



# NEWCOMERS

AN INFORMAL SOCIAL GROUP  
WELCOMING NEW ARRIVALS TO ATHENS

<http://www.newcomersinathens.com>  
[newcomers.bulletinboard@gmail.com](mailto:newcomers.bulletinboard@gmail.com)

Newsletter June 2020

*Dear Members*

*Welcome to a shorter than usual newsletter to round off our Newcomers year, as life slowly opens up after lockdown. Some aspects of daily life may have been very different, and perhaps difficult, to cope with, but let's not forget how fortunate we are to be in Greece. We can enjoy glorious blue skies and warm seas, we can get to beaches and islands again and we will ultimately benefit from a couple of months of "rest and recovery" after the ordeals of the coronavirus pandemic.*

*With no summer luncheon this month, I am reminded of how much I have missed our general taverna meetings where such a relaxed and friendly atmosphere lifted so many spirits. I have also missed our lively monthly team meetings and am sending best wishes for a healthy, happy summer to the wonderful volunteers, to all those who have contributed to keeping our newsletter going during this pandemic, and to all our members. Because June is often the time for some members to return home or set off on a new assignment, I send them special wishes for safe travels and new adventures in the hope that Greece will always hold a special place in their hearts. "Kali antamosi!"*

*I'm keeping my fingers crossed that Greece continues to successfully handle the country's re-opening so we can return to some sense of normality by September. Then I hope with all my heart we can meet again at Vathis taverna!*

*Stay safe and Stay well!*



*Chris Grant-Bear, Editor*

*PS: Quote for the month from Mark Twain - "It is better to be a young June-bug than an old bird of paradise."  
Not sure about that . . . .*

**We hope our next meeting  
will be on  
September 9<sup>th</sup> 2020  
when we can meet up  
again at Vathis Taverna.  
Watch the Newcomers  
Bulletin Board  
for more information!  
In the meantime . . . safe  
travels, stay well  
and enjoy your summer!**

[newcomersinathens.newsletter@gmail.com](mailto:newcomersinathens.newsletter@gmail.com)



Keep informed of upcoming events, tours,  
get-togethers and meetings... Join our  
Facebook Page!

[Facebook.com/newcomersinathens](https://www.facebook.com/newcomersinathens)



# NEWCOMERS MEMBERS USEFUL INFORMATION

**Website:** [www.newcomersinathens.com](http://www.newcomersinathens.com)

**Bulletin Board:** [newcomers.bulletinboard@gmail.com](mailto:newcomers.bulletinboard@gmail.com)

## Emergency Numbers

<b><u>EU-WIDE EMERGENCY</u></b>	<b><u>112</u></b>
<b><u>POLICE EMERGENCY:</u></b>	<b><u>100</u></b>
<b><u>FIRE BRIGADE:</u></b>	<b><u>199</u></b>
<b><u>TOURIST POLICE</u></b>	<b><u>171</u></b>
<b><u>AMBULANCE</u></b>	<b><u>166</u></b>
<b><u>SOS MISSING CHILDREN:</u></b>	<b><u>1056</u></b>
<b><u>DOCTORS SOS</u></b>	<b><u>1016</u></b>
<b><u>EMERGENCY HOSPITALS</u></b>	<b><u>1535</u></b>
<b><u>POISON FIRST AID</u></b>	<b><u>210</u></b>
<b><u>8081464</u></b>	

