Lyons and banjo/mandola player James Meadows, a semi-finalist in the 2006 BBC Radio 2 Young Folk Awards.

The band hit bigtime on the folk-rock scene at Fairport Convention's Cropredy Festival last summer, where their album *Manchester 20:20* achieved the distinction of being the Festival's best selling CD, and its second biggest seller EVER!

Their new album *chronicLes* will debut in June, so we look forward to having both on sale at AgiotFest10.

4Square explain their origins on their website www.4squaremusic.co.uk: Since humble beginnings in a freezing farmhouse on the outskirts of Rochdale in the winter of 2006, outspoken alternative-folk quartet 4Square has accomplished an incredible amount in a relatively short space of time. Not only has 4Square's music matured into the most unique and exciting sound you shall hear from the British folk music scene today; they have also shared stages with the likes of Steve Winwood, Fairport Convention, Richard Thompson and Seth Lakeman.

'4Square...who are they?' very much sums up the words on the lips of festival-goers before Fairport's 2009 Cropredy Convention took place. [But they went on to play] an astounding 80 minute set and encore before an audience of 20,000 people.

PEOPLE IN THE NEWS

P.J. Wright - who played lead guitar for the Dylans at AgiotFest09 - characteristically described them as 'annoyingly brilliant.' We are looking forward to seeing this brilliance reflected at AgiotFest10.

AgiotFest 10 will take place on 27 and 28 August at Agios Ioannis, near Aqualand. Joe Brown will wrap up the Festival's second night, which will include local band Jemma Bartlett and the Good Old Boys and 4Square.

The first night will feature everyone's favourite heavy rock band Omega 5, and will climax by the Thessalonika-based reggae group (with a big band sound) One Drop Forward.

More information and tickets from www.agiotfest.co.uk. Or call the Box Office on (0030) 26610 58177.

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ANIMAL WELFARE

Sun, Sea... and Strays

✍️ *Louisa van Vuurde*

The tourist season has just begun, and we hope many visitors will come to our beautiful island and have a wonderful time.

During the summer season, a large number of tourists contact our small animal welfare charity, the Ark, concerned about animal care, or perhaps lack of it. Most come from countries where animal welfare is on a different level from in the Mediterranean. They phone or email us about dogs on short ropes, often with hardly any food or (dirty) water, pups or kittens found near or in rubbish bins, abandoned dogs or cats sometimes in bad condition, injured or poisoned animals. A lot of tourists spend time during their holidays helping these animals; giving them food, taking a injured dog to a vet, offering them a bit of love. But when the season ends...?

In the winter that's just gone we had a never-ending queue of animals needing care - unwanted, injured, poisoned, just name it - and a never-ending offer of unwanted puppies. Although we promote sterilization and even have a support programme, dog owners often refuse it as being unnatural. But is it natural to dump the pups on the roadside, or put them in a plastic bag into the wheelie bin?

Often our summer visitors offer to adopt an unwanted dog or cat, but we always advise them to think twice: a dog or cat is for life, and that could be 15 years or more; and during that whole period the owner must have the time, space and money to really take care of the new family member. If adoption is well thought through, the Ark can assist with the necessary procedures.

If you are traveling back to Holland or Germany you also can help us. Please contact us by email info@corfuanimalwelfare.com, or phone (0030) 6979 798202.

More and more frequently we are managing to find caring Corfiot families to adopt a dog or cat, but they are not enough by far for all the needy animals. We are therefore very happy to have the support of StichtingAAI in Holland, who help us to find 'golden baskets' with Dutch families (see www.stichting-gaai.nl).

It is very moving to see that animals with handicaps are also being given a chance of a better life. One example from last year was Argi, a dog with complicated broken leg(s), who found in Michiel a caring boss. In May, Argi will come back to Corfu for a three-week holiday.

Another was Misty, a big pup with deformed front legs. She had to endure several operations, with a long recovery time; but now she's got two straight front legs, and is allowed to run.

And then there was the puppy Popi, hit by a car in Gouvía with the result that he had to have a risky elbow operation in Holland. Meanwhile he tested positive for leishmaniosis, but despite his problems a young family with a little boy of two fell in love with the pup, and Popi - now called Ari - has joined them. He is pictured below after his operation.

These are just some examples of dogs with a handicap who find loving homes, but of course most of our beasts are healthy - and all of them have the lovely sunny (Corfu) nature.

That we manage also to find nice homes for our stray dogs here in Corfu is highlighted every month in this column, with one or more stories of locally rehomed animals. The happy new owners are now promoting the 'Corfu breed' amongst their friends, and telling them that the fashion for buying a pedigree dog (often from countries like Hungary and Bulgaria) is 'such a pity'. The 'survival of the fittest' process means that mixed-blood dogs are usually healthier and cleverer than pedigrees.

One local couple who have adopted a dog from us is Eleni and her husband, the proud owners of a small two-to-three year-old old brown dog named VENZA. She and her two sisters were not wanted any longer. One, Venzi, is now in Holland, and we have nice photos of her in her new surroundings. The other, Venzou, is living in Petriti in the south of Corfu, as reported in the March edition of The Corfiot. Eleni takes VENZA for long walks, and you might see her in and around Garitsa. She's a sweet example of the 'Corfu breed', as nice as our Corfu tomatoes, olives, sun and sea.

We repeat a request aimed at people living on Corfu: We urgently need temporary foster homes for dogs waiting to be adopted, so that a puppy, or an injured or unwanted dog, can receive some tender loving care whilst we are seeking a permanent owner for the animal. If you take an animal for a limited time, we guarantee not to leave it with you any longer than agreed.

