

The Agiot

143rd Edition



Agiotfest 19 - courtesy Vasilis Pandis

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Wednesday afternoon all Agiotfest staff have been informed to get up before they go to bed. It's going to be a hectic few days and bread and water will be provided. Well, the odd lunch might be provided up at the Spider bar- if we can find it, because the new venue is huge. On the subject of the Spider bar the lads did an excellent catering job at very short notice and all reports of good food and service have been reported back to them.



'Chris Benny works his socks off'

Alexandra, the proprietor of our new venue, did a very welcoming job to all of us on the team, supplying water and coffee and a lovely smile, (Paul it was gratis so no bill pending)

Meanwhile her team and our right-hand man Chris Benny Benson are hard at it clearing the parking area for our guests to arrive on the Friday. Also, a big massive thanks to our neighbours around the grounds for the kind offer of extra parking if needed. I don't know the names of these stars but that's going to be published later, as a lot of the names I'm unaware of as this review continues.



Atmospheric

Well, I'm sure there are many of our readers that will want an update on our Mr McGovern. I can inform you he's not doing too well after I got hold of him but full details of his injuries will be published next month.

This year's Agiotfest was a real pleasure to work with such a dedicated team of professionals from staff to musicians that gave their time to entertain you! Yes, you the people that make this event possible. So, where do we start!?



'The sound of music'

Continued from Page 2

So, Vasilis from Music House Vrionis rocks up around early evening Wednesday and works through the night to construct the stage with his team and what a pro team; they are second to none.

Security for the night consists of me, Benny and a kitten we found and have named Festicat. No one's getting anything away with him around, as we sleep like babies after day one.



'Festicat with Molly'

Thursday, pms' start arriving on our telephones; where's this, that, them. have you? And several phone calls offering us double glazing, Benny kept one call from Uzbekistan on the line, only to mention after half an hour he lives in a tree. The entire sound system is erected in record time (girls, you won't find Billy on fb I'm afraid)

Friday bands start to arrive for sound check appointments; everything looming sweet. Friday evening stage n sound checks completed and we are off to Agiotfest 2019.



Tower

Next up Tower. Wow! Now we start to rock! Mark and his crew of pro players really go for it, warming up the crowd for our next act the Stuart Craig band; thunderous vocal and full on sound to get everyone rocking. (this was when Benny Chris Benson was instructed to take Festicat to a safe area).

Next but not last was our own Corfu band the Black Strat band. Close your eyes and you are transformed back to your finest Pink Floyd moments, complete with a light show we have never seen the like of before at Agiotfest. Well done lads, you did us proud again.



Black Strat Band

Finally, George Gakis and his band of Trouble Makers. Blimey, full on stadium percussive rip your down belows out performance.



6 Minute Band

First on stage is the 6-minute band from more countries than my limited geographic knowledge would think possible. Just excellent and some real nice saxophone to boot off the evening (also the first Parker fly guitar I've ever seen used live, by Steve with great sound n style.)



George Gakis

Continued on Page 4

Continued from Page 3

Festicat was in the safe house by now. Massive thanks to everyone present that made the first day really worth every cent.

Can't leave Day 1 without a couple of special mentions

Thank you goes to Chas for spending all day making and fitting Agiotfest direction signs; thanks mate, great job in the heat of the day. Also, to Natasa for translation of our compere Stuart Craig's thunderous voice into Greek.



Stuart Craig Band



Pig Man

Pig Man & the rubber band take the stage, he's actually the love child of Margaret Thatcher and Lemmy Kilmister of Motorhead, some nice bold lyrical funny songs happening here; one about his cock (not that type you dirty lot- the poultry type)



7 Mile Limit

Following his song 'Has anyone seen my cock?' George Gakis jumps on stage to give us some superbly done Beatles, that immediately takes us back to Liverpool; and we could guarantee your wheels would still be on your car when you return to the car park. 7 mile Limit; well, I don't think you could find seven more incredibly talented players on the planet; jaw-dropping, foot-tapping all around the field- as always perfection.

Saturday 31st Aug. Campers awake to the prospect of another full- on evening of the best live music in Corfu.

Peter Bowley steps in for Stuart Craig to manfully cope with his unaccustomed role as joint compere.

First on stage is Sonia Grammatikou & Yanni, super classical and contemporary sounds to welcome our guests as they arrive.



Sonia Grammatikou



Never The Bride

Continued on Page 5

Continued from Page 4



Rainbow Girls

Next the phenomenal Never the Bride, big power house sound got the crowd going.

Finally, the Rainbow Girls we imported from California, wow wow!! Our sound man that never comments outside of twiddling his knobs says 'Jesus that must have hurt when these girls fell from heaven!!

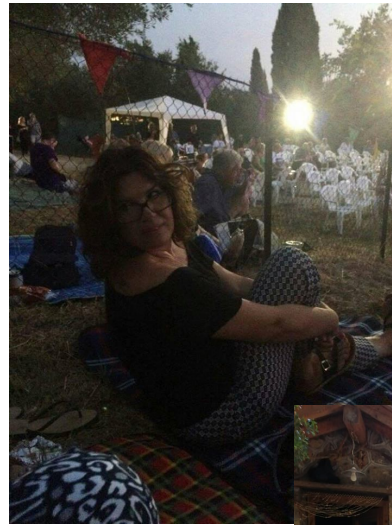
Monster thanks to everyone on the floor and our Agiotfest team of volunteers that made yet another year possible and of course you and the musicians' passion that makes our festival every year.

Contributed by Paul Fennell: roadhouse music supply Corfu.

Unknown artist



Unsung Heroes



Joanna



Aleka and Jan



True fans



The girls flying First Class to Agiotfest of course



Continued on Page 6

Continued from Page 5

Roadhouse Music

I'm not about to explain to experienced musician's "how to suck an egg".



This is all about what's available today in our wonderful technologies camp.

Everyone's familiar with what type of guitar suits their style and abilities, be it bedroom novice or the regular club to big stage experience.

But what about! "What's the best cable, cabinet,

effects box, digital vs analogue, solid state amp vs valve amp, modelling sound app's, is there a best value for money effects, amplifier? The list of kit is huge, really huge, especially to the novice musician on a budget!! As I write this my memory of a young lad walking into a music shop and thinking "s.....t my paper round money ain't going very far in this place!!?"@ confused! Lol.

So, for those of you that need a little help we will start with the guitar cable. These days the list is all about money but for spending an extra 5 euros over the average 10 euros you don't get rubbish. Most cheap cables have handling noise, move the cable about and it sounds like you're eating a bag of crisps in a cave.

Spend over 10 euros and kerching, the tone syndromes of recent articles in the guitar mags is only relevant if you're a dog on really expensive types costing over 40 euros; yes, the durability is an issue but simply folding and storing them well will make them last. Look after them; no sound = no show boys n' girls.

Let's move on to type of amplifier (guitar string to be covered in another article).

Solid state amplifier or valve. Modern solid-state stuff has improved loads now, that's the first bias opinion though not necessarily true! Had a bad press because of cheaply



made gear in the 80s, so that was the general opinion! Session made amps from UK had a great user list, including Eric Clapton. Now we have the second generation made by Boss, enter the Boss Katana, with built in effects, echo, reverb, drive, modulation, all programmable to save your favourite sounds, 'Noooooooooooo!!' I hear the professionals cry on quality. 'Yeeeeees!!' I cry, kids can't afford your mega boogie Lonestar at 1600 euros vs a couple of hundred euros for the Boss; this will give them all they need till experience takes over the dream list.'

I think this article is going to be a loooong one so it will have to continue in next month's Agiot mag.

Thanks, if you got this far and, please anyone wanting advice pm me at roadhouse music Corfu on Facebook to talk or make an appointment to visit roadhouse (appointments only).

play loud

Paul fennell.

https://www.facebook.com/search/top/?q=roadhouse%20music%20supply&epa=SEARCH_BOX

Continued from Page 6

[Agiotfest Music Festival](#) is 😊 feeling thankful.

Published by [Peter Bowley](#) · [2 September at 09:28](#) ·

11 years of [Agiotfest Music Festival](#)

Paul from [Roadhouse music supply](#) and Pete from [Corfu Tourist](#) take time to light heartedly review this years event, and to thank everyone.

We would also appreciate your feedback so we can start to plan for 2020. If you dont want to say anything as a comment please message us directly.

Please share this so all the band members get so see and comment also 😊8-))))

- [George Gakis](#)
- [Rainbow Girls](#)
- [Nikos Sellas](#) and his band [Black Strat Band](#)
- [Stuart Craig](#)
- [T.c. Boilerroom](#) as Tower
- [Jules Wilson](#) - 6 Minute Band
- [7 Mile Limit](#)
- [Paul Fennell](#) - Owner of Roadhouse music supply
- [Purcy Shaun Kemlo Flaherty](#) as PigMan
- [Σόφια Γραμματικού](#) with Yannis
- [spider bar](#)
- [Never The Bride](#)
- [Vrionis Audio Visual](#)

[Paul McGovern](#) [Bill Vrionis](#) [Ken Harrop](#)
[Agiotfest Friends who like Agiotfest Music Festival](#)
[Agiotfest 19](#)

[Stuart Craig](#) Great fun, great event, awesome crowd..

[Paul Fennell](#) Pete and the guys did a fine job

Agiotfest has. Definitely top of the league. The future looks rosy. I hear your contribution was a Blast!!

[T.c. Boilerroom](#) Cheers guys, we had a great time as always and well done pulling it all together!

[Purcy Shaun Kemlo Flaherty](#) Tell him Purcy says he's a lightweight ♥️❏

[Tracey Hawkins](#) Loved both nights The music was amazing, the venue was perfect, the atmosphere was great on both nights and everyone had a fantastic time which is what its all about.

Roll on Agiotfest 2020 ♥️

[Rita Frumin](#) Fabulous! ♥️ ♥️ ♥️❏

[Sue Christie](#) · 0:00 Loved these girls!

