

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

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# The Agiot

169th Edition

## This Month

Cover Photo

Page 1

Gooner's Gags

Pages 2-4

Letters to the Editor

Pages 5-6

Gerald Durrell

Pages 7-8

When Nitsa was Young Chapter 3

Page 9

Advertising

Pages 10-16

Village and Island Times

Pages 17-19

The Way Things Were and Are

Page 20-21

Effrosyni Writes

Pages 22-30

Little Brother is Watching You.

Pages 31-34

Ocay Property Management &  
Holiday Rentals

Pages 35-36

Pine Leaves

Page 37

A Poem

Page 37

Remembering Agiotfest

Page 37

The World of Simon

Page 38

Video Plus Corner

Page 38

Weather.

Page 39

Nick the Clock's World

Pages 39-43



# Gooners Gags

Saudi Arabia just legalized women driving! Here's a Live Photo!



VIA 9GAG.COM



A woman goes to the Doctor, worried about her husband's temper.

The Doctor asks: "What's the problem?"

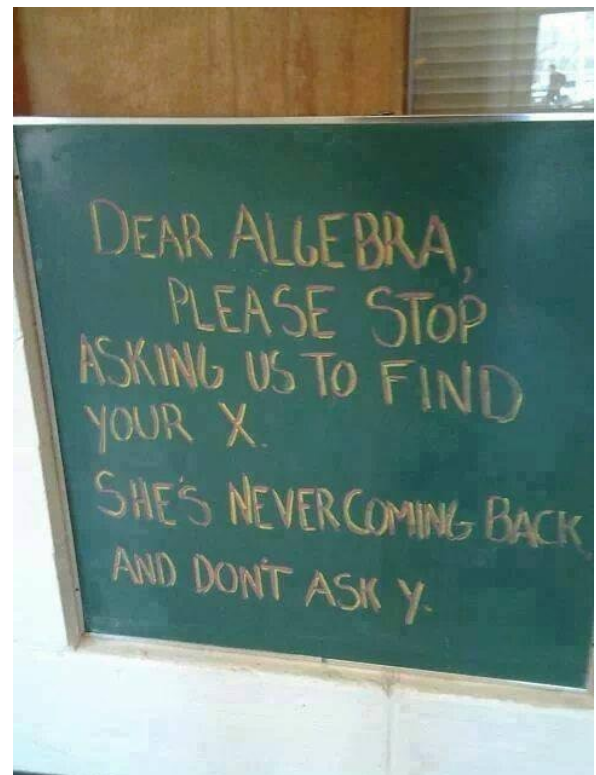
The woman says: "Doctor, I don't know what to do. Every day my husband seems to lose his temper for no reason. It scares me."

The Doctor says: "I have a cure for that. When it seems that your husband is getting angry, just take a glass of water and start swishing it in your mouth. Just swish and swish but don't swallow it until he either leaves the room or calms down."

Two weeks later the woman comes back to the doctor looking fresh and reborn.

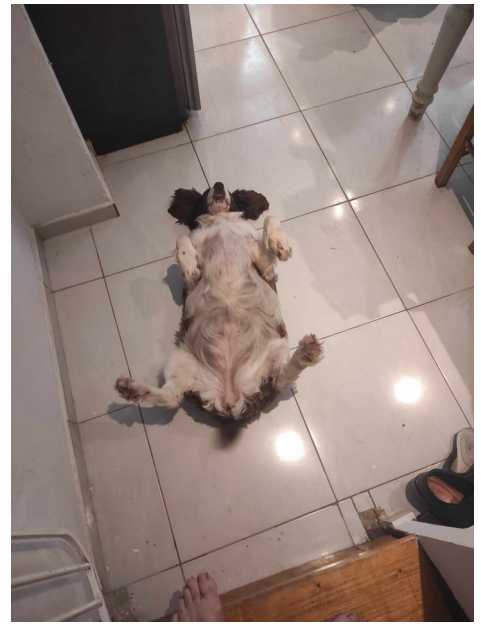
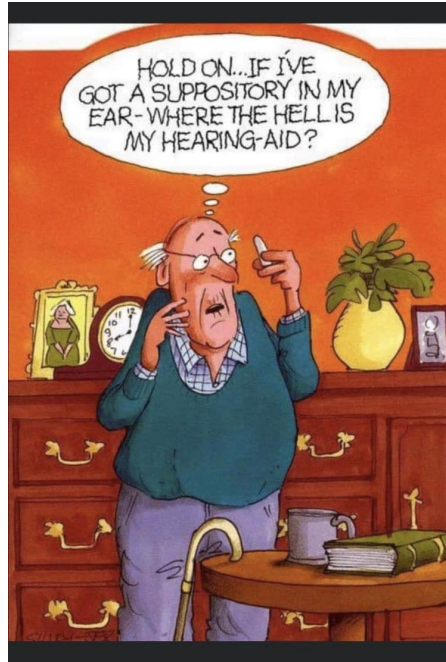
The woman says: "Doctor that was a brilliant idea! Every time my husband started losing it, I swished with water. I swished and swished, and he calmed right down! How does a glass of water do that?"