POSITION / NAME	EMAIL ADDRESS
Team Leader + Newsletter Editor + Area Rep Chris Bear	<a href="mailto:chrisgrantbear@gmail.com">chrisgrantbear@gmail.com</a>
Newsletter Ads / Activities / Membership Mary Kyritsis	<a href="mailto:mkyritsis33@gmail.com">mkyritsis33@gmail.com</a>
Welcome Desk Pauline Leyden	<a href="mailto:paulinemleyden@yahoo.com">paulinemleyden@yahoo.com</a>
Donations Rose Milward	<a href="mailto:rosemilward@hotmail.co.uk">rosemilward@hotmail.co.uk</a>
Secretary Anne Vavarapis	<a href="mailto:annevavarapis@gmail.com">annevavarapis@gmail.com</a>
Bulletin Board Lynne Seivwright & Annette Hadjis	<a href="mailto:Lynneseiv@me.com">Lynneseiv@me.com</a> <a href="mailto:achadjis@hotmail.com">achadjis@hotmail.com</a>
Facebook + Meetings Facilitator Katerina Tsitsipi	<a href="mailto:tsitsipi@gmail.com">tsitsipi@gmail.com</a>
Meet and Greet new members Kathy Cambas	<a href="mailto:camstam@otenet.gr">camstam@otenet.gr</a>
Info Desk +Meetings Facilitator Laura Foti-Liverakos	<a href="mailto:laura@liverakos.info">laura@liverakos.info</a>
Tours and Activities Organiser Katerina Tsitsipi	<a href="mailto:tsitsipi@gmail.com">tsitsipi@gmail.com</a>

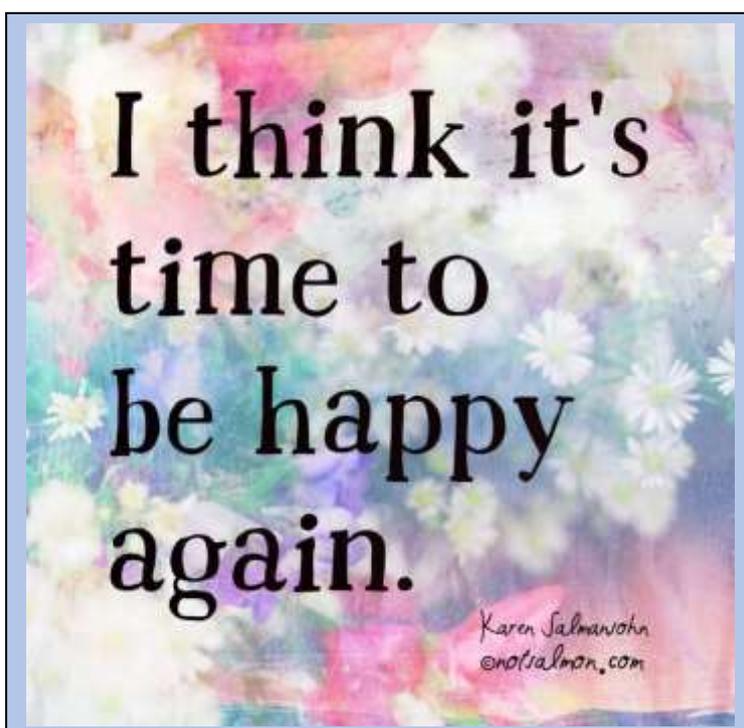
*Newcomers is an informal, non-profit, social group run by a committed team of volunteers offering support, advice and information to new arrivals in Athens via monthly meetings, activities, a newsletter and an e-community Bulletin Board. Newcomers is also dedicated to doing rewarding work in the local community by helping a small number of worthy causes.*

*Formed to encourage people to meet each other, make new friends, and cope with the practical side of living in Greece as well as enrich their lives with culture, Newcomers welcomes all nationalities, with English as the common language.*

*Although informal, we have a team of committed volunteers who meet together regularly to take decisions and agree on issues affecting the group. Each volunteer provides help in various capacities. There are no membership or annual fees – only a small charge at each general meeting to cover costs.*

*If there are surplus funds left over from an event, the monies are donated to the charities supported by the group.*

*Newcomers Monthly General Meeting is held on the second Wednesday of each month from September to June in the Northern Suburb of Kifisia. Twice a year the meeting includes special luncheons. Meetings usually include a speaker who shares information about a specific topic of interest. New people are introduced, general announcements are made, upcoming activities are announced and any questions are answered.*



## Three Restaurants to Visit in Paros

*Tatiana Harkiolakis*

Tourism to Greece may be on rocky ground this summer, but thankfully we residents can still travel to our favorite islands to enjoy some sun, sand, and good cuisine. This summer, we're recommending Paros, a classic Cycladic pick that has the beauty and glamor of Santorini with a rustic twist. Here are our top four picks for memorable dining on Paros!