Please email on info@corfuanimalwelfare.com or call 6979 798202. See our website at www.corfuanimalwelfare.com



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Codex Alimentarius

The new threat to your health

✍️ Hilary Paipeti

On the 25th of March - Independence Day and the Feast of Evangelistria - the Corfiots celebrate with a garlic blow-out. The garlic is raw, and comes in the form of skordalia, a mayonnaise-like sauce of the pounded cloves mixed with mashed potato, olive oil and lemon juice. On this day, it's splodged on fried or boiled salt cod. Heaven help you if you don't indulge along with the locals, for the next day a pall of garlic hangs like smog over the island!

Everyone knows the health benefits of garlic. It's a powerful cleanser and lowers blood pressure, among many other benefits. A miracle endowment of nature.

The Corfiots eat it in huge quantities, not just as skordalia, but in soups and stews, where it gives a characteristic flavour. In local villages, you would see older women sitting on the street, peeling cloves and popping them in a glass jar so they could be thrown into the day's meal by the handful.

Perhaps that's why many of the Corfiots live to a very ripe old age, and possibly why the French - also notorious for their love of garlic - have a good life expectancy, despite their rich food.

Can you imagine if garlic was banned? No more skordalia, no more sofrito, no more lentil stew as we know and love it? Such an act may be far-fetched, but it is not a completely empty speculation. And it's because of a little-known directive called Codex Alimentarius.

Codex Alimentarius - literally Food Code - came into force on 31 December 2009. Worldwide, and without your sanction. With Codex, the nearly 200 nations signed up to the World Health Organisation (WHO) intend to 'dumb down' your nutrition to a level at which you will be at risk of degenerative - and avoidable - diseases of deficiency.

Codex began innocently in the early 60s enough when the U.N. authorized the World Health Organization and the Food and Agriculture Organization to develop a universal food code. Their purpose was to 'harmonize' regulations for dietary supplements worldwide and set international safety standards for the purposes of increased trade. It was at some stage usurped by the international pharmaceutical industry, whose bottom line is making money at your expense.

Companies like Monsanto (the world's leader in genetically modified organisms - GMO) and Bayer (producer of Lebaycid, the dangerous neurotoxin which for years was sprayed on our olive trees) are now exerting their influence, and instead of focusing on food safety, Codex is using its power on their behalf to promote worldwide restrictions on vitamins and food supplements, severely limiting their availability and dosages. Under Codex, vitamins are classed as poisons.

Codex has become a set of regulations that aim to outlaw any health information in connection with vitamins and limit free access to natural therapies on a worldwide scale.

Under Codex, garlic and other therapeutic herbs (it could be argued that this includes everything good that we eat) could become illegal in their natural form, and manufactured versions would only be available in dumbed-down form, made by Big Pharma. Before cries of 'paranoia' are heard, it is already a criminal offence in parts of Europe to sell herbs as foods.

Under Codex, it is illegal to offer health information. Under Codex (contrary to its original laudable aims) food labelling will be withdrawn, so you will not know whether your food contains GMO products or dangerous additives like Aspartame (already disguised under an E-number), whether it has been irradiated or otherwise mucked about with. Under Codex, all animals destined for the food chain will be injected with growth hormone (which feeds cancer cells). Who manufactures this hormone? Who makes Aspartame? M-O-N-S-A-N-T-O. Monsteranto.

According to John Hammell, a legislative advocate and the founder of International Advocates for Health Freedom (IAHF), here is what we have to look forward to:

'If Codex Alimentarius has its way, then herbs, vitamins, minerals, homeopathic remedies, amino acids and other natural remedies you have taken for granted most of your life will be gone. The name of the game for Codex Alimentarius is to shift all remedies into the prescription category so they can be controlled exclusively by the medical monopoly and its bosses, the major pharmaceutical firms.'

Codex aims to prevent vitamins and other natural supplementation from upsetting the market share of beta-blockers, calcium antagonists, blood pressure and cholesterol lowering products and other unessential, dangerous and often lethal pharmaceutical 'wonder drugs'. Profit-generating treatments which kill rather than cure. That's Big Pharma for you.

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Job Search A Corfiot

Hmmm... job searching in Corfu... that's a tricky business.

First step is to have a 'contact'. If you don't have that, it becomes a little more complicated, and you can still make it, but you can't expect to get very far.

It's certainly not a matter of traditional job searching, where you look through ads, send your CV, sit an interview and get the job if you are qualified/lucky.

No, it's a different matter. It's a 'word-of-mouth' effect, like the 'butterfly effect'. You either spread the word that you are available, or you 'hear' about a job going. You then have to find somebody who knows somebody, who can put in a good word for you. If you prepare a good CV along with the courage to go up and present yourself, the potential employer will scorn you and offer incredibly low wages. It's just a Greek thing.

Firstly, job searching in Corfu is seasonal. You aim at summer-season; tourist season. February/March is good season to apply to big-businesses (like Grecotel, foreign tour operators, etc.) but is too soon to know for smaller businesses. April is a better bet. But again, businesses are still closed, so you have to find a way to contact them.

If you are introduced by a contact, have no fear, as you will be welcomed, greeted kindly and told a few good words, maybe not encouraging, but certainly not discouraging. If you go alone, expect to be treated like "an Albanian", looked down upon, cause your qualifications & experience count for nothing. You are here looking for a job and the potential employer has the power to give it to you or not. You are dependent. Now, my advise to you, is to try and keep that head up high, cause once they see your talents, they may act 'all-mighty', but are in reality burning inside with envy, and will finally bend to the fact that they NEED you.

Corfu is a beautiful island. Leaving it behind to make a living elsewhere is a hard decision to take. But, the choice is yours: you either make a business for yourself likely to be doomed by the eternal-grabbing of public offices via taxation, ungiven fines, etc. or you leave... unless you are happy to be treated as a slave?