The Doctor says: "The water itself does nothing. It's keeping your mouth shut that does the trick".





Gooners Gags - Continued from page 2



This couple went to gym together for 6 months ❤️



Continued on page 4



*Gooners Gags* - Continued from page 3

**AN IRISH GHOST STORY**

This story happened a while ago near Kells, County Meath, and even though it sounds like an Alfred Hitchcock tale... it's true.



John Reilly, a Cavan man studying in UCD, was on the side of the road hitchhiking back to Dublin on a very dark night and in the midst of a big storm. The night was rolling on and no car went by. The storm was so strong he could hardly see a few feet ahead of him. Suddenly, he saw a car slowly coming towards him and stopped.

John, desperate for shelter and without thinking about it, got into the car and closed the door... only to realize there was nobody behind the wheel and the engine wasn't on. The car started moving slowly. John looked at the road ahead and saw a curve approaching. Scared, he started to pray, begging for his life.

Then, just before the car hit the curve, a hand appeared out of nowhere through the window, and turned the wheel. John, paralyzed with terror, watched as the hand came through the window, but never touched or harmed him.

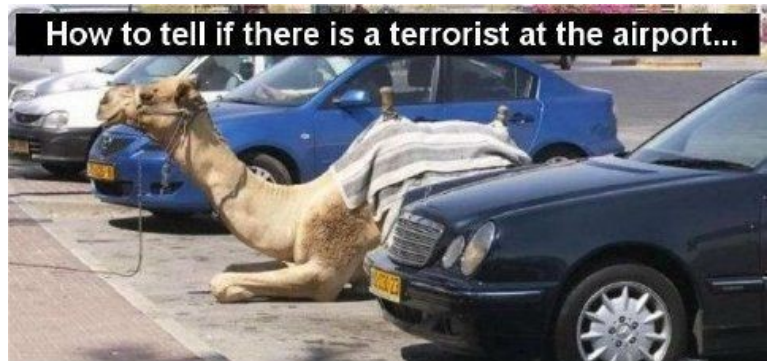
Shortly thereafter, John saw the lights of a pub appear down the road, so, gathering strength; he jumped out of the car and ran to it. Wet and out of breath, he rushed inside and started telling everybody about the horrible experience he had just had.

A silence enveloped the pub when everybody realized he was crying... and wasn't drunk.

Suddenly, the door opened, and two other people walked in from the dark and stormy night. They, like John, were also soaked and out of breath.

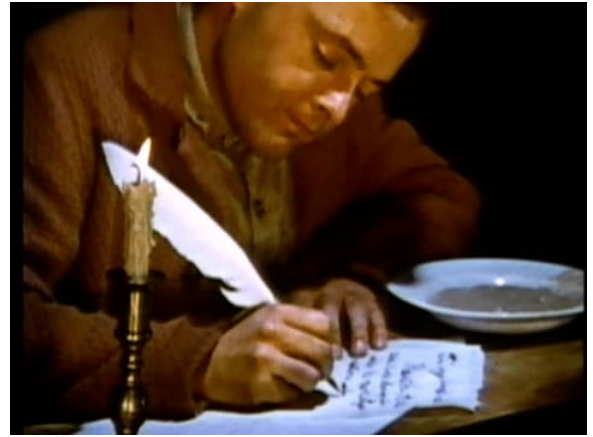
Looking around, and seeing John Reilly sobbing at the bar, one said to the other...