The ultimate Paros-ian restaurant is **Barbarossa** (*Old Port of Naoussa; 2284051391*), a portside establishment that's been dishing out haute island cuisine for over 30 years. Treat yourself to king crab legs, *bouillabaisse*, and fresh lobster with crayfish butter, or try the rolls from their lauded sushi menu. For a late-night treat, head to their bar and enjoy a cocktail or local wine.

For a more secluded charm, head to **To Thalami** (*Ampelas; 2284053351*), a quiet seaside taverna dishing up huge portions of traditional island fare at good prices. Start with fried zucchini balls, a classic *salata horiatiki*, and homemade French fries, then continue with grilled octopus and squid or a giant portion of spaghetti with shrimps or lobster. *Bonus*: They treat all diners to a free limoncello at the end of the meal!

And finally, a hidden gem for breakfast and lunch is **Mikro Horio** (*Kamos, Naoussa; 2284052651*), a small café near farmland with a daily menu of Greek comfort food and homemade pies. Grab a piece of crunchy *spanakopita* or pie with *siglino* (smoked pork) in the morning, then come back in the afternoon for a hearty meal of stuffed tomatoes, pumpkin soup, or roasted chicken with handmade pasta.

Here's to all our resilience and optimism during the trying spring months—may summer bring us more joy, more outings, and more good food!

## Restarting Justice in Greece ... by Marylou Andriakopoulou

As with most state institutions and public services, the courts were closed from 13th March and no court hearings took place, both in regard to civil and to criminal cases, excepting temporary court orders on matters of very urgent nature, where the judge would give a temporary order by hearing just one party, as opposed to the usual practice of hearing all parties, of a dispute. As a result of this, thousands of civil and criminal cases were not heard and therefore postponed to a future date. Here is a very brief outline of what to expect between now and the end of September:

As of June 1<sup>st</sup>, civil courts started hearing cases again. A new system is implemented now where, in order to avoid overcrowding in court rooms, cases are heard on specific times, in accordance to the docket number each case has. So, for example, rather than all the lawyers with their clients waiting in a crowded courtroom for at least one or two hours, each case is allocated a specific time for its hearing, depending on the cases to be heard each day. The cases that were postponed will be given a new date by the court registry and the parties will have to look into the government portal of the courts ([www.solon.gov.gr](http://www.solon.gov.gr)) to find the new date for their case going to trial.

Also, each case may now be postponed on two, rather than one, occasions and for the first postponement the party requesting the postponement does not need to present an important reason for it.



## How I Spent My Summer Vacation by Kathy Cambas

Many years ago, when our son was still a toddler, we decided to take a family summer vacation at one of Greece's popular beach resorts. My parents, in a sudden fit of nostalgia for their daughter and only grandchild, had put up the family home in Miami for sale, left it in the hands of a realtor, packed up their bags, and moved to Athens in less time than it took them to mail us a letter informing of their arrival.

Unfortunately, used to being in Greece only as visitors, they soon found the bureaucracy and peculiarities of the country which they once thought of as "cute" to be baffling and frustrating. So, in order to bring back some entertainment in their lives, I had the bright idea of bringing them along for some summer fun.

We had rented a house on the beach and were ready to leave when we heard that the National Road was closed due to a fire. Fortunately, we were able to leave the next morning on a hot summer day in a car without air conditioning which my father described as "barbaric". After traveling for what seemed like an eternity with a three year old and a mom and dad who were now seriously considering buying back their home in Miami, we finally arrived. The landlady looked surprised to see us but not as surprised as we were when she told us she had already rented the house to another family because we hadn't shown up the day before, the raging fire apparently not being a good enough excuse.

So here we were – exhausted, hungry, sweaty and all those good things. We were informed there wasn't a room available in the entire area since this was the height of tourist season. By this time, my mom was pleading with my dad to calm down while he was trying to call the Embassy, the police department, and his lawyer in the U.S. and stopped only when informed that he could not call direct to the U.S.