SPRING WALKS

Due to warmer weather, walks become shorter and easier this month. From 15 May, we offer optional swimming.



SATURDAY, 8 MAY Doukades: Chapel in the Air (5-6 kms, 1 1/2 - 2 hours ***). Meet at Doukades Square, 10.00 for 10.30 start.

Short walk: TBA

Lunch at Elizabeth's, Doukades.

SATURDAY, 15 MAY Acharavi: Konstanti Hill & the Lower Roman Way (8-9 kms, 2 hours **). Meet at Skondros Taverna, Acharavi Beach, 10.00 for 10.30 start. Includes visit to the new Folk Museum. Swim at Acharavi.

Short walk: Acharavi Beach

Lunch at Skondros Taverna, Acharavi Beach

SATURDAY, 22 MAY Kalivioti: The 'Time-Warp Village' and the Hill with a View (9-10 kms, 2 1/2 hours **). Meet at Kalivioti, on the coast east of Perivoli, south Corfu. Swim at Savvas Beach.

Short walk: Along the coast road.

Lunch at Savvas Beach Taverna, Notos.

SATURDAY 29 MAY Liapades: Limni Beach & the Olive Hinterland (7-8 kms, 2 hours **). Meet at Liapades Square, 10.00, start 10.30. If the weather is hot, we do only the first part of the walk, and have a swim at Limni Beach.

Short walk: TBA

Lunch at Cricketers Taverna, Liapades Beach.

For further information, call 6934 396335. For information about the short walks, call Maureen on 6938 644543.

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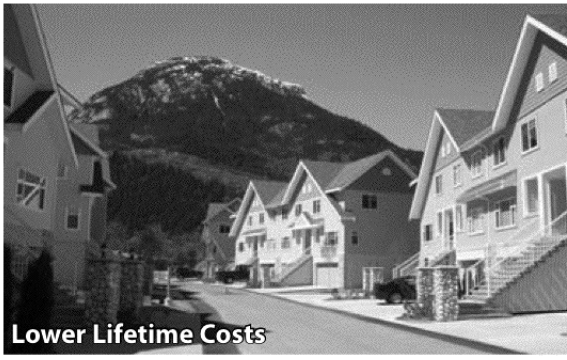
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PROPERTY FEATURE

Inside Villa Madeleine

A Lifestyle Choice in Corfu's Heartland

 Hilary Paipeti



Is this the perfect residence? A quiet rural area, yet good access to services (an easy 10 minutes to golf course and beach), and only 25 minutes to Corfu Town. A well-planned layout with lots of space. With swimming pool, gym and other sporting installations on site. And built to very high standards by a professional English builder.

Villa Madeleine is located just below the village of Giannades, and is set on a slight rise in a sunny position, just before the west coast hills fall to the Ropa Plain. The grounds extend to 4,000 sq.m. (one acre), divided into several dedicated sections. About half of the land has been left to pasture, and this section, below the house, can be sold as a building plot. The immediate vicinity of the house is surrounded by sturdy walls and fencing, containing neat lawns defined by gravel and borders featuring Mediterranean planting interspersed with stones and rocks, all with automatic watering. Outside the fencing is a large pool with deck surrounds which provide plenty of space for sunbathing (the pool area is gated for safety). Another section of the garden has raised vegetable plots, with a large gravel plot beyond for parking. The garden also boasts a badminton court and nets to practice golf!

The house is all on one level, and 144 sq.m. in extent. It's entered from a gravel and rock garden into a hallway/corridor. To the right, the living wing comprises an L-shaped lounge, diner and fully-fitted kitchen, with a convenient door between kitchen and diner opening onto the outside dining area. The lounge section centres on a open fireplace, and the whole space is open to a rafted ceiling. To the left of the main door, the corridor leads to three double bedrooms (one en suite), and a second - exceptionally large - bathroom (bigger than some people's bedrooms!). An extensive attic stretches over the sleeping wing and corridor. The covered veranda which opens from the kitchen has comfortable depth for a table and chairs for al fresco dining. Drop-down heavy-duty plastic windows mean the space can be

used on all but the coolest days. Directly in front of the veranda is a BBQ installation.

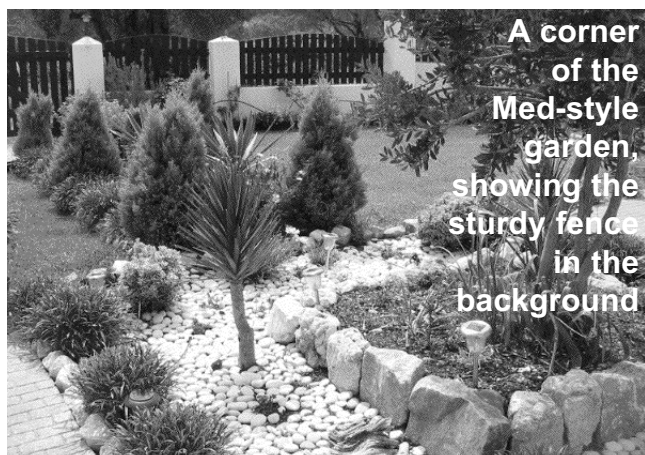
The double garage is currently set up as a fully-equipped gym. The house has full central heating and the windows are double glazed.



**Giannades
is characterised
by its picturesque
streets**

PROPERTY FEATURE

The property is exceptionally well maintained and, tiled throughout in a warm terracotta shade, is easy to keep clean. A buyer may obtain some of the contents (gym equipment, furniture) at an additional, negotiable charge.