Look frank... there's that fooking idiot that got in the car while we were pushing it!!!!





# Letters to the Editor



Dear Gentle Reader,

Welcome to the Agiot Times, and put your feet up, take ten, and have a browse.

This month there is no Hilary's Ramblings, as she offers up alternative fayre.

Effrosyni is back, with a charming Corfu passage. So good to have her writing again, following the recent passing of her beloved father.

'Lula is being super-busy at present, so there is no Lovebites this month. But, you are adequately covered by biting into Effrosyni's page.'

**Sandie Gray from South Corfu** messaged;

Ok my dear! I didn't know we had that many blue rinses hereabouts, but it would be good for you to annoy someone else apart from moi!! Rosy from the bakery was pleased to find she had become 'famous' as I showed the article about her to an author Dougie McHale in UK who has written books, well researched but fictional, about Jews on Corfu during the war. This author tells me Rosy will be featured in his next book!

**Ed:-** Sandie! Thank you for this, great job. Let us hope Rosy's star continues to rise. Waiting to hear from Mr. McHale.

**Sarah-Jane Monro** says;

Another phone scam yesterday; call saying I was due a huge rebate for my electricity bill...she hung up after this- Me- "how lovely!...."yes yes" she says all excited "lets get this money to you!" .....Me-. "So will that be paid by the Sun .. since I have been living offgrid on solar power for 2 years now!".. 🤔  
It is worrying though that we are having so many that it must work sometimes for them 😞

**Ed:** Suspect calls I often answer, Sarah-Jane, as the Proprietor of a Chinese Takeaway. That does the trick: 'Rot ru ront? Hully up'.

Maureen McNamara gets reunited with her friend Charlie, after his long trip home from Corfu.



Charlie aged 10 >

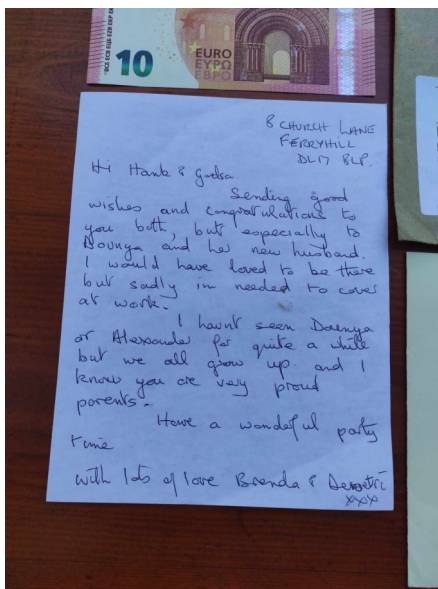


Letters to the Editor - Continued from page 5

### Is this a record for mail between the U.K. and Corfu?



Here is photographic evidence of congratulations sent from Ferryhill, County Durham to Corfu, celebrating Dunja van der Does wedding, from Brenda Pagkrakiotis.



Brenda posted her letter on 18th of August 2022, hoping to be in time for the happy day, which was eight days later.

Optimistic? Yes. But even Brenda, in her wildest dreams, could not have imagined the end result.

Her surprise came on the 29th July 2023, when the Royal Mail returned to Sender.

Two observations. The Royal Mail was wrong. The address Brenda wrote was complete enough to find its way down the back of one of



our fridges and into daylight again. But all credit to the Mail Services. The Euros 10 note was unmolested, despite the original envelope being split open.

Brenda was here in Agios only a couple of weeks ago, so was able to redeliver her congratulations in person to Henk's family. Post Haste.

<https://www.youtube.com/watch?v=LZmUfUBqE-s>



Brenda's son Jimmy added;

'All I said was bring some herbs back,, nothin' else.'