We finally got in touch with a local doctor who had helped us find the rental. He invited us to his house, said that he would find a solution, which he did, but the apartment in question would not be available for several days. But, not to worry! He owned a small hospital and we could stay there for the time being! Now, at this point, I should tell you that my father was a hypochondriac whose love of doctors and medicine was only exceeded by his passion for football and the CBS News, both of which were unavailable in his new country of residence. So when he heard the word "hospital", his eyes lit up like the brilliance of his favorite Miami Beach night clubs (which he often described as the "pinnacle of civilization"). "Did you say HOSPITAL?" he asked. He was already out the door, sitting in the car, with a huge smile on his face.

My parents were assigned a double room and the three of us an empty ward. I could hear my father singing next door when I saw a nurse go into their room. She was young, pretty, voluptuous, and wearing a deep-cut neckline and high heels which I thought must be the medical protocol in this part of the country. When I went in, the three of them were laughing and having tea and biscuits while my father was showing her his 300 photos of the Miami skyline.

The next morning we all started out for the beach but to get to the elevator we had to pass the waiting room for surgeries. My husband, after seeing the wheelchairs and stretchers, told us we should be respectful of these patients, cover up our swimsuits, and not laugh or pretend to be having a good time when these poor people were about to be cut up. After we had left, we realized my dad was not with us. I found him in the waiting room giving instructions to the surgeon as he was waiting to take out a gall bladder.

The rest of the holiday went smoothly except for the day when we had to leave the hospital to go to the new rental. My dad, having been cheerful and happy during this period was now depressed and moody. Since by now he was on a first name basis with all the patients and staff, the good-byes were long and arduous. As we said one last farewell, I heard one of the surgeons say, "These American doctors – they're just so friendly!" And that's how my father got his Greek medical degree.



## From Martina, in Tunis

### **Through a blanket of clouds**

The dark gray sky feels like an arms-length away, a blanket of clouds has loomed over my head claustrophobically since last night. In the distance and above it, lightning has been projected through its surface silently. The lake underneath a darker gray still.

I open my eyes to a half light and think it earlier than it is. The street light orange against the grey blue serenity. Five in the morning and the house is still, a faint smell of chicken from the night before still hovers, and is the reason why I wake. I yearn for fresh air but the meshless windows beckon the swarms of mosquitoes too generously, and I am forced to keep them closed.

My room on the edge of a building, I lift my body heavy from the night's somnambulant adventures and walk bumpily across the apartment, coaxing my eyes to open fully. With motions not yet fully coordinated, quite stiff and very slow I make myself ready to venture outside.

I open the front door meticulously so as not to wake the house, and with the same care close it behind me. I descend the four flights of stairs, my body becoming more alert with each step. Earphones in, phone in hand, the only objects I carry having left the house keys in a hiding place, I am on the street and walking towards the lake.

I press play on my audio book app and begin a "brisk walk" as indicated by yet another app that I have activated on my phone. (A Tale of Two Cities, Charles Dickens, Book the second: the Golden Thread.)

### *Chapter XVII*

#### *One night*

*Never did the sun go down with a brighter glory on the quiet corner in Soho, then one memorable evening when the doctor and his daughter sat under the plane tree together. Never did the moon rise with a milder radiance over great London than on that night when it found them still seated under the tree and shone upon their faces through its leaves.*

As I pick up my speed I contemplate the contrast of the cloudy day dawning around me to the clear descending evening sky of the tale resounding in my ears. I am struck that a story set in the late 1770s, a narrative set in the streets of Paris and London on the eve of the French Revolution, could be so similar to what is happening in the world now. Melancholically it crosses my mind that this may just be solely "the worst of times" without "the best" of them, and I allow the morose clouds to consolidate my mood.

Almost three months ago our world was locked down. For these three months I and most people in this world experienced a profound existentialist shift that forced us to think of our fragility and role on this earth. Almost three months down the line and the only thing that floods the news now is hordes of people rightfully incensed walking the streets in protest, on pavements and tarmacs that were ghostly only a couple of weeks before. I am rendered mute by the ugliness of this world and our incapability of learning from our history's countless and most brutal mistakes.