[DaveandRose Belcher](#) recommends [Agiotfest Music Festival](#).

Great music & atmosphere. New venue was superb.

[Julienne Abeels](#)

1 September at 18:48

Two great nights full of great music, dancing and laughter!

[June Beveridge](#) Was a great night Ken! Looking forward to next year and the venue was perfect!

[Collette de Stowe](#) Tracey Hawkins yes, we did and thoroughly enjoyed it! Ken looked after us on the bus! Cx

[Merilyn Leeburn](#) posted in [Agiotfest](#)

Great night last night Thank you one and all

True Tail: A few Festivals ago me and my mate sat in a row of seats behind three men we did not know. They were drinking big glasses of Corfu Beer. For safety, between swigs they placed their glasses against the bottoms of their rear chair legs. Big mistake. At one point along slinks Andy. He sticks his nose in the first glass and siphons as much beer out as his fat snout will allow. That was pretty much most of the beer. Getting the taste, he passes on to the next glass, then the last glass, at each one repeating the procedure. Then he leaves. He'd been pretty quick about his business so none of the three men noticed. By the time they did notice my friend and I were doubled up in soundless mirth. We weren't sure what had been the funniest part, when we reviewed the episode later. Was it the act itself? Was it their Zombie expressions as they tried to figure out what had happened to their drinks-with each one eyeing his companions suspiciously, or was it the sight of Andy staggering up the slope past the olive tree, dragging his back legs, with the best part of three pints inside him, quaffed in about twenty seconds flat start to finish!?.



By Paul McGovern

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Roadhouse Music



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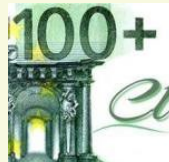
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|---|--|--|

Village and Island Reflections

Well, August was exciting. Following on from the broken knee, came the heart attack. This was perfectly timed to coincide with the climax to the Agiotfest.

So, while I was being sorted in Ioannina, the two nights of our annual event passed by as if by clockwork in the green glade of Fest Camp, Agios Ioannis.

This is a massive tribute to the Agiotfest team, who just got stuck in and made it happen. I think this is an unstoppable team.

Bill Vrionis, Paul Fennell [who learnt to read and write specially this month so he could do the splendid review above], Aleka Moraiti, Peter Bowley, Ken and Jan Harrop, Chris Benny Benson and Chas Clifton, Lefteris Moraitis, Gino, Jan Pumford, Natasa Katehi, Katerina Vrioni, Tracey Hawkins and Molly, Frans Wijzman, Paul Grove, Les Woods, Ian Fern, Emily Picoula, Kostas McGovern, Tassos the Stage, Pavlos, Peggy Kardakari, Team Vrionis and, last but not least, Festicat.

Thanks to our wonderful photographers and the whole catering crew from the Spider Bar.

To all the musicians, who gave their all. To our fantastic ticket distributors and Sponsors.

And mostly; The fans.

That is enough said for Agiotfest for now. I'm rushing to get this rag out as soon as I can, as it is only a couple of weeks away until the next edition. The Doctors are telling me to take it easy. I am trying, but the world can't stop for illness.

And illness, for me, was the thread throughout the month but, it could have been so much worse.

At the beginning of the month the first thing on my mind one morning was, 'where is our little cat, Frederic?' He is in the custom of arriving near the back door every day, to greet me in the mornings and Lula in the evenings. He shares us two humans with our neighbour two doors along, Katina. But I hadn't seen him for a couple of days, which was unusual.

The last time I had spoken with hm he was in an unaccustomed place, upon a box atop the radiator in our kitchen. Frederic has always been an outdoor cat for us. His home is on our window ledge of the kitchen, upon an orange cushion. So, on this morning I was quite surprised to espy him indoors. I did not disturb him; he is my lickle friend Anyway, he's been looking a bit under par lately and we were this very day awaiting the vet. He settled on his little throne a while, then left.

When I asked Lula later about his whereabouts, she said the last time she had seen him he was racing up the street, with Bono and Mandy in hot pursuit. The following day we made further enquiries-this time of Nitsa.

She gave us the bleak news. A night or two previous, Frederic had visited Katina. She put some food for him down outside her bungalow. When she returned to check on him a little later, he was quite dead.

This was a blow, I felt queasy. My little friend has gone, after three years. I'll miss so much our early mornings at the table beside Lake Inferior, where he leapt up to be deburred and petted, running the length of his purring body along my nose, as I sat at the table. He particularly liked it when I drew out his metal comb. Then, he would help me feed the fish, not interested in catching them. He just liked to watch. Gentle soul. I shall miss him greatly. R.I.P. little mate. Another pang is, it's the last tangible link with one of Lionel's Pride- severed on this earth.

Ai is a Godsend to our little animal clan. She has gently shoved us aside and taken care of many of their daily needs, especially medical. After all, she is a nurse.

Swimming is a daily past time but, is brought to an abrupt end on the 7th by worrying symptoms emerging, the forerunner of my cardiac incident.

After that date I had a series of attacks of undefined specificity.

Village and Island Reflections - Continued from Page 9



Kostas and Ai



On Vidos Island



Peter and children

The bits in between were good though; A lovely family 30th birthday party at Vidos for Kostas, out with friends one day at Ipsos and, later in the month a very good night out with Les and Chris in town, where Florence tried to get me and Les drunk!



Florence trying to get Paul and Les drunk

As the Agiotfest zoomed into view, things happened in a blur.

On the Monday, Andy had a heart attack, not his first. This time we really thought we had lost him but Nurse Ai said ‘He still fighting’, so we restrained the Vet from the final injection. The next morning Andy was wolfing down his food, as usual!

On the Tuesday, I’m in with the Cardiologist. Reading the results of the E.C.G. and the blood tests just performed, he says,

‘You are having a heart attack. You need to go to hospital now.’ So, I did.

From there I was airlifted by army plane [which had a puncture on landing-wonderful] to Ioannina and spent a week in the University Hospital. I was given two stents, remarkably kind and good care, then released.

By then September had turned its corner.

I must leave on a sad note. Marika, Kostas senior’s only remaining sibling, died during this period. He was understandably very tearful at this passing.

And this is for all those who say the beach in Paleo is covered in umbrellas!

August and totally untrue!



Contributed by Melita Forte Chakiris

Village and Island Reflections - Continued from Page 10



August is not all Agiotfest

A pint in the heat



Friends and their relatives



Bono's latest office



Georgie



Theodora looking good

Contributed by Mandy Lockett



Lewis family at play

Richard Anslow at Akharavi



© Richard Anslow



Sue Alexander, La Grotta Bay Paleokastritsa

Letters to the Editor

Peter Hardiman messaged in about Agiotfest 19.

Thank you very much Paul, it was a great evening and I'm glad you liked the photos. Hope you're feeling lots better now! ☺

Ed: Yes thanks Peter, on the mend now.

Corfu Weather Statistics - August 2019

Summary

	Max	Avg	Min
Temperature (°C)			
Max Temperature	38	20	28
Precipitation (inches)			
Precipitation	0.0	0.0	0
Humidity	94%	56%	20%

Read more at:

http://www.wunderground.com/history/airport/LGKR/2013/9/1/MonthlyHistory.html?req_city=NA&req_state=NA&req_statename=NA#PFq1VRYHlbugcTGf.99



*Mark Hyder
-Smith
at
Karousades*

Aunty Lula's Love-bites

Melitzanosalata (aubergine dip)

INGREDIENTS:

- 1 kilo aubergines
- 1-2 garlic cloves, crushed.
- 4 tablespoons of olive oil.
- Juice of half a lemon.
- 1-2 tablespoons of mayonnaise or Greek strained yoghurt or half and half.
- Salt and pepper.
- 1 teaspoon of sugar.

GO:

Bake the aubergines in an oven at 160C for one and a half hours and, when cooled down, peel the skin off.

In a blender, pour in the olive oil, lemon juice, crushed garlic, salt, pepper and sugar. Add the aubergines to the mixture and blend for a couple of minutes until smooth.

Finally, add the mixture into a bowl, cover it with cling film and refrigerate for about an hour before serving.



Καλη ορεξη!



Tickle Ties the knot

I continue the diversion from my normal articles, so apologies to readers expecting a lesson in nodeology, normal service will resume soon.

The Gordian Knot

The Gordian Knot is a legend of Phrygian Gordium associated with Alexander the Great. It is often used as a metaphor for an intractable problem (untying an impossibly-tangled knot) solved easily by finding an approach to the problem that renders the perceived constraints of the problem moot ("cutting the Gordian knot"):

*Turn him to any cause of policy,
The Gordian Knot of it he will unloose,
Familiar as his garter*
– *Shakespeare, Henry V, Act 1 Scene 1. 45–47*

The Phrygians were without a king, but an oracle at Telmissus (the ancient capital of Lycia) decreed that the next man to enter the city

driving an ox-cart should become their king. A peasant farmer named Gordias drove into town on an ox-cart and was immediately declared king. Out of gratitude, his son Midas dedicated the ox-cart to the Phrygian god Sabazios (whom the Greeks identified with Zeus) and tied it to a post with an intricate knot of cornel bark (*Cornus mas*). The knot was later described by Roman historian Quintus Curtius Rufus as comprising "several knots all so tightly entangled that it was impossible to see how they were fastened".

The ox-cart still stood in the palace of the former kings of Phrygia at Gordium in the fourth century BC when Alexander arrived, at which point Phrygia had been reduced to a satrapy, or province, of the Persian Empire. An oracle had declared that any man who could unravel its elaborate knots was destined to become ruler of all of Asia. Alexander wanted to untie the knot but struggled to do so without success. He then reasoned that it would make no difference how the knot was loosed, so he drew his sword and sliced it in half with a single stroke. In an alternative version of the story, Alexander loosed the knot by pulling the linchpin from the yoke.

Sources from antiquity agree that Alexander was confronted with the challenge of the knot, but his solution is disputed. Both Plutarch and Arrian relate that, according to Aristobulus, Alexander pulled the knot out of its pole pin, exposing the two ends of the cord and allowing him to untie the knot without having to cut through it. Some classical scholars regard this as more plausible than the popular account.