## Gerald Durrell in the Sunday Times - A Belated Rebuttal

by Hilary Paipeti

**The Great Corfu Guru Gerald Durrell pronounced, and three and a half decades later his word is still the established wisdom: Corfu is suffering from a terminal case of leprosy caused by tourism. To the dismay of many, this view surfaced again at a recent event. I wrote this riposte five years ago, and it too deserves another outing. Anyone is welcome to join my Saturday walking group and see for themselves who is right and who is wrong.**



In 1987, Gerald Durrell wrote a piece for the Sunday Times decrying Corfu's tourism industry - and nearly wrecked it in the process:

*I have had a most extraordinary affair of the heart. It started when I was eight years old and I fell deeply and irrevocably in love with a ravishing creature who was mature and beautiful. She gave me joy, brightness, freedom of spirit and opened my eyes to beauty, colour, knowledge, love and laughter. Her name was Kerkyra, the island of Corfu... Going back to her recently was like paying a visit to the most beautiful woman in the world suffering from an acute and probably terminal case of leprosy - commonly called tourism... [W]hat [the people of Corfu] have done with [Corfu] is vandalism beyond belief.*

*Returning in the early sixties, I could see what the future had in store. A few hotels, apparently designed by Salvador Dali aided by an inmate of the Corfu lunatic asylum, had sprung up along one of Corfu's greatest assets, her lovely sea coast. New villas of the most preposterously bad taste were starting to glower at you from hitherto unspoiled olive groves at the edge of the sea.*

*The BBC, in its series \*, was hard-pressed to find areas that resembled the places that would depict the loveliness and peacefulness of Corfu in 1935.*

*A dear friend of mine \*\* took me on a tour of what she called "old Corfu" and of course we found mysterious, hidden olive groves, secret valleys lined with umbrella pines whose huge cones littered the ground like some strange, wooden Christmas trees around the ruins of old Venetian villas, villages with houses for the most part untouched and the villagers as charming and hospitable as they have always been, but they are remote and will become fewer unless something is done to control the locust horde of tourists ... Man-made things, though wonderful, can be recreated ... but Nature, once destroyed, can never be recreated.*

*\* The 1980s series of 'My Family and Other Animals', starring Hannah Gordon and Brian Blessed.*

*\*\* I believe I know who this was. Suffice to say that her 'repertoire' of Corfu's countryside was rather more limited than mine.*

Corfu had something of a tourism crisis in the early 1990s. Much of it was due to shocking reports of the antics of 18-30s-type visitors, first in Benitses, and then in Kavos, where the rowdy operators had moved en masse in the late 80s. But this article did not help at all. Many potential visitors must have quickly deleted Corfu from their holiday list, convinced by the Sunday Times that they would encounter 'locust hordes', and be confronted with 'vandalism' of the natural environment.

Through aggressive marketing during the late 1990s (led by this writer), coupled with initiatives such as the Corfu Trail ([www.thecorfutrail.com](http://www.thecorfutrail.com)), and the fashion for posh villa holidays on the North East Coast - both of which drive tourism in other sectors - the island regained a measure of its popularity with British guests, and has in parallel attracted new markets.

Gerald Durrell's spirit must be looking on in horror as the 'leprosy' again proliferates (that was irony).



Continued on page 8



*Gerald Durrell in the Sunday Times - Continued from page 7*

I live ten minutes' walk from the sea, near a west coast bay mentioned by Lawrence Durrell in 'Prospero's Cell'. Here stands one giant hotel (500 beds), flanked by four smaller ones, probably catering for around 1000 visitors in total at any one time, in high season. But unless I go to the beach, I see hardly anyone except for a few people out for a stroll in the completely untouched valley that is tucked in behind the resort. The hotels, large and smaller, are hardly intrusive: The low-rise buildings and bungalows of the giant hotel cascade pleasantly down the hillside in a series of terraces, amid extensive natural woodland of pine, cypress and eucalyptus, whilst the smaller ones have been constructed with the island's architectural style in mind. Supplementary businesses consist of two small shops selling the usual beach and booze stuff, a bar and a beach bar, two car hire and two bike hire offices, and one beachside taverna ... and that's it. There's no loud music, and the most exciting it gets is during the Thursday evening firework display at the giant hotel. It starts at 10pm, and it's over by 10.02. During the day, a 15 minute hike directly from the beach takes visitors along a beautiful mountain footpath to a delightful ruined chapel on a small promontory high above the sea.