I reach the lake side as I settle into the rhythm of a slow run. My body at last fully awake and conscious of its breathing, I raise my head for the first time. Before my eyes unfolds a glorious sight intensified but the richness of the narration in my ears and the intense freshness of the air flooding my nostrils. The expanse of the lake spreads before me as the rising sun behind me is projected on it through now moving clouds. Rays of light refracted from the white houses on the bank of the river ahead, rising upwards through the clouds. I reach the end of the board walk and turn to continue running back only to behold a view even more blinding. The sun, still low but no less powerful under the blanket of clouds, explodes with rays upwards into the sculptured moving sky.

Emboldened by Dickensian sentimentality, I feel a knot in my throat, and tone deaf I mutter:  
"It IS the best of times as well."

Martina Anagnostou  
00306975627845

[www.martinanagnostou.com](http://www.martinanagnostou.com) Instagram: Martinas\_Art Twitter: @managnostou  
Facebook Page: Martina's Art Studio

## Island Getaways

Now, that the travel restrictions towards Greek islands have been lifted, here are some ideas for the best short getaways from [customerservice@letsferry.gr](mailto:customerservice@letsferry.gr)

Just one hour and a half away from the ports of Athens, **Kythnos** is the island of simplicity and hospitality. Kythnos is also known as the island with the 99 beaches; the most famous of them being Kolona where a strip of sand separates the sea in the middle. Apart from the picturesque coves with crystal clear waters, visitors will be enchanted not only by the town of Kythnos with its intense Cycladic color, but also by the traditional settlement of Dryopida with its tiled houses.

**Serifos** is only two hours from Piraeus. For sea lovers, Serifos offers an impressive variety of beaches. Thin pebbles, mild sandy beaches and rocky shores coexist on the island with small and large bays. For adventure lovers, some are accessible by picturesque paths and some by sea. Visitors who just want to relax and enjoy their food and drink overlooking the sea, or the beautiful Cycladic houses, will definitely not be disappointed.

Just two hours away from Athens is **Andros**, the island which has been described by the Greek poet, Andreas Empirikos as the most beautiful island in the world. In Andros, the second largest island of the Cyclades, the visitor can find high mountains, ravines, rivers, waterfalls, extremely rich flora and fauna and, of course, beautiful beaches and traditional settlements.



## TOMBLAND – CJ SANSOM (Shardlake series, book 7)

Reading them in sequence, I have hugely enjoyed **all** the Shardlake books. Sansom has developed an engaging central character in the hunchback lawyer, Matthew Shardlake. Our 'hero', a former supporter of Cromwell, is always on the side of the poor and down-trodden. By giving Shardlake more reason and empathy than would have been common at that time, he gets around the problem of having an almost contemporary sensibility in a Tudor mind. If you haven't already read any of the Shardlake series and you like historical novels, or to be more accurate, detective-suspense novels set in historical times, here's the list of titles. This will keep you busy for some time I reckon: 1) *Dissolution*; 2) *Dark Fire*; 3) *Sovereign*; 4) *Revelation*; (5) *Heartstone*; 6) *Lamentation*. Many things make Sansom's work noteworthy: his command of period detail is second to none. His ability to evoke the smells, sounds and mores of Tudor England are unrivalled.

At 800+ pages, **Tombland** isn't a quick read but it comes with some useful maps which are very handy for getting a clearer overview of the action and can give a better idea of the shape of Norwich at that time. Despite its length, as usual I found myself totally engrossed. Some critics think **Tombland** doesn't have much of a plot and is "rather long". OK - if you want a mere "thriller" set in Tudor times, perhaps this is not for you. If, however, you are a keen historian then this is a book through which you can truly to extend your knowledge. Blood and violence there is in plenty. You will gain understanding of how life was for the lowly during the Tudor period. The debasing of the currency, started by Henry VIII as he tries to finance his war against France, and mentioned in **Revelation** (book 4) and **Lamentation** (book 6) continues after his death, as Somerset, the Lord Protector of the child king Edward VI, declares war against Scotland.