Literary sources of the story include Alexander's propagandist Arrian, Quintus Curtius, Justin's epitome of Pompeius Trogus, and Aelian's *De Natura Animalium*.

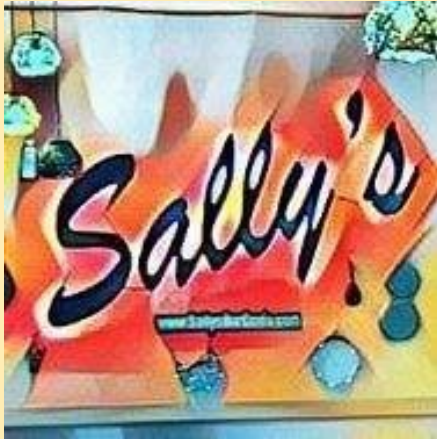
Alexander later went on to conquer Asia as far as the Indus and the Oxus, thus fulfilling the prophecy.



‘See Emily play’

<https://www.youtube.com/watch?v=5R8EpAv4miA>

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Help the doggies



"Grammatikos"

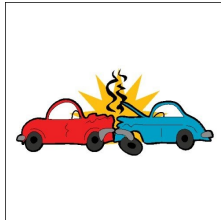
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*Corfu
Tourist gets
things done*



Kyriaki Kiki



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Live music • Pub games • Free Wi-Fi
Great place and very friendly couple who run it will definitely come back

Great food • Free Wi-Fi • Friendly bartenders
fantastic place, very friendly, great food and not forgetting Fluffy and Bob the cats.

'What can I say about Mad Mikes! Visiting this bar made our holiday! Fantastic food, superb host and wonderful ambience. Elias is so friendly, funny and a little bit crazy.

The food is gorgeous and very reasonably priced. Visit on a Tuesday or a Friday (chicken night - thoroughly recommend) to be entertained by their resident band, who are fantastic.

You really will not be disappointed, and won't visit just the once '

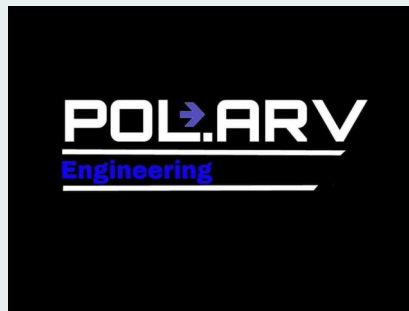
Mad Mike's St.George South

https://www.facebook.com/pg/madmikesbar/about/?ref=page_internal

Aris Cafe Bar Ipsos



'Lovely to see so many people enjoying breakfast ' 😊



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Traditional Olive Soap

Throughout modern history soap has been a necessity in developed societies, as the primary means of hygiene and cleanliness. It also found application in medicine and pharmacology for its healing and antiseptic properties. Though things have changed, traditional soap still has the benefit of having passed the test of time: It has offered its services for many successive generations, improving the quality of life while being environmentally friendly throughout production and use. Furthermore pure soap is considered the most thorough skin cleanser since it unblocks the skin's pores by effectively removing dirt, oily substances and dead cells.

The "PATOUNIS Soap Works" with a history of over 150 years, still make handcrafted soap by traditional methods from locally produced olive products. The Corfu plant built in 1891, preserved with its functioning tools and equipment, constitutes a living memory of a splendid old local tradition.

The following soaps are made here:

- **Olive Oil Soap** is made totally of pure virgin olive oil. It has limited lathering capacity but is distinguished for its mild action on sensitive skin.
- **The Green Olive Soap** is made of olive pomace oil which contains the olive chlorophyll, is acclaimed for its disinfecting properties and wide range of applications (also good for hair and scalp, provided you use it with soft water).
- **Olive-Palm Soap** is made of 80% pure virgin olive oil and 20% edible palm kernel oil thus a mild soap with rich smooth lather.

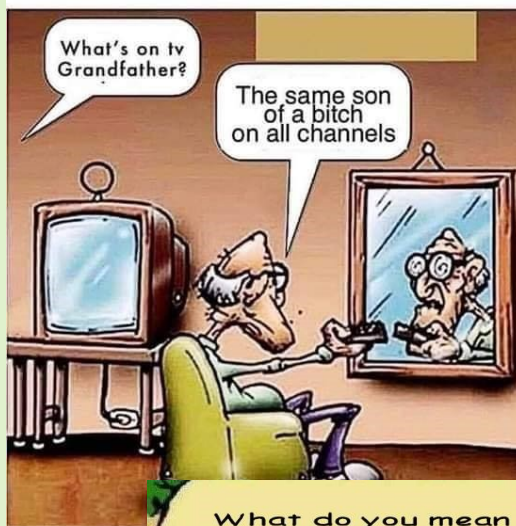
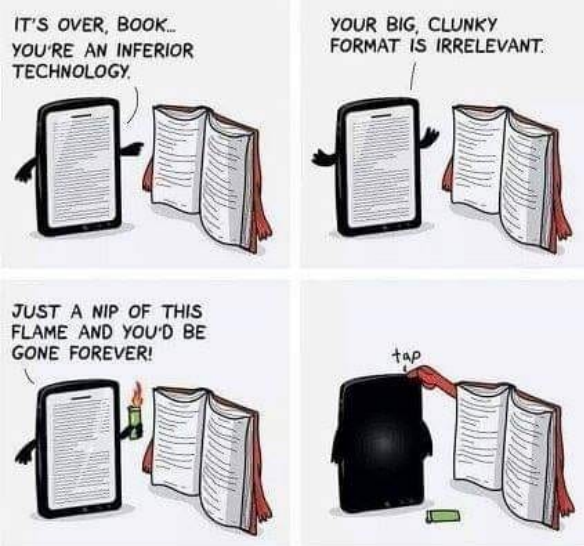
The above soaps are made using only the basic raw material of traditional soap manufacture, i.e. naturally occurring oils, soda, sea salt and water.

Nick The Clock's World

The Comic With A Conscience



'Nick's Niche'



ALTERNATIVE SEARCH ENGINES



Search Google or type a URL

Nick The Clock's World

Continued from Page 18



5 DEADLY TERMS USED BY A WOMAN

- 1) **FINE:** This is the word women use to end an argument when she knows she is right and you need to shut-up.
- 2) **NOTHING:** means something & you need to be worried.
- 3) **GO AHEAD:** this is a dare, not permission, do not do it.
- 4) **WHATEVER:** A woman's way of saying screw you.
- 5) **THATS OKAY:** She is thinking long and hard on how and when you will pay for your mistake.

BONUS WORD: WOW!

This is not a compliment. She's amazed that one person could be so stupid.

Israel watching the world get radiated with 5G, after inventing it but refusing to have it in their stolen land...



I believe that the only true religion consists of having a good heart.

Dalai Lama



This pastor decided to skip church one Sunday morning and go play golf.

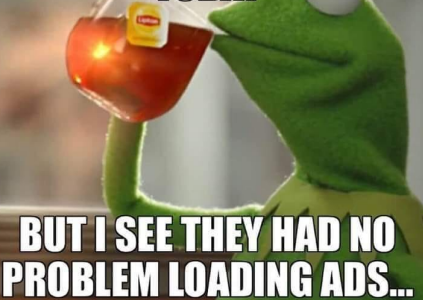
He told his assistant he wasn't feeling well. He drove to a golf course in another city, so nobody would know him.

He teed off on the first hole. A huge gust of wind caught his ball, carried it an extra hundred yards and dropped it right in the hole, for a 450 yard hole in one.

An angel looked at God and said "What'd you do that for?"

God smiled and said "Who's he going to tell?"

FACEBOOK COULDN'T LOAD A SINGLE PICTURE TODAY



The bugs are bad this summer...



Can I ask you a stupid question?

Better than anyone I know

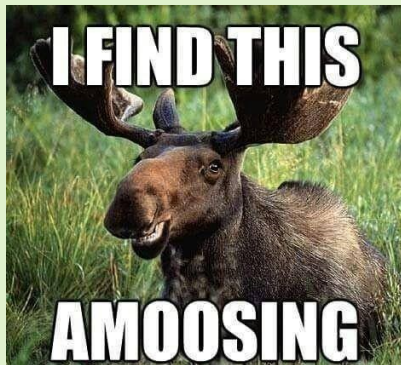
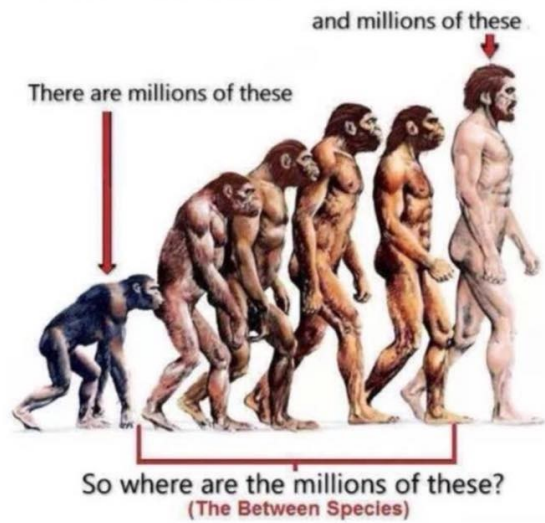


Nick The Clock's World

Continued from Page 19



If The Theory of Evolution Were True



How 15 Minutes Of Walking A Day Can Change Your Body

- Brain Improves Mood
- Heat Lowers Blood Pressure And Risk Of Heart Attack
- Arms Strengthens
- Relieve Back Pain
- Tightens Abdominal Muscles
- Hips Reduce
- Leg Lowers The Risk Of Blood Clots
- Keep Knee Joints Healthy
- Feet Reduce The Load On Other Joints



DID YOU KNOW?