A corner of the Med-style garden, showing the sturdy fence in the background

Giannades is a well populated village with good facilities which include year-round tavernas. With the golf course and excellent beaches nearby, and lots of walks in the area (Giannades is the hub of a footpath network which includes the Corfu Trail), it is a truly wonderful location, offering stylish living in the heartland of Corfu. The villa is well priced at 350,000 euros.

Phone 6934 396335 for additional information and to view.



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BOOK EXTRACT

Walking the Corfu Trail

...with Friends, Flowers and Food

✍ John Waller

It is Easter Saturday 2009 - Orthodox Easter. I'm sad. For ten years since I retired, we have stood with perhaps a hundred thousand Greeks in the Plateia of Corfu Town, the largest square in the Balkans and the cricket ground of the British for 50 years.

(But this Easter) we sit in the plateia of the last village before the summit of Pantokrator, beside the great elm tree which shelters the centre of Strinilas from the summer heat. Hilary Paipeti, founder of the Corfu Trail and organiser of the Saturday walks on the island, has just led us across the wild karst plateau just below the peak of Pantokrator and a scramble down the near sheer face to Spartillas.

No plate of fried fish today just eggs and chips - but what eggs! Fresh and full of flavour from the chickens that run free behind Stamatis's little taverna. This is simple country food to follow a glorious hike.

Standard fare it might be but special: the white taramasalata, not the red smoked roe paste of tourist tables; the ever present horiatiki, the Greek salad plus a extra plate of feta - not the cheese found on supermarket shelves but only under the counter. It is neither dry nor damp, but smooth and succulent; not sharp but sweet - a creamy treasure from Petalia, the village one passes before entering the karst plateau.

"I hear you are writing another book, John," someone says.

We are but few today but of six nationalities; most of the usual crowd of Greeks, British, French, Germans and Dutch that, each Saturday, follow the goat tracks through the olive groves and mountain maquis are celebrating Easter with friends in their village or in town. We dozen prefer the tranquillity of the countryside.

"Another book? What about?"

"The Corfu Trail."

Eyes turn to Hilary, the founder of Corfu's long-distance footpath. With a substantial EU grant, she and Fried Aumann set up the Trail in 2002 and have waymarked and maintained it ever since.

"But it's Hilary's Trail."

Hilary laughs. "It's everyone's. John's book will bring other walkers to the island, and that will be good for Corfu."

"You are going to walk it?" questions someone in disbelief. My Danish wife Jannie and I are usually the rearguard in Hilary's expeditions. She has problems going downhill - there are few hills in Denmark - and I have difficulty on the ascents.

"I've just bought a stick in Metsovo," I boast, as if this would make much difference.

Beautiful Metsovo is high in the Pindus Mountains on the mainland and home to the Vlachs, the transhumant shepherds that once

roamed throughout the south Balkans.

"You'll get lost."

On a recent walk, the rearguard had fallen so far behind that we had indeed got lost. Today, though the yellow waymarks had guided us through myrtle thickets that linked the small green fields of the rugged limestone karst plateau and down the tunnel of holm oak to the cliff above Spartillas, I would not have had full confidence of finding my way if Hilary and Fried had not been leading.

"But the stick has a compass on it. I will look at my Freytag and Berndt map, which shows the Trail and well - just map-read!"

"John will be fine. He'll follow my guide - it's on the web now - www.corfutrail.com." Hilary's Companion Guide to Corfu's Long-Distance Footpath is in fact essential for serious walkers. Her instructions are precise and the maps are from the most detailed available. "If they get lost, they can phone me and I will drive to the rescue."

"And each day we'll invite a friend to join us: a guest who knows the area we are walking through," I add. "We'll ask them about their Corfu and talk about the island's future."

"Who are we then?"

"Two long-distanced walkers, both ex-senior civil servants from England - average age over 70. One's a botanist so we'll take photos of flowers. The book will be called Corfu Trail, Friends, Flowers and Food - a taste of the countryside for independent walkers - expert or novice."

"The subtitle should be Turn Left at the Olive Tree." Everyone laughs. There are over three million olive trees on the island.

"Like the walking guide that said 'Turn left at the cow!'" quips

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BOOK EXTRACT

Hilary. "My guide gives the detailed instructions. John, I prefer Walking over Olives."

"But search engines looking for 'Corfu' find the four books I published in the top seven titles, with Greek Walls, an Odyssey in Corfu at number one ahead of Gerald Durrell on the Gardners' website."

"Then add a sub-title From Kavos to Agni," suggests Hilary referring to Corfu's infamous and famous resorts.

"In 8 days." I add.

"You're mad. All the way from Kavos ..."

"You mean Chavos," the wine is by now flowing. Kavos is the sin city of the south, the hedonist haunt of the 18-30s.

"... to Agni?" Agni is at the other end of the social scale. On Corfu's north-east coast, it is well known as Kensington-on-Sea and in summer 2008 hit the headlines over Yachtgate. Labour peer and ex- European Commissioner Lord Mandelson, Tory shadow chancellor George Osborne and Russian oligarch Oleg Depiaski were reported to have had conversations: the first two about Prime Minister Gordon Brown; the latter two about contributions to Conservative Party coffers. Local resident Lord Rothschild then became involved.

"John, are you walking for charity, then?" someone asked.

People had indeed offered me money for the walk but I was worried I wouldn't finish. My past record of long-distance trips was a catalogue of failure: because of the weather, the Alpine guide refused to take us along the Haute Route; the boat accompanying us on a round-Corfu windsurf refused to go to sea but alone we did get a quarter of the way before the wind died; and I have still not finished my punt trip down the Thames from source to sea.