The effect on the middle and peasant classes is disastrous. Enclosure of the common lands has commenced forcing the peasant classes off the land on which they have grazed their pathetically few animals since time immemorial - the consequence of which is starvation and death. Desperation leads to the Kett uprising. *(I knew nothing previously about Kett's Rebellion, but found it fascinating and, despite the narrative dragging a little at times, on reading the extended essay at the end of the book giving historical context to the event, I understood why so much detail was included.)*

France and Scotland are seen as enemies, whose military union, in order to conquer England, must at all costs be prevented. Memories are long. (So much of which Sansom writes remains in some ways relevant today, as many Scots continue to itch for independence from England and, as a nation, the English tend to feel ambivalent about France!) There is of course a fictional story weaving its way through this novel, highlighting the summary and brutal nature of Tudor justice and the appalling sentences handed out. So if you want to have a better understanding of how life really was in Tudor England, something which looks at how life really was and something more than the colourful account of a monarch's six wives and the break from Rome, then read on!

**Tombland** unfolds slowly and steadily, with Shardlake being sent (by the young Princess Elizabeth) to Norwich to investigate who killed the wife of her mother's distant kinsman, a Boleyn. His wife Edith had vanished nine years previously and, believing her dead, her Norwich-based husband had married a "buxom" barmaid, scandalising his neighbours and enraging his sociopathic twin sons. The first half of the book tells of the preparations, the journey and his initial investigations into the supposed crime which has demanded Shardlake's presence in Norwich. But once there, he gets drawn deeper into the political turmoil which is developing in East Anglia and much of the second half of the book follows him and his companions as they (with various degrees of willingness) join Kett's revolt.

Sansom digs deep into the causes of the revolt by the poor against the gentry and landowners and, for a while, the initial investigation gets subsumed by life among revolutionaries. Although this makes for a more complex story and a temporary lessening of tension as the crime gets put to one side, it is more than made up for by the vivid descriptions - not only of the suffering on the inevitable battlefield - but of social tensions in 16th century Britain. It might not be to everyone's taste but for me, it gave **Tombland** a wider palette, more so even than the earlier novels since it paints a clear and brutal picture of the deep class inequalities within English society of the time. It informs the reader of its period, but it also draws out uncomfortable threads that persist and resonate in England today. This dimension elevates **Tombland** even higher in my estimation.

Eventually the two threads of the story are brought back together and Shardlake doggedly persists in discovering the culprits, the causes and the cover ups. The moral intelligence is matched by wonderful plotting - I didn't guess who the real killer was, thanks to two false trails.

**Tombland** is a great addition to the already excellent Shardlake series and fans of CJ Sansom will love this new story which continues to play to his strengths of taking often overlooked historical events and bringing them to a wider audience. As with all the Shardlake books there is an admirable dedication to historical accuracy in terms of known details - though it IS a fictional story so don't take everything too seriously! Overall - well worth a read and though it would work well as a standalone book make sure you begin the series from the beginning to get the full impact and effect. Highly recommended.

## A Patient Fury – by Sarah Ward

This, the third in the DC Connie Childs series, had me hooked from the start. The creeping menace that lurks throughout makes for an entertaining and gripping read. *A Patient Fury* could be read as a standalone as the main story is self-contained within the novel and it begins a few months after the events of *A Deadly Thaw*. However, it really does enhance the reading of the novel to know Connie's back story.

Due to injury in a recent case, she has been off work for quite some time but, having recovered, she's now re-joined the team - with a sense of the team being somewhat disjointed as the dust settles. She's a flawed character but fiercely determined. She has a tendency to break rules and go off on her own investigations, seeing past the obvious, asking the questions that others haven't considered. In this book, Connie is even more driven, contrary and tenacious but for all her faults, it is impossible not to admire her.

*A Patient Fury* begins with an uneasy and chilling opening, setting the tone perfectly for the rest of the novel leaving the reader a little unsettled, unsure of where the danger lies, who the culprit is or the motive for their actions. While Connie is just finding her feet she is called out by her boss, DI Francis Sadler, to a fire in Bampton. A house has gone up in flames in which the occupants, a dysfunctional family, Peter Winson, his wife Francesca and young son Charlie, have died. No officer likes a fire and Connie is no different but, when she can't accept the sequence of events provided by the Chief Fire Officer, it looks like sparks are also going to fly between her and her boss. DI Sadler really isn't up for Connie's side investigations and nor are the victim's family.