A BANANA HAS BEEN CHEMICALLY RIPENED IF IT IS BROWN SPOTTED WITH A GREEN STALK. IF THE STALK IS BLACK THEN THE BANANA IS NATURALLY RIPENED.

How good is your eyesight?
There are three naked women in this picture.



I lied. I just wanted you to stare at my cock.

Another Saturday night in the house and I just realized even the trash goes out more than me.

Nick The Clock's World

Continued from Page 20

Three guys were sitting in a biker bar. A man came in, already drunk, sat down at the bar and ordered a drink. The man looked around and saw the 3 men sitting at a corner table.

He got up, staggered to the table, leaned over, looked the biggest one in the face and said, "I went by your grandma's house and I saw her in the hallway, buck naked. Man, she is fine!" The biker looked at him and didn't say a word. His buddies were confused, because he was a bad ass, and would fight at the drop of a hat.

The drunk leaned on the table again and said "I got it on with your grandma and she is good, the best I ever had!" The biker still said nothing. His buddies were starting to get mad. The drunk leaned on the table again and said, "I'll tell you something else boy, your grandma liked it!"

The biker stood up, took the drunk by the shoulder and said, "Damn it, Grandpa, you're drunk! Go home!"

OF INTEREST TO THE INQUISITIVE READER


https://doubletakenews.wixsite.com/home/post/cell-tower-shut-down-after-at-least-8-children-in-california-school-get-cancer?fbclid=IwAR3QBKhv6_kgkXG410fdwrmuT_iCpywXDZdg2qloY1EXrM8sF8tYliwfOKA

https://www.naturalnews.com/2019-07-11-extinction-killer-whales-toxic-chemicals-have-made-the-females-sterile.html?fbclid=IwAR2aUMwlmUmV-BEV_qN3oxTDZ2_2Xj7i3osey-58dGjGMdT0qeGejBlyZsA

<https://my-stoned-kitchen.com/how-to-make-basic-cannabutter-in-7-easy-steps/?fbclid=IwAR2d-iExjtkH6lpUA-zwgFraXFgoljgOK6hCD5uotYiOuffDiA-0vojRaso>

https://www.wakingtimes.com/2019/04/19/half-of-england-is-owned-by-1-of-the-population/?utm_campaign=meettedgar&utm_medium=social&utm_source=meettedgar.com&fbclid=IwAR2ElgZD7yPhiW5Hkq28kz38ZlaOXYs5t1AoJUglMy6RS1oXvblucMgnW8w

https://www.healthyholisticliving.com/animals-are-becoming-nocturnal-as-a-means-to-avoid-human-contact/?utm_source=CA&fbclid=IwAR2CJb0F-UhE16TRfniPXhVioPPRcZuHXrcxeXZ_ryhOCwuoIV67eG0IAkU



Natural News

THE U.S.A. SPENDS MORE ON HEALTHCARE THAN ANY OTHER COUNTRY IN THE WORLD BUT, IS...

- 60th in life expectancy,
- 1st in cancer,
- 41st in infant mortality,
- 1st in obesity.

33% of Americans are diabetic and autism is up from 1 in 10,000 to 1 in 88.

Natural News

GOOD FAT VS. BAD FAT

	
✓ BUTTER	✗ CANOLA
✓ TALLOW	✗ SOYBEAN
✓ LARD	✗ SUNFLOWER
✓ COCONUT OIL	✗ CORN
✓ AVOCADO OIL	✗ SAFFLOWER
✓ OLIVE OIL	✗ GRAPESEED
	✗ MARGARINE

NATURE DOESN'T MAKE BADFATS. FACTORIES DO.

Wife doing her makeup early morning straight out from Bed !!

Husband : "Are you crazy?"

Wife : "Just shut up, I need to unlock my phone. Its on Face recognition feature and it is not recognizing me..!!"

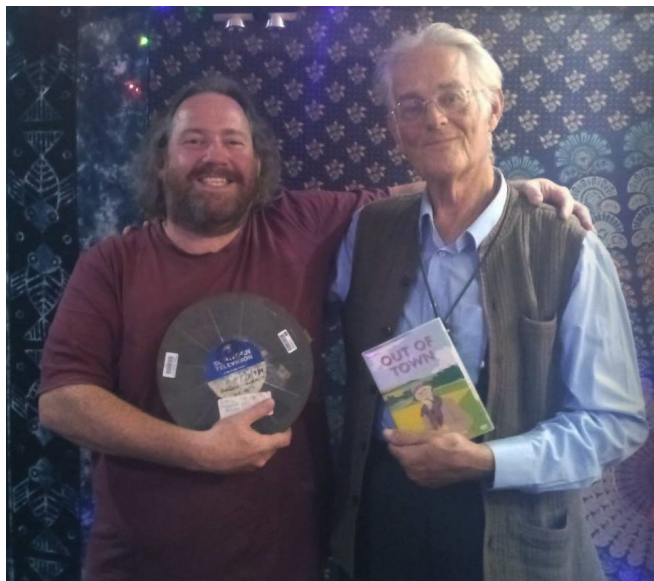
A study has revealed that the kind of face a woman finds attractive on a man can differ depending on where she is in her menstrual cycle. For example: if she is ovulating, she is attracted to men with rugged and masculine features. However, if she is menstruating or menopausal, she tends to be more attracted to a man with duct tape over his mouth and a spear lodged in his chest while he is on fire. No further studies are expected on this subject.



Attacus Atlas, one of the greatest night butterflies in the world.

That's' All Folks !

Simon's World



Most enjoyable afternoon spent recording a podcast with Simon then down the lane for a swift nosebag and a few ales. Magic.

Michael Livesley: A wonderful chat with Simon about the great Jack Hargreaves!

<https://youtu.be/yXnhV85htEo>



Walking on Vido, Corfu, Greece
(photo: Linda Baddeley)

Lin found these deep in the attic and asked me if I had any idea of their purpose. We're stumped. I'm thinking of taking them to a museum to see if anyone can identify them - and if they go together.



About 10' long. Weighs approx two kilos/ Heats up v hot when plugged in.

If you plug in the heavy metal item (we put a new plug on it) it gets very hot on the under surface and has a handle as you can see on the top and the name Morphyrichards. It would not work to heat a bed or anything as the heat it produces is so great it would scorch cloth. Possibly a bedside heater?



Artefact of wood. Folds. One end square the other pointed.

This is Rubbish

Kizzy Cooper, friend of Corfu says:

I'm sure a lot of people up in the North East have noticed that Acharavi has a newly opened Green Spot Recycling Centre on the left of the main road heading towards Roda. The centre is open Mon-Fri 10am-4pm and up to now we have 8 volunteers!

How about some of you join us for 2 hour sessions to help reduce the rubbish at the roadsides problem everyone is so keen to complain about.

We actually have a lot of fun and would love to meet some new volunteers. All you need is a sun hat, a pair of gloves, a flask of water and a willingness to help clean up our gorgeous corner of the island.

PM me for more information or just come along and join us. We will be thrilled to see you ☺
<https://www.facebook.com/groups/AcharaviRecycle/>



David Chant

I've been here 4 days and all the problems I saw in May have gone ☺ The mountain of rubbish at Ipsos is now clear, as are the ones at Dassia and Acharavi. Also the recycling depots are in full swing! Well done everyone. The only negative comment is that rubbish that was on the floor near bins hasn't been taken away. Keep it up ☺



Corfu Monthly News



August saw the locals got ready for the religious fast before the 15th of August (the second most important religious holiday after Easter: the day of the Assumption). The fast starts the 1st of August with the local priest coming around to all the

houses in the village. The house owner prepares a small table with an icon of the Virgin Mary and has a list of the people living in the house ready. The priest then blesses the house and all the names on the list and thus begins the fast. People who are fasting abstain from eating meat, fish and dairy products up until the 15th of August.

Greek homeless?

http://enimerosi.com/details_en.php?id=36100&fbclid=IwAR1nT-CFVaMgU6gkA1QWsYH69zhPIt4YEUWYZv1mjL0fDdXIGifjHDhXAQU

Mirror Mirror

https://www.greece10best.com/most-beautiful-country-2019/?fbclid=IwAR12e2QYf5RMEfXw7010dGLVa6uIjsKk9W_g0q2HbIAcXu5QFvK9UUw2ZKM

Hilary's Ramblings Contributed by Hilary Paipeti

Brave Bramble

'It's not the size of the dog in the fight, it's the size of the fight in the dog'

... is a quote that keeps coming to mind recently. That's because it could have been written about Bramble the Brave, my half-Rottweiler.

My laptop dictionary identifies the pure breed as originating in the 'early 20th century', but that is probably just when they started to be bred systematically; identical canines pulled butchers' carts before that time, and were also in use as droving dogs, perhaps as early as the late Roman period, to protect flocks and herds from the wolves when on the move through the forests of Mittel Europe.

Though he's far from the German forests, and epochs away from those distant ancestors, Bramble's still hard-wired to protect his flock from wolves - his diminished flock being myself and Lulu. So when we were threatened by no fewer than three giant sheepdogs (on a public road, not in sheep fields), he went into action mode. All three were at least twice his size and weight, but he held them off until the shepherd arrived, coming away with a bloody nose and a great sense of pride.

He's only just above knee level in height, but he seems to grow when attacked, and not by way of his hackles.

I would like to know why the shepherds have to keep even one, never mind three, of these brutes. So far as I am aware, Corfu has no sheep rustlers, and the largest mammal in this valley is that notoriously dangerous lamb-killing species ... the common hare.



Sp-amblings:

Out and About ... or Not

THOSE OF YOU WHO FIRST ARRIVED HERE after about 1990 will surely not believe me when I inform you that for most of the eighties hardly a restaurant was open during the winter, anywhere. Resorts all shut down at the end of October, to reopen at the start of April (yes, we had a full seven month season in those days), and only in Town were a few places open to cater for bourgeois lunchers. For us out in the sticks choices were limited to a modest grill room on either side of the city, requiring a trip of several kilometres on a motorbike, bundled up against the cold. This was a once-in-a-winter treat - half a chicken with some chips and a retsina for the then almost unaffordable sum of 500 drachmas (about 1.50 euro today - that's inflation for you!).