But walking for charity is an excellent idea - maybe one of my readers will walk the Trail and raise money for some worthy cause and have a great holiday as well.

"No, I'm doing it because I'm angry - very angry. People write such lies about our island; I want to tell everyone the truth."

"Did you read what Simon Jenkins wrote in the Times?" interjects Hilary, who gets even more irate than me when journalists slag off her beloved home for nearly 30 years.

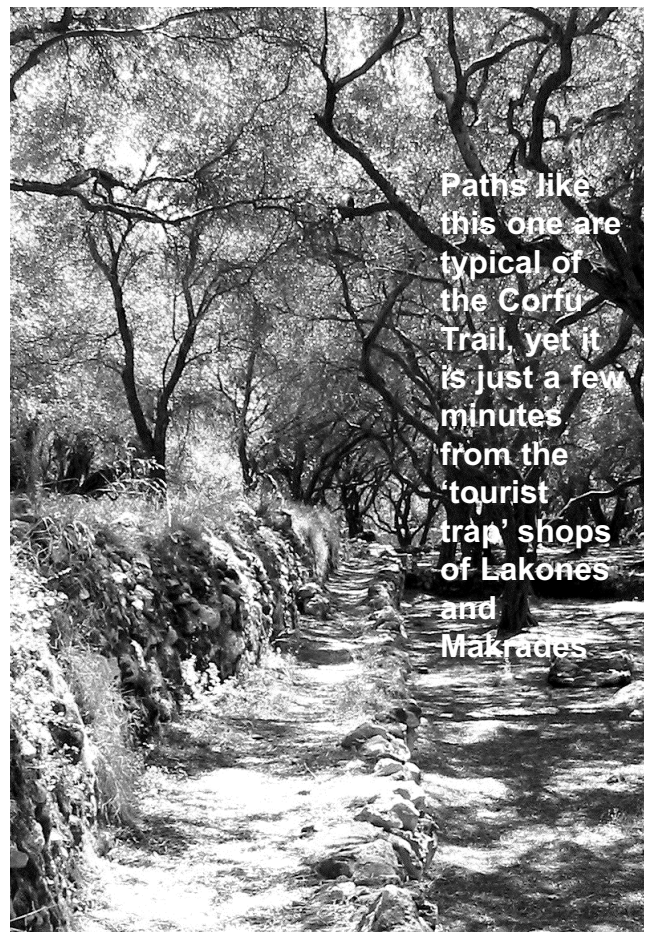
I read from his article: "The ruination of Corfu by developers cannot be regarded as a gain for civilisation, or even really for the visitors. Spain now regrets the desecration of the Costa Brava, its towns reduced to such ugliness as to be deserted by package tours. Few countries seem able to link their planning

system to some concept of beauty, at least until it is too late'."

But surely Corfu cannot be like Simon Jenkins' Costa Brava. I hope my walk will help me find out the truth.

Even today's short section of the Trail has given me a foretaste of future discoveries. Standing on the edge of the almost vertical wall of the Pantokrator Massif, beside the ruins of the once beautiful Taxiachis Chapel, I looked down on the island way below. I realised that less than a hundred metres behind the strip development along the Ipsos beach were the olive groves that covered the island.

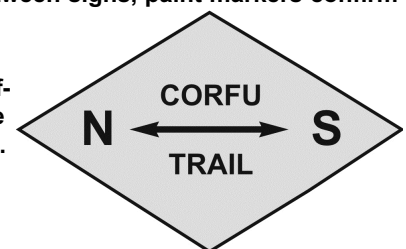
Driving along the sea front, any visiting journalist would be saddened by the rather tatty two-storey tourist shops and restaurants. Deviate inland and Corfu's treasures quickly reappear. ■



.....
The Corfu Trail - the island's long-distance footpath - runs from Arkoudillas at Corfu's southernmost tip (start near Kavos) to Cape Agia Ekaterini at its northernmost point. Since the most dramatic scenery and the biggest concentration of highlights are in the north of the island, walkers are recommended to follow the route from south to north. Approximately 220 kilometres long, it takes 10-11 days to complete. It's waymarked in strategic locations with yellow signs, bearing the letters CT and a directional arrow. Between signs, paint markers confirm the route.

The Trail was financed partly by the European Union's Interreg II programme and partly from a private source on the island. It is administered by a non-profit-making trust, and income from walkers, who are requested to contribute five euros, is ploughed back into maintenance and improvements to infrastructure.

The Companion Guide to the Corfu Trail (with full route descriptions and detailed maps) is available as a pdf file (10 euros) from www.corfutrailguide.com



HISTORY FEATURE

Flora Sandes

The First World War's most famous female soldier, in Corfu

The most famous female soldier of World War I, Flora Sandes was an Englishwoman who served with the Serbian army and endured their hard-fought retreat to the Adriatic Sea during the harsh Balkan winter of 1915. After volunteering as a nurse on the outbreak of the war, she joined a Serbian nursing detachment and after several postings, during which she showed her dedication, she was assigned to a front-line ambulance unit. Already knowing how to shoot and ride, she soon slipped into a combat role.

The Austrian attack in the autumn of 1915 forced the Serbian army to evacuate itself over the mountain ranges and into Albania, with the ultimate aim of establishing a government-in-exile on Corfu. Sandes pledged to stay with the regiment, and thus took part in the Long March over the snow-locked mountains to the Adriatic coast, becoming a mascot for the male soldiers (she was already over 40).

After the war, Sandes set off on a year-long publicity tour to raise money for the new Kingdom of the Serbs, Croats and Slovenes (subsequently Yugoslavia). Received as something of a novelty, she had enough fundraising experience to know full well how much interest she would arouse on her lecture tours in full military uniform, and comparisons to Nightingale and St. Joan indeed followed her around the globe.