The novel is predominantly told from Connie's perspective but we also get chapters from Julia, the adult daughter of Peter Winson. Julia is an interesting woman, taking tours underground for school children and the like by day and the tour guide for ghost walks around the area by night. She lost a parent in mysterious circumstances in the past so, we have flashbacks to the early eighties.



When it becomes increasingly likely it was the mother who committed the murders, Childs, who is still recovering from what happened to her in the previous book, is determined to believe that it couldn't possibly be the mother saying 'that it's not the way things occur'. Unusual yes, but certainly not impossible. Then the plot starts to thicken and this is where the twists in the story begin.

This book was difficult to pin down. Despite there being lots going on - both in terms of diverse investigations (the diversity is mainly Connie going her own route) and the number of characters - the writing is both clear and compelling. There are enough red herrings to keep you guessing and suitably unsure until Ward decides to reveal all and leave her readers wondering. The title of this novel is so perfect and fitting; the way the secrets and lies are uncovered as the plot moves along - the undercurrent of bitterness and anger which builds and builds somewhat patiently to fury.

I've enjoyed all three of Sarah Ward's novels, liking her realistic depiction of Derbyshire's countryside and people, particularly the slightly flawed (and, therefore, very human) main characters. I do think each novel has been better than the previous one, so ...I'm looking forward to the fourth one.....

## Recipe – Low-Carb Stuffed Peppers

Another healthy recipe from Mary



### Ingredients:

- cooking spray
- 1 ½ pounds ground sirloin
- ½ pound bulk pork sausage
- 6 Roma tomatoes, chopped, divided
- 1 small white onion, finely diced
- 2 teaspoons crushed garlic
- 1 teaspoon dried oregano, or to taste
- 1 tablespoon butter
- ½ teaspoon fennel seed, or to taste
- seasoned pepper to taste
- 4 large green bell peppers, tops and seeds removed
- 6 ounces crumbled feta cheese
- ½ cup grated Parmesan cheese
- ½ cup shredded mozzarella cheese, optional

### Directions:

**Step 1** Coat a casserole dish with cooking spray.

**Step 2** Cook ground sirloin and sausage in a skillet over medium-low heat until browned and crumbly, stirring often, 5 to 10 minutes. Drain thoroughly. Mix in ¾ the tomatoes, onion, butter, garlic, oregano, fennel seed, and seasoned pepper. Simmer over low heat until meat mixture comes together, about 20 minutes.

**Step 3** Preheat the oven to 350 degrees F (175 degrees C).

**Step 4** Fill bell peppers with meat mixture, alternating with layers of feta cheese and Parmesan cheese. Place stuffed bell peppers side-by-side in the prepared casserole dish; add remaining tomatoes around and under the peppers so they cook up and into the peppers. Sprinkle with mozzarella cheese.

**Step 5** Bake in the preheated oven until browned and bubbly, about 30 minutes.

### Advertisement

**Helen Ann Morgan**  
BDS. (Sheffield), LDS. RDS. (London, England)

Dental Surgeon

Christou Lada & Alonion 32 Kifisia 145 62  
T 210 808 1541 surgery  
T 229 505 2482 home  
M 694 202 7209  
E morganthemouth@me.com

## Beauty and the Environment

We have all heard of microbeads in face scrubs. These microbeads stay in the environment and eventually get washed to the sea where they damage marine life and remain in the water anywhere between 450 - 1000 years. Also many of the chemicals used in the beauty industry are washed into the waterways. When buying beauty products, it is best to avoid those that contain microbeads and/or those that contain any following chemicals as these not only harm your skin but also harm the natural environment: parabens, sulfates, formaldehyde, propylene glycol, alcohols, butylated compounds, phthalates. The beauty industry sends billions of tons of plastic waste to landfills every year in the form of packaging and containers.

In my effort to be as waste free as possible, I have had to consider ways of reducing waste from cosmetics, hair conditioner, shampoos, creams, shower gels, make up and so on. One of the first things I did was to avoid buying anything packaged in plastic - as much as possible.