Like the great majority of tourism localities in Corfu, this one has NOT contracted leprosy.

Go to Lafki and walk to the viewpoint on the vista track that starts beside the church, and look out over the whole of North Corfu. What do you see? Nothing that could place you in this century, neither in most of the last. Olive groves as far as the sea; the coast ahead dotted with a thin line of miniature buildings that constitutes the resort of Acharavi. Over to the left, in the distance beyond the huddled rooftops of a traditional village or two, a small urban centre is just visible, surrounded by a forest of olive groves - Sidari, Corfu's second most demonised resort. A view like this demonstrates just how LITTLE of Corfu has been blighted by development.

If you are holidaying in a resort like Sidari or Kavos, it's quite easy to believe the facile cliché that 'Corfu is spoilt'. That is, if you don't move out of your resort - and many visitors don't. But if you are prepared to forgo the swimming pools, the relentlessly pounding music and John Smith's beer and venture instead into the countryside, you find yourself very quickly in a different world. Kavos is a little two-street ghetto, with a remarkably well-defined border outside of which development suddenly ceases. Just beyond this border

is the so-called 'Pool of Plenty', where nature is so untouched that an exploring naturalist found several rare beasts, a few never spotted before on the island. The 'Pool' is minutes' walk from Kavos Central.

A mile or two from the horribly built-up Canal d'Amour neighbourhood of Sidari is Peroulades, a village that - at least in its centre - comprises hardly a building that does not date from eons ago.

But since most people's experience of the island comprises their chosen resort, and perhaps incorporates a trip to Corfu Town - and maybe a car or coach excursion to the crowded must-visit sights, or a sardine-can boat trip along the villa-strewn North East Coast - they easily can come away with the impression of a despoiled landscape. Main roads are blighted by ribbon development, much of it dedicated to the worship of Petrol. But on winter Saturday hikes we can walk for two or three hours and see neither a modern building nor a non-agricultural vehicle. On my little country lane, about a mile and a half long, there are precisely nine buildings, all modestly domestic except for couple of barns. Even in summer, fewer than a dozen cars pass by every hour, though traffic volume doubles briefly for the twice-daily school runs. Between Liapades and Ermones, the precipitous coastline is untouched, as is much of the west coast. At Arillas, a very popular resort in the north west, low-key apartments sit amongst vast plots where artichokes grow in springtime, and where goats graze the rest of the year. After a hike along the Corfu Trail, a walker from Latvia wrote: 'I could not believe, on this island that we heard was so developed, that we could walk for nine days and see nothing but nature.'

In the Sunday Times article, Gerald appears to have judged the island in terms of its North East Coast, where ostentatious villas have indeed ravaged the coastline, instead of viewing it equally through the prism of less familiar domains. Yes, 1935 has gone, but plenty of locations remain where you can recapture the 'loveliness and peacefulness of Corfu.'

Given Gerald's 1987 tirade, it is ironic that the latest ITV 'The Durrells of Corfu' series showcased the many still-remaining beauties of the island, thus attracting a new generation of visitors: who will indeed be able to discover, truly, that much of the Corfu the Durrells knew endures.





## When Nitsa Was Young - Chapter 4: Kostas

by Paul McGovern

Kostas, son of Ioannis and Theodora Halikias, came into this world on January 1st, 1928. He had an elder brother, Spiros, and five sisters; Angeliki, Sofia, Goni, Katina and Marika. The family lived in the heart of Agios Ioannis, in the small first floor flat known affectionately as Nonna's. It is now our home.

So, the nine of them lived their lives in 35 square metres of living space divided into two rooms. The toilet was outside.