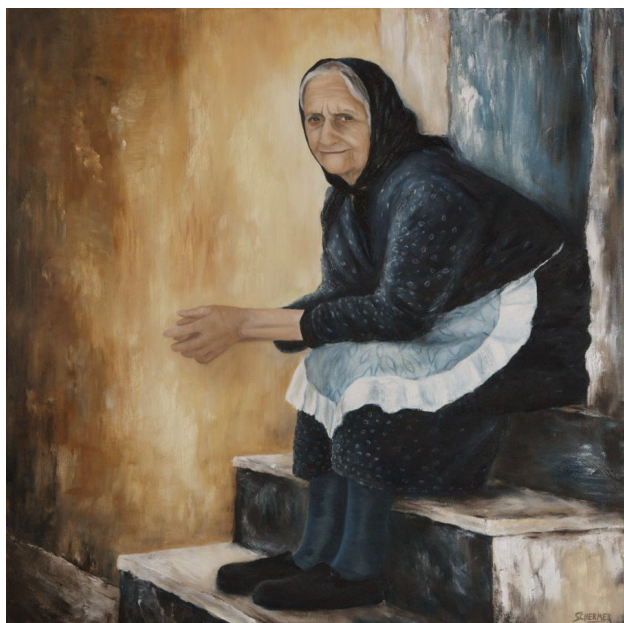
The weekly 'treat' was a tasteless frozen 'hamburger' in the village's largest kafenion, eaten whilst watching the Sunday football round-up on one of only two channels (remembering the boredom of this soccer-fest, I get shudders when I hear the theme tune, still in use today). It would be some years before grill rooms appeared in many villages; for no-one had any spare cash even for a couple of pittas or souvlakia. Instead, we stayed at home on weeknights, nibbling on olives, cheese, and of course a tin of the highly revered and venerated SPAM, the main meal having been consumed at midday.

These were the days when women's work was solely in the fields; while young women's ambition did not stretch beyond working mornings as a chambermaid in the nearest resort. Thus most households had a stay-at-home ma or granny whose task was to prepare the meal over a fire of twigs, or if they were lucky a single gas burner (it tasted better on the twigs, though!).

Despite a move towards ready meals and other bad Western habits, deep down the Corfiots love these casseroles dishes, in which vegetables fresh from the garden would stew in the blackened cooking pot, picking up a smokey aroma along with the flavour of handfuls of garlic, pepper and herbs.

Hilary's Ramblings - Continued from Page 24

This love of traditional tastes has prevented the spread of American-style fast food outlets (Greeks, after all, have their own 'fast food'; it's called 'pitta with giro' of course). So in this age when women, now employed in 'clean' work in offices and banks, have less time for cooking than their mothers and grandmothers did. But since families still want to sit down at lunchtime to a nice comforting casserole dish, 'lunchtime takeaways' are established on most roads out of town. And because it's lunchtime, there's no pressure to order large quantities of meat as there would be on an evening meal out, when choices are dictated by 'face'. Thus, these restaurants serve just the sort of casserole dishes that you would once have found in local homes; and they don't compromise because the locals know what it all should taste like!



THAT TIME OF YEAR IS APPROACHING when country women will be gathering the glut of figs and preparing Corfu's delicious preserve, Sikomaida. The figs are sun-dried, cut up small and kneaded with grape juice, ouzo and spices, formed into round cakes and wrapped in convenient leaves (these days more likely in clingfilm) for storage. Recently, 'Made in Corfu' outlets have begun to sell commercial versions, not as highly spiced as the village women would make them, but still delicious.

The concept seems to be exclusive to Corfu, and is so elegant in its use of local and seasonal ingredients that one wonders why it has not spread elsewhere.

In past days when no money was available for extras, the gift of a sikomaida was a more than acceptable offering when paying a visit to a relative or neighbour on the occasion of their name-day. It's usually presented as a sweetmeat at the end of a meal, but is equally good paired with air-dried ham like prosciutto (NEVER the wet neon-pink plastic-wrapped travesty made with mechanically retrieved pork. Please!). Cut the sikomaida small and scatter over the artfully arranged ham. You don't need a lot, just a ping of sweet and spice in amongst the salty meat. This is good as a nibble with champagne cocktails before your Christmas feast.

But we've discovered the very best treatment ever for sikomaida - in ice-cream! So far I think only Dolce in Lakones makes it, and distribution is limited. We tracked it down at Cafe Veatriki in Makrades, a tiny hole in the wall on the main village alleyway, shaded by a large tree. And it came all of three kilometres from the Dolce factory, in the neighbouring settlement. That's a big success story for the power of 'food miles'!



Sikomaida.

Beach Rats

A Summer Diary by Lili Gabbiano



DAY 10
MAY 3

'Have you been
in the water
yet?' she asks.

'Nooooo, too
coooold,'
that's me.

'I went in yesterday. It was very fresh'. She opened the eyes widely to show me the freshness; And the color of her eyes became a frozen blue.

'You know me,' I replied, 'I am there to dig myself into the hot sand until the water has the right temperature, only then, I drop myself in.'

I turn around and see some tourists walking into the water, some small ones, some big ones.

They all seem to don't feel anything.

From far north they must be where the ice cubes hang from the trees and melt only for 2 weeks in August.

Not like here, where we rich our drinks with them.

Cool they hit each other and cling,

When I swirl them around in my drink.

This reminds me my ice cube poetry
And it goes like this:

ICE CUBES

Ice cubes are luxury.

Superluxury.

Precious water shapes any kind of form when cold.
Transparent, gray shades and blue.

Crystal sounds hit the glass and tickle my ear.

My mind cools,

Refreshing senses are released.

And they sparkle.

Jewelry does not sparkle more.

Ice cubes taste better in hot countries.

Cold countries would like to taste cool sounding ice cubes too.

But.

Ice cubes prefer hot destinations,

They can melt away,

Relax

Float away into other fluids.

Cling nice songs until the end,

Become smaller, disappear,

Dry out.

Leave no trace.

ALL very mysterious.

Pine Leaves



Richard Pine passes his verdict on Greece's new centre right government.

<https://www.irishtimes.com/news/world/europe/greece-s-swing-to-the-right-brings-some-positives-1.3973382>

(Irish Times)

With new appointees in command of Greece's tourism industry, Richard Pine proposes a template for its development.

<http://www.ekathimerini.com/244035/opinion/ekathimerini/comment/one-of-greeces-greatest-exports>

ekathimerini)

Bespoke Property

Development continued at both Garitsa and Barbati, despite the extraordinary upheaval of the month.

At Garitsa work took place on two of the three buildings.

An assault was made on the main building; Here are some photos.



Open to the sky



Hot work in August



Old floor up



New concrete floor to go in



Working aloft



Working on roof of main house



Rotten timbers



Roof tiles off



Stacking

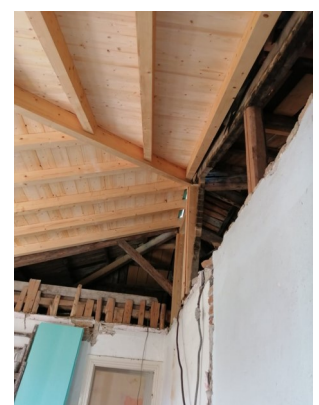
Don't panic



Where to start



Insulation



Joining houses

Bespoke Property - Continued from Page 27



New ceiling abutting neighbour



Airy



Shaping



Vaulting



Conduit



New ceiling



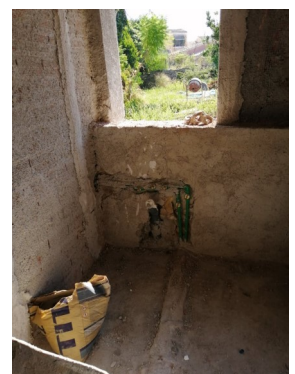
New openings



Plumbing



Postage stamp view



Prep work

The Spitaki is now taking shape. Look out for its situation in October.



A useful ledge



Before heating



Pre-render



Shower corner



Thermos connection

<

Bespoke Property - Continued from Page 28



The lines



What lies behind



From top road



Dasia end

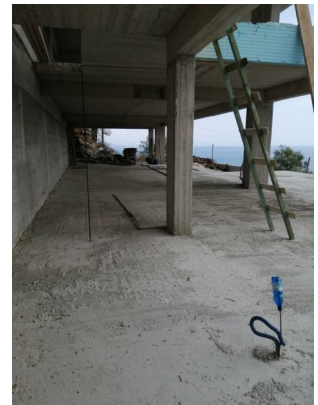
At Barbati the shell is in position and now we look forward to an Autumn push.



The top



For infill



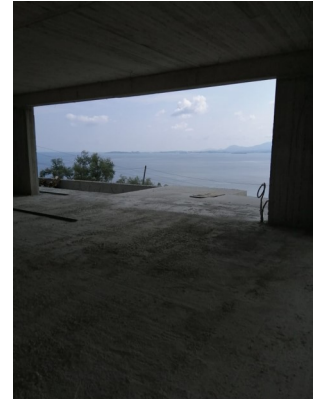
Ground floor



With scaffolding



Lounge area



Main patio opening



Sea view

<

ocay villas

Well, summer is running down.

It has been another very busy time at Ocay Villas. Especially so at Villa Theodora.

Despite the 'off-season' being upon us the villa is completely full, we are happy and grateful to say.

Don't be disappointed for next year, if you have the urge.