I have switched to using blocks of soap for hair shampoo and hand cleaning. If you want to fill any hand soap dispensers, you simply: grate a bar of soap (you can do this in a food processor or alternatively cut the soap into tiny pieces) into a pan and add between 7-9 cups of water; bring to the boil and let it continue heating gently until the soap has dissolved; leave to cool overnight; give it a good whisk and then refill all your hand soap dispensers and shower gel bottles. Shake the containers before use as sometimes the water and soap can separate a little. For a thicker soap use less water. Look for pure olive soaps here in Greece and make sure that they are not wrapped in plastic.

You can also do the same for washing dishes by hand using unscented 'green olive' soap and refilling your container. It's much more economical to do this - so not only will you be reducing plastic in the environment but also saving some money! If you can find Castile soap, this works well too. By doing this you will save plastic from going into the environment. I also use conditioners in block form from Lush but I haven't found anywhere to buy them here yet. I have to get them from the UK. Likewise, I get sun protection in a block from Lush.

There is a lot of information on the internet about natural hair and skin care. These recipes use natural products and reduce plastic packaging. I have copied two here from a book I love called 'Natural Body Care Made Easy'.

### **Banana Hair Conditioner**

#### **Ingredients:**

- 1 banana
- 1 egg
- 1 tablespoons coconut oil
- 3 tablespoons honey

#### **Directions:**

Mash 1 banana with 1 egg.

Add 1 tablespoon coconut oil and 3 tablespoons honey, Blend well

Apply thoroughly to scalp and hair

Leave it on for 30 minutes. Rinse off with cold water, then shampoo

Wash off with shampoo.

### **Coffee Body Scrub**

#### **Ingredients:**

- 1 Cup Ground Coffee
- 1 Cup Organic Sugar or Salt
- 1/2 Cup Organic Coconut Oil
- 1/2 Tablespoon Cinnamon (optional)
- 1 Tablespoon Vanilla (optional)

#### **Directions**

Melt coconut oil and allow it to cool but not solidify.

Mix all ingredients together and store in an airtight container or Mason jar. Use 1-2 times a week (or everyday if you like).

The coffee and sugar will exfoliate your skin and the coconut oil will leave your skin soft and moisturized.

Finally, living in Greece, we have at our fingertips one of the best moisturisers - olive oil. Preferably use organic olive oil which is not packaged in plastic to moisturise your skin and scalp.

If you have any favourite natural beauty routines that work, I would love to hear about them! May you all have an environmentally friendly, beautiful summer.

Pauline Leyden Zoulias [paulinemleyden@yahoo.com](mailto:paulinemleyden@yahoo.com)



## ORPHEE BEINOGLOU

HOUSEHOLD GOODS  
REMOVALS

RELOCATION SERVICES

LONG / SHORT TERM  
STORAGE SERVICES

Lefteris Regkos  
Sales Manager- Household Goods Department

Tel.: +30 210 9466287  
Email: [Lregkos@beinoglou.gr](mailto:Lregkos@beinoglou.gr)  
web: [www.beinoglou.gr](http://www.beinoglou.gr)



[twitter.com/OrpheeBeinoglou](https://twitter.com/OrpheeBeinoglou) [facebook.com/OrpheeBeinoglou](https://facebook.com/OrpheeBeinoglou)



# CAR RENTALS

**Brand new cars, Minivans 7 & 9 Seaters, SUV'S available in manual and automatic  
Petrol & Diesel fuel efficient Engines**

Special offers depending on availability and categories.  
Reasonable rates for long term rentals (yearly or monthly).  
No bank fee commission for credit card payment.

Free Airport Service.

Free Insurance for all passengers and drivers.

24-hour Road Assistance all over Greece.

ACR combines excellent Customer Service and Best Value for Money.

Athens Car Rental comes highly recommended online:  
TripAdvisor, Google Maps, Trustpilot, Facebook, Review Centre

**Phone:** 210 60 222 20, **Fax:** 210 66 24 887, **Email:** [info@acr.gr](mailto:info@acr.gr)  
**Website:** [www.athens-carrental.com](http://www.athens-carrental.com)