She left the Yugoslavian army after demobilisation in 1922, and

The Serbian Relief Fund was short-handed and very busy, and I obtained permission to leave the camp for a few weeks and take up my quarters in town to give them a hand. Several shiploads of stuff had just come in, and everything had to be landed on the quay on lighters and then removed from there at once, as the quay could not be blocked up, to one or other of their store-houses, which were at opposite ends of the harbour. One of these store-houses had only just been acquired, and, as it was about 6 in. deep in coal dust, it had all to be scrubbed and cleaned out for the arrival of fresh bales, and that was my first job. I got a gang of Serbian soldiers, and we had a strenuous day's work with very inefficient tools at our disposal, but we managed by the evening to get everything ship-shape and the floors clean, though we all got rather damp and coal-dusty in the process.

The quay was a most interesting place, though I should have enjoyed the work more if it had not poured steadily all day and every day, as there was no cover anywhere. French, English, and Serbians were all working there together, each trying to be the first to seize upon labour and transport both by water and land for the particular job he was responsible for. There were a number of ships in the harbour waiting to be unloaded, and everyone was working as hard as he could, and things were considerably complicated by the fact that hardly one of them could speak the other's language. It was quite a usual thing to find an Englishman, who could not speak French, trying to explain to a French official that he wanted a fatigue party of Serbian soldiers to unload a certain lighter, and neither of them being able to explain to the said fatigue party, when they had got them, what it was they wanted them to do.

settled down in Belgrade. She married a Russian White Army General, and returned to England after the Second World War. She died in Suffolk in 1955, aged 79.

In 1916, Sandes published her autobiography, *An English Woman-Sergeant in the Serbian Army*, based on her letters and diaries. She used this account to help her raise funds for the Serbian Army. Here, we begin extracts from the book (not copy-right), starting from the end of the Long March and ending when the Serbian Army left Corfu to resume fighting.



There was always a company of Serbian soldiers for work on the quay, and a fresh relay of men came on at 6 a.m., at midday, and at 6 p.m., and you had to be there sharp on time if you wanted your men, or else you would find they had all been snapped up by someone else. As I could speak French and enough Serbian to get along very well, most of my work was on the quay, and I was often called on to act as interpreter. As I did not want to get down there at 6 a.m., however, I got an English corporal, who had to be on duty then, to take twice as many men as he wanted himself, and then give me half of them when I came down. I was rather afraid of the English Tommies at first, and thought they would be sure to laugh at a woman corporal, but, on the contrary, there was nothing they would not do to help me, and the French soldiers were just the same.

I was superintending the unloading of some goods from a lighter one day, which all had to be transferred to another lighter, and taken across to the warehouse that evening. We were all tired and wet, and the men were slacking off, and it didn't seem, at the rate we were going on, as if we should get through before 9 or 10 o'clock that night. The Serbian sergeant tried to buck them up, but the men were fed up and were just doing about as little as they possibly could. It is worse than useless to bully a Serbian soldier if he doesn't want to do anything; so, as I wanted to get back to the hotel to dinner, I went on quite another tack. I told them that I had been working for them all day since early in the morning, and was tired and hungry, and if they were going to spend another three hours over the job I should get no dinner. They all at once got terribly worried on my account, began to work like steam, and in an hour we had the whole thing done, and they were enquiring in a brotherly manner if it was all right,

HISTORY FEATURE

and if I would be in time for dinner now.

All these poor fellows working down on the quay had had their uniforms taken away from them and burnt, and they had been provided with a blue corduroy suit for working in. Their old ones, though dirty, were warm, and their new ones were very thin, and in most cases they had hardly any underclothes; so whenever I had a gang of men working under me down at the warehouse I used to fit them out with warm sweaters, etc., of which we had plenty, out of one of the broken bales. I used to make them work hard for a couple of hours, and then sit down for five minutes and have a cigarette, and then go on again for another hard spell. The Serbian sergeants used to be very amused at my methods, but I always found they answered very well. They were always keen to be on my gang, and everyone said I got more work out of them than anyone else could.

There were a lot of new English uniforms, but the French authorities would not issue them unless there were enough underclothes to go with them, and these they were short of. However, I got a promise of underclothes from the Serbian Relief Fund, and then my troubles began. First I had to get a paper signed by the English saying they would give them if the French approved; then another, signed by the French, that they did approve and would give the uniforms; then one signed by the Serbian Minister of War; then back to the French again to be countersigned; then back to the Minister of War; then to the Serbian warehouse, who refused to give them because I hadn't got somebody else's signature, and so on and so on. To cut a long story short, it took three whole days walking round Corfu in the pouring rain before I could get those papers sufficiently signed, including three visits to the Minister of War, and even then the transport remained to be found, as the motor-lorries were fully occupied carrying bread.

I had airily promised the French that I thought the English authorities could give me transport; so I went up to them, and they said they would see what they could do.

"How much stuff have you?" inquired the officer in charge.

"Three thousand two hundred and fifty uniforms," I replied, "and the same number of vests and pants."

"Well, that doesn't tell me anything," he said; "I want to know the bulk and weight: you're no good as a corporal if you can't tell me that. Let me know exactly by eleven o'clock to-morrow morning, and I'll see what I can do."

Here was a poser, for, though I said at once that I would let him know, I had not the faintest idea how to work it out; but fortunately bethought myself of my sheet anchor, the big English corporal on the quay, who always seemed to be able to solve any difficulty; and, sure enough, he did it for me, and I telephoned the required information. In the end I got the stuff loaded onto a barge and took it myself to a point about 2 miles from my camp, whence it was carried up by a company, and we had the proud distinction of being the first regiment to be fitted out in new, clean English khaki uniforms.