Villa Theodora

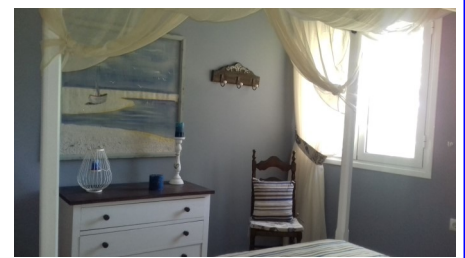
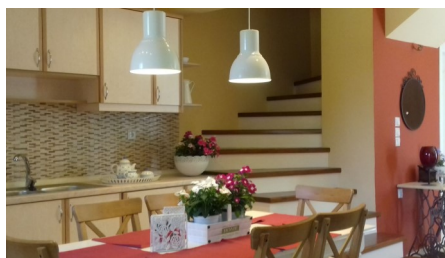
Book early, to secure your stay.

Kombitsi House

This is a beautiful and perfect place for October stays onward, available through the winter.

Please enquire below for availability and cost. This 110sq. house has three bedrooms, one bathroom and a W.C., air conditioning and all the necessary electric facilities.

It is very conveniently situated 15 minutes from Corfu town by car.



Please mail info@ocayvillascorfu.com

Corfu Trail Properties & OCAY Property

- Property for sale in Corfu's best walking areas, on or near the Corfu Trail, the island's premier hiking route
- Ideal holiday homes for enthusiastic hikers, nature lovers, and get-away-from-it-all Corfu devotees
- Potential rental income stream from Corfu Trail trekkers
- Productive business opportunities
- All types of property available, from little old cottages to potential hostels, modest hotels and land for development
- Become a Corfu resident in one of the island's loveliest areas.

Corfu Island

While Corfu is best known for its holiday resorts and beaches, for its nightlife and spectacular monuments, it is also recognised as a tremendous island for hiking. It's endowed with a huge variety of landscapes, from rocky mountains in the north, to bucolic plains in the centre; villages untouched by modern life, juniper-studded dunes, deep-cut ravines, salt pans and sea marshes, and everywhere rolling hills covered with an eiderdown of silvery-grey olive groves. The island's size gives scope for a lifetime of exploration.



The Corfu Trail

Corfu's distinct regions with their characteristic hikes are linked by way of the Corfu Trail, described as 'the famous Corfu Trail' in an August 2017 travel article in the Daily Mail. The Trail, initiated by private enterprise in 2001, is a 220 kilometre snapshot of the best that the island can offer walkers. Taking approximately ten days (different programmes may be

shorter or longer), it only touches on clamorous mass tourism at one point, mainly taking in traditional villages and other low-key residential areas.

The Corfu Dream

As creator of the Corfu Trail, my dream came true - for the Corfu Trail is now renowned worldwide. But a secondary dream is being realised. I had hoped to see a day when the 'tourist drachma' (now the euro) was spent elsewhere other than in busy resorts, spent in places where it would go directly into the hands of the locals, instead of into the maws of multi-national travel giants. A day when village tavernas and local shops would earn from slow-ambling visitors, instead of gaining nothing from those quick-passing in an air-conned hire car. Some of these businesses are now earning, thanks to the Corfu Trail.

I also saw the Corfu Trail as an artery, a 'route one' link between its regions, especially ones blessed with fabulous countryside. This too is happening, with a number of villages waking up to their hiking potential, and clearing and marking in some way their local footpaths and trails. Stavros and Agii Deka, Sokraki, and Vatos, all on the Corfu Trail, are among them.

Corfu's Villages

Unlike in many places, where villages have been urbanised and gentrified out of all recognition, where the countryside is a vast industrial unit, the old life has not been sucked out of Corfu's rural communities. Yes, many of the young people have moved abroad or to the environs of Corfu Town for reasons of work, education and social life, but their heart remains in the village, and the villages still possess a heart. Many have a taverna, a coffee bar or two, and generally a well-stocked store, a bakery, and some even a butcher. Fast broadband is widespread. Decent bus services link the settlements with Corfu Town. Many villages have a cultural department which organises local events, from the annual fiesta of the local church to a children's carnival party. New residents from overseas are always welcome to join in.

Continued on Page 32

*Corfu Trail Properties & OCAY Property
Continued from Page 31*

The Problem

So popular has the Corfu Trail become, with hikers arriving from as far afield as Israel, Hawaii, Tasmania and Alaska, as well as from all over Europe, that those using it often experience difficulties finding on-route accommodation, especially during early spring (February to April) and late autumn (late October and November) when the island is at its best for walking. These are weeks when most tourist accommodation is not open. During hiking 'high season' (May and early June; September and early October) most of the accommodation is pre-booked via local agents on behalf of overseas tourism companies. We'd like to make sure walkers can find somewhere to stay at all times.

At present, the Corfu Trail Guide recommends a set programme of ten days with stopovers at certain designated locations. But not everyone wishes to follow that programme; they might prefer to take the Trail at a fast pace, or go more slowly. We want to offer that option too.

The Solution

So, our answer is to identify property on the Corfu Trail which may potentially serve as accommodation for Trail hikers, whether it be Airbnb style, private cottages, or of a guesthouse/pension type. We are looking for investors to join us in this success story, which is becoming, indeed, a victim of its own success. Investors who will help themselves, and also help us.

With this in mind, we have, as a start, picked out six on-Trail villages which are suitable for hikers to overnight in - or indeed stay in for a wonderful extended walking holiday of a week or two. Preferably, these locations would offer lots of other walks in the vicinity; and in-village facilities such as eateries and shops. The villages are (from south to north, just as the Corfu Trail passes through them) Stavros, Sinarades, Vatos, Giannades, Makrades and Sokraki.

Properties on the Corfu Trail

We are offering for sale tiny individual cottages as well as groups of them for conversion, modern houses, successful ready businesses with pension facilities, and the odd large old mansion to make a characterful boutique guesthouse. An investor might buy a home plus a number of small cottages to rent out, either to overnight Trailers, to longer term vacationers who wish to spend some time hiking, or to non-walking holidaymakers who just prefer to immerse themselves in peaceful rural life. Or they might wish to develop an out-of-village plot both for hikers and additionally as an - increasingly fashionable - agro-tourism business. All the properties on offer are directly on or very close to the course of the Corfu Trail. The in-house Trail creator can advise.

Resident on the Corfu Trail

Of course, there's is no obligation at all to buy as an investment in order to accommodate Trail hikers. The villages have been chosen as ideal spots to reside in full or part-time, and to enjoy living in Corfu; as places where one can achieve a lifestyle change, either during regular holidays or on a more permanent basis. You don't have to be a hiker to love these locations. From prices starting at just a few thousand euros, you can live out your Corfu dream.

Video Plus Corner

These fish are not clowns
https://www.youtube.com/watch?v=WWIDa7CA_5w

Rip Van Squirrel
https://www.youtube.com/watch?v=5Afic_A6aY

Courtesy of Peter Hardiman



Trying to photograph Great Tits (*Parus major*) can be very frustrating. They stay in the shadows and hide in the foliage. I caught these two in the garden this one morning.



A bit of a tricky photograph of the moon setting over Arillas pier early this morning. I exposed the pier, moon and cloud separately and then blended the layers together in PS for the final image.

Nikon D850, Nikkor 28-300mm set to 80mm
 Pier: 4.0 s at f/5, ISO 800
 Moon: 1/60 s at f/5, ISO 800
 Clouds: 1.0 s at f/5, ISO 800 — at Arillas Beach.

Nature



Courtesy of Bob Giles



Someone is stealing the cat-food in the garden

Courtesy of Gianni Gasteratos



Courtesy of Ian Fern

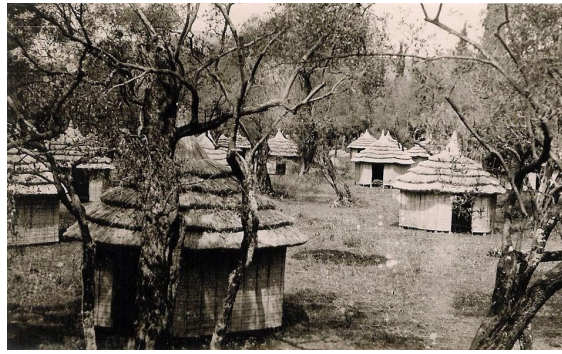
Well if you are going to hide in green foliage, then you will be better off just as green. Another beautiful hot sunny day here today peeps. Just be safe out there and protect your eyes and skin, it's 32 degrees at half 4 phew.



Courtesy Hercules Marine Activities

καπόνι σε νυχτερινή πτήση στην Κέρκυρα-3μ. night flight in Corfu-3m

The Way Things Are and Were



Another new resident



A favourite from the past



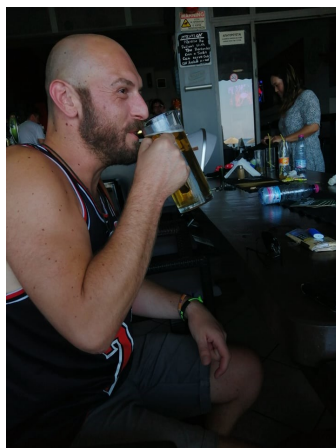
Courtesy of Maria Conti



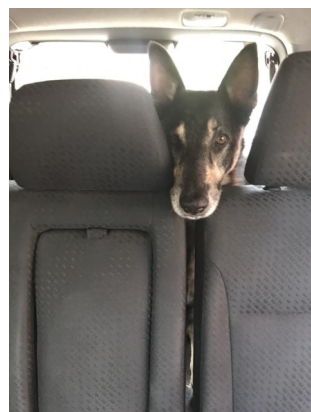
Kostas with Bono



Mel and Yvonne in Kasiopi



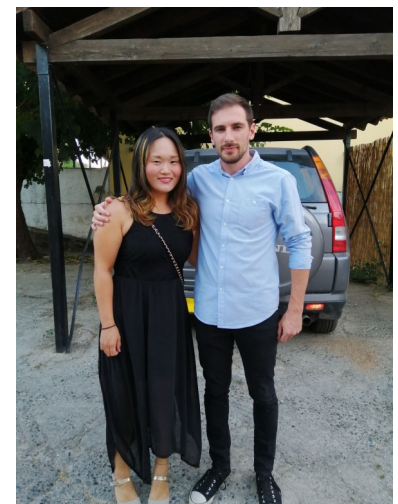
Two Snakes



Back seat driver



Wembley Challenge Cup Final



New resident

The Way Things Are and Were - Continued from Page 34

COURTESY OF THINK LIKE THE LOCALS - [12 August at 20:12](#) ·

Trivia: Out in the villages there are always 'farming' related chores to be done. Although it's not as common as many years ago, many of these tasks are still practiced to this day. The clover has been made into bales and stored away for the winter and crops of potatoes have been gathered and put in sheds and will be eaten right up until December. If you carefully look into gardens you will also see, on large boards, tomatoes split and salted, drying in the sun, later to be stored in jars with olive oil. As well as figs being dried to be put away for the winter, to be eaten plainly or in a traditional 'fig pie' (Sikomaides) The dried tomatoes are used in soups/sauces and the dried figs, often come out, when serving ouzo or Metaxa in the winter.