When not on the quay there was plenty to do in the warehouses, sorting out the bales, or taking them across the harbour in our little tug, which was quite a journey, but I eventually got a chill and had to lay off a bit, as the result of one wetting too many.

I used to go back to camp every Saturday afternoon and Sunday, and I managed to take up a couple of cases of something, gener-

ally given me by the Serbian Relief Fund; either things for the ambulance or condensed milk or golden syrup for the men.

Condensed milk was very much appreciated, as it meant that they each got a big bowl of cafe au lait for breakfast for three mornings, whereas, as a rule, they don't have anything until lunch.

One day an incident occurred which touched me very greatly. The non-commissioned officers and man of the Fourth Company formed a committee among themselves and drew up an address, which they presented me with, and which a man in the regiment who knew English afterwards translated for me as literally as possible. An English major, to whom I once showed it, told me if that were his he should value it more than a whole string of medals, coming as it did spontaneously from my own men. I put the translation in here:

"To the high-esteemed

"MISS FLORA SANDES

"CORFU.

"Esteemed Miss Sandes!

"Soldiers of the Fourth Company, 1st Battalion, 2nd Inf. Rgmt., 'Knjaza Michaila,' Moravian Division, 1st (Call) Reserves; touched with your nobleness, wish in this letter to pay their respects - and thankfulness to you; have chosen a committee to hand you this letter of thankfulness.

"Miss Sandes!

"Serbian soldier is proud because in his midst he sees a noble daughter of England, whose people is an old Serbian friend, and to-day their armies are arm-in-arm fighting for common idea, and you Miss Sandes should be proud that you are in a position to do a good, to help a Serbian soldier - Serbian soldier will always respect acts of your kindness and deep down in his heart will write you kind acts and remember them forever.

"Few months have passed since you came among us, and you shared good and bad with us. During this time you have often helped us to pass through hardship, buying food for us, and financially.

"Thanking you in the name of all the soldiers, we are greeting you with the exclamation:

"Long life to our ally England,

"Long life to Serbia,

"Long life to their heroic Armies,

"Long life to noble Miss Sandes!

[The names of the committee members follow]

"To Miss Sandes, Corporal, volunteer of this Comp.-

"Please receive this little, but from the heart of my soldiers, declaration of thankfulness for all (for help) that you have done for them until now, and in time, when they are far away from dear ones and loving ones at home.

"To their wishes and declaration I am adding mine and exclaim:

"Long life to our dear ally England,

"Long life to heroic Serbian Army,

"Commander of the Company,

"Janachko A. Jovitch.

"13/26 February, 1916.

"Ipsos (Corfu)."

Next month: The Serbian Army en fete; departure for Salonica.

Bread, Salt and Olive Oil

The Staff of Life

✍ Hilary Paipeti

It's well known that in times of hardship, a Corfiot will be quite happy with a piece of bread, a handful of olives and a chunk of feta. Add a plate of boiled wild greens and a tomato or two, and you've got one of the best meals in the world!

Local bread is still baked by artisans in neighbourhood bakeries, using unbleached flour, and sometimes olive wood as the fuel for a traditional oven. The bread, crusty on the outside and chewy within, is an excellent vehicle for the wonderful sauces that much of the food is cooked in; but it can be best enjoyed absolutely plain, with olive oil sprinkled with a little salt.

Bread, salt and olive oil - the very staff of life! Of course, to enjoy that bread, you need the best oil and salt you can get.

SALT Even the most ordinary supermarket salt is sea salt, but it's not well known that the very best comes from Kythera, the southernmost of the Ionian Islands (not now administratively part of our region). Along one stretch of the Kytheran shore, the waves wash onto natural rock pools, and when the water recedes, evaporation creates natural salt crystals. It is a prize for the Kytherans, who every year bid for the right to collect the product. Because the process is completely natural, the island has always been exempt from the government monopoly on salt.

Now, the Patounis Soap Factory (Ioannis Theotoki Street, San Rocco Square, Corfu Town. Tel. 26610 39806) has become the first business to market this Kytheran salt. Fifth generation soap-maker Apostolos Patounis supplies the 'aphros' of the salt (what we would call the 'cream'), the top layer of pure, new salt from the rock pools - the older salt underneath goes for processing. It's not cheap, but the flavour reminds you that salt constitutes an ingredient of a dish, and is not just an additive. Try it with crusty bread and fresh, juicy tomatoes!

OLIVE OIL With the Nyssos brand, Family Stamatelou were the first to market Corfiot olive oil. Now Family Leftheriotis of Giannades are bottling their own single-source olive oil. It's classed as organic, with an acidity of 0-1%, and is a mellow oil with no hint of bitterness, so soft on the palate that you can even make mayonnaise with it (the true 'acid test' of olive oil!). It comes from the family's own trees, which grow on the fringes of the Ropa Plain. Because the supply is limited, the oil is only available from Giannades Supermarket, in the village square. It comes in one litre glass bottles, one-and-a-half-litre plastic bottles, and five litre cans.



Enjoy fine salads this summer, with the best olive oil and top quality sea salt

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FOOD

As summer approaches: A Seasonal Menu

Courgette Flower Fritters

Green Beans and Courgettes with Feta

Lamb Fricasée

Strawberries with Kumquat

Courgette Flower Fritters

If you grow your own courgettes, you can gather the male flowers in the early morning for this dish - they are the ones that grow on a long stem, not those that grow on the fruit.