Infinity Suggested by Daniel Blom

Infinity is quite an odd entity in mathematics. Come to think of it, we don't even know if it is odd. It could just as well be even. We don't know where it begins, and we don't know what is the value just before infinity. And we certainly don't know where it ends.

Is there only one infinity, or are there many? If there is more than one, then you may be referring to another infinity than the one I am referring to. And all others may be referring to an infinite number of different infinities.

Still, we all (think we) know what it is, even though we can have discussions about that from here to infinity. Oops, that should be eternity of course, infinity's half-brother, and yet another source of uncertainty. We may feel slightly more comfortable with infinity's

antagonist, 'finity', but we are fooling ourselves there, as everything said here, can also be said about finity.

INFINITY


**NOBODY KNOWS
HOW MANY THERE ARE
YET WE ALL THINK
WE KNOW WHAT IT IS**

BUT WE ONLY KNOW WHAT IT IS NOT, AND NOT EVEN HOW MANY THERE ARE OF THAT

Disarming Thoughts

Tracey's Tips

We all know there are elements to maintaining a good healthy lifestyle. The right food and drink, exercise, sleep and sunshine all contribute towards being healthy, fit and most of all happy.

Here are a few tips to help you and give you some ideas 



Feel Amazing!

by downtown.tumblr.com *one-day guide!*

Turn off your phones, stop checking Tumblr and set aside a whole day for YOU!

Wake Up Early.
7-9AM is reasonable. Get out of bed, stretch, open your window and put on some calming music.

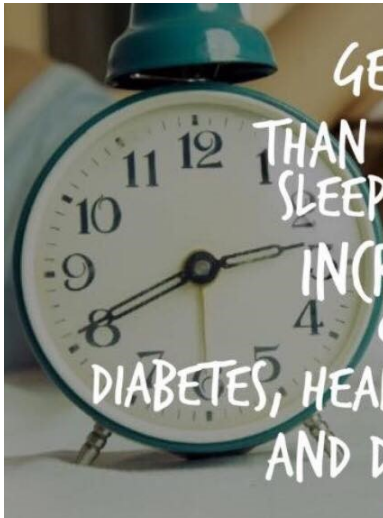
Have a healthy breakfast!
Pamper yourself by making something yummy and nutritious. A mango smoothie, whole wheat French toast and berries sounds delish! Keep some tea handy throughout the day.

Bath Bombs!
Turn your music up and take a nice, warm bath. Use bath bombs or yummy smelling soaps/bubble bath! Put on some ultra comfy pajamas when you're done.

Be Homemade
Look up homemade recipes for face and foot masks. Lots of them are easy to make and very beneficial!

Keep Yourself Busy
Go for a walk, paint your nails and watch a funny movie, or take a nice nap! Don't lift a finger and take care of yourself. Remember to relax!

Go to Bed Early

GETTING LESS THAN 7 HOURS OF SLEEP PER NIGHT INCREASES RISK OF OBESITY, DIABETES, HEART DISEASE, AND DEPRESSION.

HEALTHYTIPPIAN.COM

Beauty foods

natural glow *and* improved skin complexion



sweet potatoes

cooked spinach

carrots

carrot juice

pumpkin

cantaloupe

red peppers

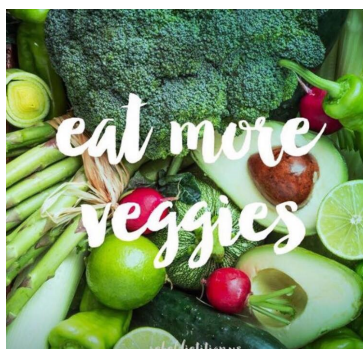
mango

WHY DRINK WATER?

1. Helps to lose weight
 2. Healthy Skin
 3. Fights Infection
 4. Get rid of Body Toxins
 5. Healthy Heart
 6. Prevent Joint Pains & Arthritis
 7. Boost Energy
 8. Prevent Constipation
 9. Reduce risk of Cancer
 10. Improves Productivity
- 

Tracey's Tips - Continued from Page 36

VITAMIN 'D' FOODS		
Cereal	Swiss Cheese	
Whole Milk	Pork Tenderloin	
Oatmeal	Canned Salmon	
Beef Liver	Cod Liver Oil	
Orange Juice	Sardines	
Oysters	Shrimp	
Eggs	Butter	
Goat Cheese	Chocolate Milk	
Mushrooms	Tofu	



Healthy
Body & Mind

drink water
eat natural foods
think positive
exercise daily
sleep well

calligraphy.com



Health Benefits of SUNLIGHT

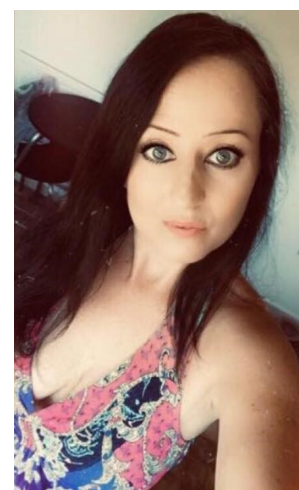
- FIGHTS WINTER BLUES
- GIVES RELIEF IN PAINS
- PREVENTS THE ONSET OF DIABETES
- REDUCES RISK OF CANCER
- BOOSTS YOUR IMMUNE SYSTEM
- HELPS PREVENT MULTIPLE SCLEROSIS
- REDUCES HEART DISEASE
- PREVENTS DENTAL CAVITIES

EssentialMedics.com

Kid's Healthy Eating Plate



And this is me



Gooners Gags



LITTLE ENGLAND

**WOULD BE A LOT BIGGER
IF IT HAD ITS OWN
PARLIAMENT**

Disarming Thoughts

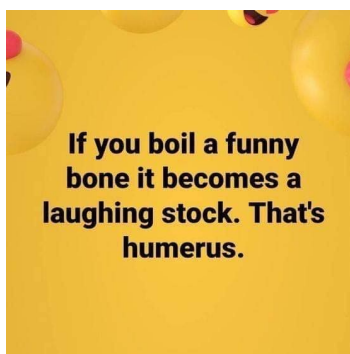
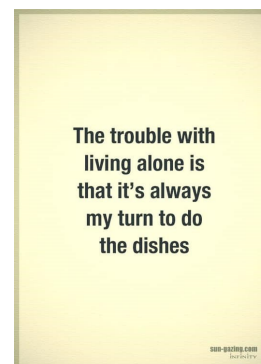
**The best thing
about me...
I'm a limited
edition there are
no copies.
And I bet right now
you're thinking
"Thank God"**

A pure-bred



The 10 "funniest" jokes from the Edinburgh Festival 2019

1. "I keep randomly shouting out 'Broccoli' and 'Cauliflower' – I think I might have florets"- Olaf Falafael
2. "Someone stole my antidepressants. Whoever they are, I hope they're happy" – Richard Stott
3. "What's driving Brexit? From here it looks like it's probably the Duke of Edinburgh" – Milton Jones
4. "A cowboy asked me if I could help him round up 18 cows. I said, 'Yes, of course. – That's 20 cows'" – Jake Lambert
5. "A thesaurus is great. There's no other word for it" – Ross Smith
6. "Sleep is my favourite thing in the world. It's the reason I get up in the morning" – Ross Smith
7. "I accidentally booked myself onto an escapology course; I'm really struggling to get out of it" – Adele Cliff
8. "After learning six hours of basic semaphore, I was flagging – Richard Pulsford
9. "To be or not to be a horse rider, that is Equestrian" – Mark Simmons
10. "I've got an Eton-themed advent calendar, where all the doors are opened for me by my dad's contacts" – Ivo Graham



Gooners Gags - Continued from page 38



We're going to have to move Ethel. My bums gone too sleep. I know Ive heard it snore 5 times already

JUST BEFORE I DIE, I AM GOING TO SWALLOW A BAG OF POPCORN KERNELS. MY CREMATION IS GOING TO BE EPIC!



I've just rubbed ketchup in my eye, with heinzsight I shouldn't have done it.

My doctor said now that I'm older I need to install a bar in the shower



WHEN YOUR BREXIT WON'T STAY HARD AND YOU CAN'T GET AN ELECTION.

Did you hear about the flea that went to the moon??? What a lunatic

A German Shepherd, a Doberman, and a cat died.



In heaven, all three faced God, who wanted to know what they believed in.

The German Shepherd said, "I believe in discipline, training, and loyalty to my master." "Good!" said God. "Sit at my right side."

"Doberman, what do you believe in?" asked God.

The doberman answered, "I believe in the love, care, and protection of my master."

"Aha," said God. You may sit to my left."

Then God looked at the cat and asked, "And what do you believe in?"

The cat replied, "I believe you are sitting in my seat."



The Five Second Rule



If you noticed the shark in the first 5 seconds you are probably gay. This test has been scientifically proven.



Gooners Gags - Continued from page 39

Senior Sex

The husband leans over and asks his wife, "Do you remember the first time we had sex together over fifty years ago? We went behind the village tavern where you leaned against the back fence and I made love to you."

Yes, she says, "I remember it well."