A dozen courgette flowers, flour, water, salt, olive oil

Prepare only at the last minute. Cut the flowers off their stems. Rinse them and dry well. Open them out. Put water and a good pinch of salt in a soup plate. Beat in enough plain flour to form a batter the consistency of single cream. Quickly dip the flowers in the batter, and immediately drop into hot olive oil in a frying pan. Fry in batches, removing when golden. Drain on kitchen paper and send immediately to the table.

Green Beans & Courgettes with Feta

This dish was a summer favourite at the Lucciola Inn in the years when it was managed by the Bouas family. It is now an Events Centre under the management of its owner, Daphne Desylla.

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

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

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

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

Lamb Fricasée

1 kilo leg of lamb, 1 medium onion, olive oil, salt and freshly ground black pepper, bunch of parsley, bunch of dill, 5 spring onions, 1 Cos lettuce, 1 teaspoon flour, 1/2 cup milk, 1 egg, juice of a lemon

Cut the lamb into serving pieces and sauté it gently in the oil for 10 minutes with the finely chopped onion. Do not allow it to take colour. Add water to cover, salt and lots of pepper, and bring to a simmer.

Meanwhile wash and finely chop the herbs. Chop the spring onions in rings and cut the washed lettuce into fine strips. Add all to the lamb and continue to simmer until the meat is very tender and the liquid reduced, about 1 1/2 hours in total.

When the lamb is ready, remove from the heat. Mix the flour with the milk and beat it with an egg and the lemon juice. Pour it on the meat, return to a very low heat and let it thicken the remaining liquid, shaking and stirring the pan all the time to form a sauce. Leave for a few minutes off the heat before serving.

This dish is best served on its own, with chipped potatoes on a separate plate.

Wild Strawberries with Kumquat Liqueur

These are grown on Gerald Durrell's 'Chessboard Fields', the flat marshy fields which border Lake Halikiopoulos, on the opposite side from the airport. In late May and June, you can buy punnets of wild strawberries direct from the growers, on stands alongside the road just south of Vrioni. A sprinkling of kumquat liqueur enhances their amazing taste. Kumquat liqueur also improves the flavour of ordinary commercial strawberries

Punnet of wild strawberries, Kumquat liqueur

Pick over the strawberries and wash and dry very gently. Place on a dish and, just before serving, sprinkle with a few teaspoons of the liqueur.

Jossy's Fish & Chips Bar Ipsos

Also

Jossy's Fried Chicken

Winter opening hours:

Tuesday 17.00 - 22.00

Friday 17.00 - 22.00

Saturday 17.00 - 22.00

Tel. 6974 845043

INFORMATION

POST OFFICE

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

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

EMERGENCY TELEPHONES

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

CONSULATES

Great Britain 26610 30055 & 23457
Holland 26610 39900
Germany 26610 31452
France 26610 26312 & 26630 22500
Italy 26610 37351
Denmark 26610 38712
Norway 26610 39667 & 32423
Sweden 26610 31386 & 36241
Switzerland 26610 39485
Eire 26610 32469 & 39910
Finland 26610 93438

CHURCHES

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

SPORTS

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

MEDICAL SERVICES

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

Regional National Health Surgeries

Agios Mattheos	26610 75110
Gastouri	26610 56153
Giannades	26610 51210
Kastellani	26610 54333
Kato Garouna	26610 53000
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Agros	26630 71201
Ano Korakiana	26630 22123
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Gimari	26630 91395
Doukades	26630 41555
Karoussades	26630 31377
Kassiopi	26630 81238
Makrades	26630 41368
Lefkimmi	26620 23333
Argyrades	26620 51421
Perivoli	26620 22196

Need a reliable weather forecast?

A detailed five-day forecast is at:

www.corfunet.com/weather/index.php

IN CORFU TOWN

ARCHAEOLOGICAL MUSEUM Diverse exhibition of Corfu's
archaeological heritage, including Gorgon Pediment. 1, Vraila St., near
Corfu Palace Hotel. Open 8.30-15.00 except Mondays
BYZANTINE ART MUSEUM Fabulous Byzantine and post-Byzantine
icons. Church of Antovouniotissa, just off Arseniou St. Open 8.30-15.00
except Mondays
MUNICIPAL ART GALLERY Corfu Artists of the 19th & 20th centu-
ry. 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 bas-
tions and the best view of Corfu Town. **BYZANTINE ART MUSEUM**
and **MUSEUM COPIES SHOP** (closes 14.00). Entrance from the
Esplanade Square. Open every day, 08.30-19.00
NEW FORTRESS Built by the Venetians and British, a stunning work
of military engineering. **MUSEUM OF CERAMICS**. Entrance from
Solomos Street. Open every day, 10.00-19.00
PALACE OF SAINT MICHAEL & SAINT GEORGE Built in 1823
as seat of British government, with impressive official rooms. Contains
MUSEUM OF ASIAN ART, a world class collection of art objects
from far eastern countries, beautifully displayed and presented in con-
text. Esplanade Square, North End. Open 08.30-15.00. Closed Mondays
BRITISH CEMETERY Lovely garden containing graves from the
British Protectorate to the present. Interesting plants and trees, and fine
cemetery architecture. Entry is free - please leave a generous contribu-
tion 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 memo-
rabilia 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 tradi-
tional 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
TRIKLINO VINEYARD Agricultural tradition and local products.
Video showing olive and wine production. Wine tasting, traditional
snacks and music. Walk through vineyards with panoramic views.
Karoubatika, on Pelekas Road, 6 km from Town. From 12.00 daily
CORFU DONKEY RESCUE 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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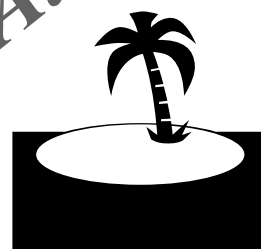
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