OK, he says, "How about taking a stroll around there again and we can do it for old time's sake?"

"Oh Jim, you old devil, that sounds like a crazy, but good idea!"

A police officer sitting in the next booth heard their conversation and, having a chuckle to himself, he thinks to himself, I've got to see these two old-timers having sex against a fence. I'll just keep an eye on them so there's no trouble. So he follows them.

The elderly couple walks haltingly along, leaning on each other for support aided by walking sticks. Finally, they get to the back of the tavern and make their way to the fence. The old lady lifts her skirt and the old man drops his trousers. As she leans against the fence, the old man moves in.. Then suddenly they erupt into the most furious sex that the policeman has ever seen. This goes on for about ten minutes while both are making loud noises and moaning and screaming. Finally, they both collapse, panting on the ground.

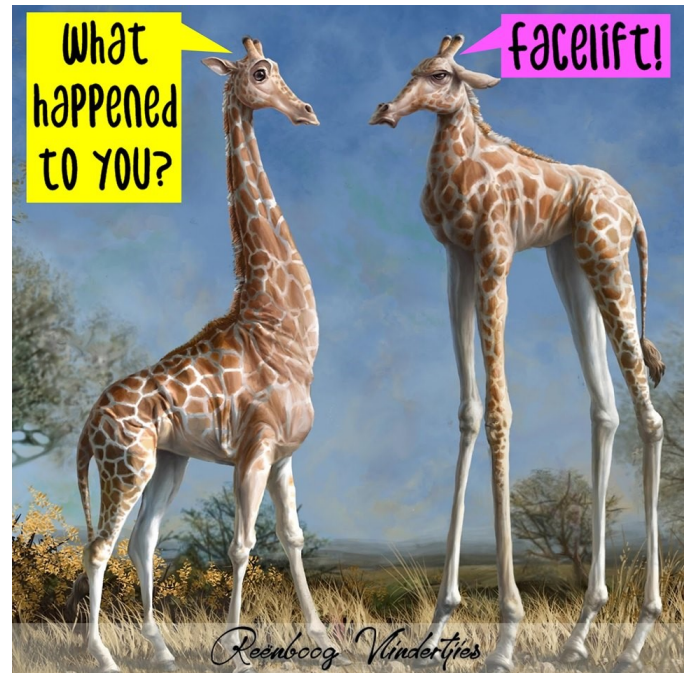
The policeman is amazed. He thinks he has learned something about life and old age that he didn't know.

After about half an hour of lying on the ground recovering, the old couple struggles to their feet and put their clothes back on. The policeman is still watching and thinks to himself, this is truly amazing, I've got to ask them what their secret is.

So, as the couple passes, he says to them, "Excuse me, but that was something else. You must've had a fantastic sex life together. Is there some sort of secret to this?"

Shaking, the old man is barely able to reply,

"Fifty years ago that wasn't an electric fence."



I had a happy childhood. My dad would put me inside a tyre and then roll me down a hill. They were goodyears...

in case of emergency, hurl your enormous penis out the nearest window, and climb to safety.



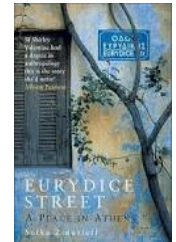


CORFU LITERARY FESTIVAL

An Island Celebration of Culture and Cricket
23rd to 30th September 2019
Event Programme

DAY 2 – Tuesday 24th September Three Anglo-Hellenic Families – Three Books

Sofka Zinovieff in Conversation
Corfu Public Library, Old Fortress
7.30pm

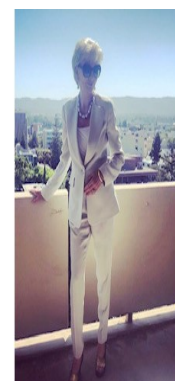
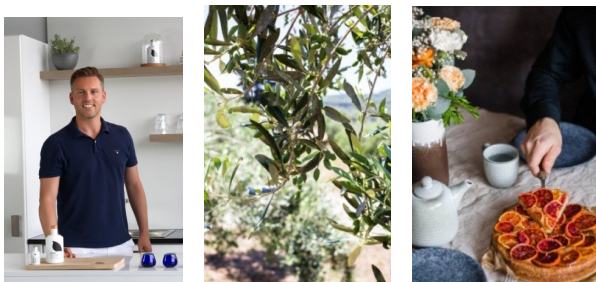


DAY 1 – Monday 23rd September Homer’s Inspiration & Legacy Adam Nicolson, Polyxeni Strolonga & Alex Preston Corfu Reading Society 8pm

DAY 3 – Wednesday 25th September The Place, Story & Spirit of Cricket on Corfu Charlie Campbell and Jon Hotten of Authors XI In Discussion with Frances Edmonds Gymnastikos Athletic Club, Corfu Town 8pm



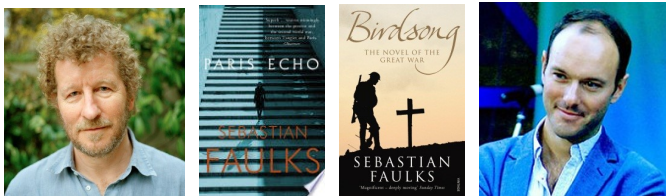
DAY 2 – Tuesday 24th September Olive Oil - Corfu’s Provider of Taste, Wealth & Health Bart Jan Barten, Neolea Oil with Tastings



Corfu Palace Hotel – 5.30pm

CORFU LITERARY FESTIVAL
Continued from Page 41

DAY 4 – Thursday 26th September
Capturing Time, Writing History
Sebastian Faulks in Conversation With
Alex Preston

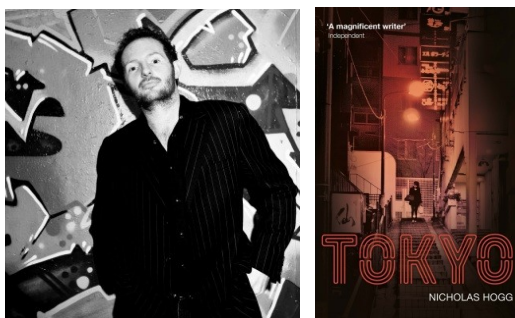


Corfu Reading Society 7.30pm

DAY 5 – Friday 27th September
Cricket – Authors XI vs Corfu
Select XI
Gouvia Marina Cricket Pitch



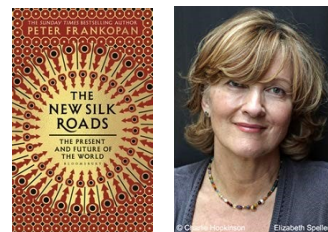
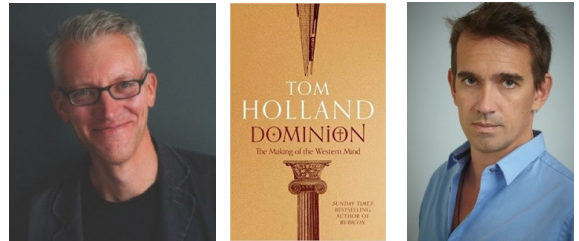
The Literary Squares Quiz
Devised and Presented by Nicholas Hogg
Quiz Master Alex Preston
An Hour of Fun – Start Revising Now!



6pm

Followed by
Western Dominion & Eastern
Influence

Tom Holland and Peter Frankopan
Chaired by Elizabeth Speller



The Corfu Reading Society, Corfu
Town 7.30pm

DAY 6 – Saturday 28th September
Cricket – Authors XI vs Corfu
Athletic Club
Gouvia Marina Cricket Pitch



The Gardens of Corfu
Rachel Weaving in Discussion with
Alex Preston

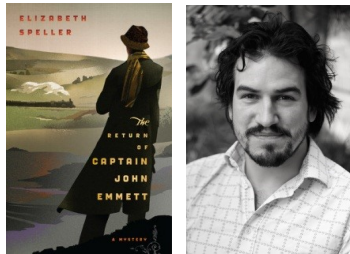
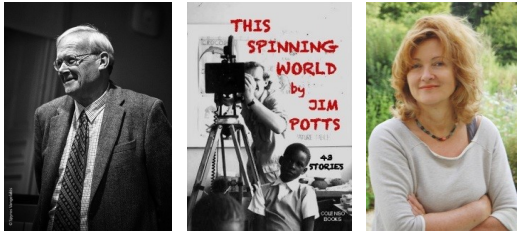


CORFU LITERARY FESTIVAL
Continued from Page 42

Followed by

Short Stories – Collections and Assemblages

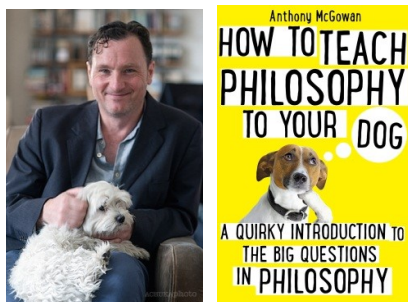
Jim Potts & Elizabeth Speller in Conversation with Charlie Campbell



Municipal Gallery, Palace of St Michael & St George, 7pm and 8.30pm

DAY 7 – Sunday 29th September
Philosophy – Why Does It Matter?

Anthony McGowan



Capodistrias Museum, Evropouli 6pm
(Transport from and return to Corfu Town will be Arranged)

And other Events, Visits, Music, Fabulous Corfiot Food and Drink, Historic Venues, Walks and Tours to be announced

Our events are held in interactive panel format often followed by informal taverna suppers and chance to talk and meet together with the speakers

Multi-All- Event Tickets Available on line

<https://www.eventbrite.com/e/corfu-literary-festival-tickets-66619060403>

or

Individual Tickets locally in Corfu Town from



Albert Cohen St. 2 next to Eurobank
Mon to Fri 10.00 to 16.00 Sat 10.00 to 13.00

Please Note Venues May Have to Be Changed Due to Weather

www.CorfuLiteraryFestival



Corfu Literary Festival



@corfu_literary_festival



@corfuarts



info@cricketcorfu.com