Down the lane at what has now become Villa Theodora lived Kostas' grandparents, Spiros and Angeliki. Kostas was very close to his grandad and often slept over there. As a young boy he was taught the art of the catapult (sventona). In this skill he became very proficient. It was the custom then to hunt small birds in those bygone days; sitarides, batianides, mermigofaedes (bee-eaters), aetomahois (red-backed shrikes), karakia, kolobonia, keradonides, fleronas (Golden Orioles), and trigonia (turtle doves). Unfortunately, many of these species have long-since departed, though once I was lucky enough to spot a beautiful Golden Oriole (Flerona) in the north Corfu forests. These birds were eaten and considered a delicacy then.

The current wine shed in the old lane was the kafenion, which sold a wide range of foods and household items, copious wine but no BEER! Only seventy metres away was the village school (nowadays Jason's bedroom upstairs in Elina and Peter's home), where Kostas proved to be a good student. He remembers with fondness his teacher Andreas Tsirigotis, who constantly sang and made-up rhymes: 'Apo xorio psorarous, kai tateki Aspioti.' (Aspiotis lived at the Villa Rossa in Town).

His later teacher was Mr Salvanos from Skripero, who rented a room downstairs in the current taverna. He was a harsh disciplinarian. Kostas was not often in trouble, being diligent, but one day he received 50 strokes of ruler on palm. Another boy had not completed his homework, and in desperation he snitched on Kostas for hunting birds. Together with the caning he had to kneel in the class on pebbles, then stand for five minutes with an empty glass atop his head.

The schoolroom was unheated and had two blackboards, one for the younger children, the other for the older ones. The pupils had pencils but paper was scarce in the early years of Kostas' schooling. Over near the Moskos supermarket was a paper factory (just after the Kokini roundabout, on the left of the Ropa Valley road). Boys climbed aboard the van and tore pieces from old rolls of paper, to use at school. After a couple of years Mr Tsirigotis, who walked every day to the village and back from town, gave a list to every child for school items their parents had to buy from the city.

Mr Salvanos set great bouts of homework for the summer holidays. Kostas once had to write 90 pages of Greek history but could not research all the information; there was only one reference book at home.

Kostas left school at thirteen. He wanted to go to the Grammar School in town. But war came and his parents thought it too dangerous to travel. So, he went to work on the land.



If you advertise here it will cost nothing. We have a modest but growing circulation.  
It is our pleasure for our friends to advertise their wares without charge.

# Rosie's Bakery

**Find us at 71 Paleologou Street**  
At the entrance to 'Jewish Community' -  
look for sign

Stand with your back to PUBLIC doorway  
We're in the small square opposite

**Genuine Vegan Products** made without dairy  
and eggs, also without honey

**Sweets and Cakes** made even more strictly,  
also without refined sugar

**Gluten Free Products** (only sweet items) made  
in exclusive bakery premises

No danger of cross-contamination  
Made without eggs, butter, milk, refined sugar,  
palm oil. No soya traces, no enhancers,  
flavourings, additives, preservatives. All  
natural.

**Big Range of Traditional Greek Products**  
Baklava without sugar or honey, special for  
diabetics

**Vegan Savoury Pies** (not gluten free)



## EFFROSYNI MOSCHOUDI

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its unrelenting suspense. The final  
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also visit: [https://  
effrosyniwrites.com/](https://effrosyniwrites.com/)



# Pizza Nostra

[+30 2661 058328](tel:+302661058328)



*Greek pizza*



*Our pizza Nostra*

Editor:-

*In last month's issue, showing a circuit of the Agios Ioannis 'block', I goofed and left out our cousin's takeaway pizza shop.*

*Let's make up for that right now. Look at the great reviews for Sofia and Ioannis.*

Reviewed July 11, 2023

[Pizza perfection!](#)

Spotted the pizza company when I was looking at a map for things to do whilst staying at Aqualand. The pizzas were AMAZING , and very reasonably priced. They delivered to the hotel and we enjoyed every bite!!

Date of visit: July 2023

Reviewed August 31, 2022

[Lovely pizzas, great service and affordable!](#)

A group of 10 of us went here after seeing it mentioned on the reviews about aqualand hotel. Thank you! We all sat in the bar next door and our pizzas were delivered to us, they were SOOO good!!

Date of visit: August 2022



LeanneW3lls

19 reviews

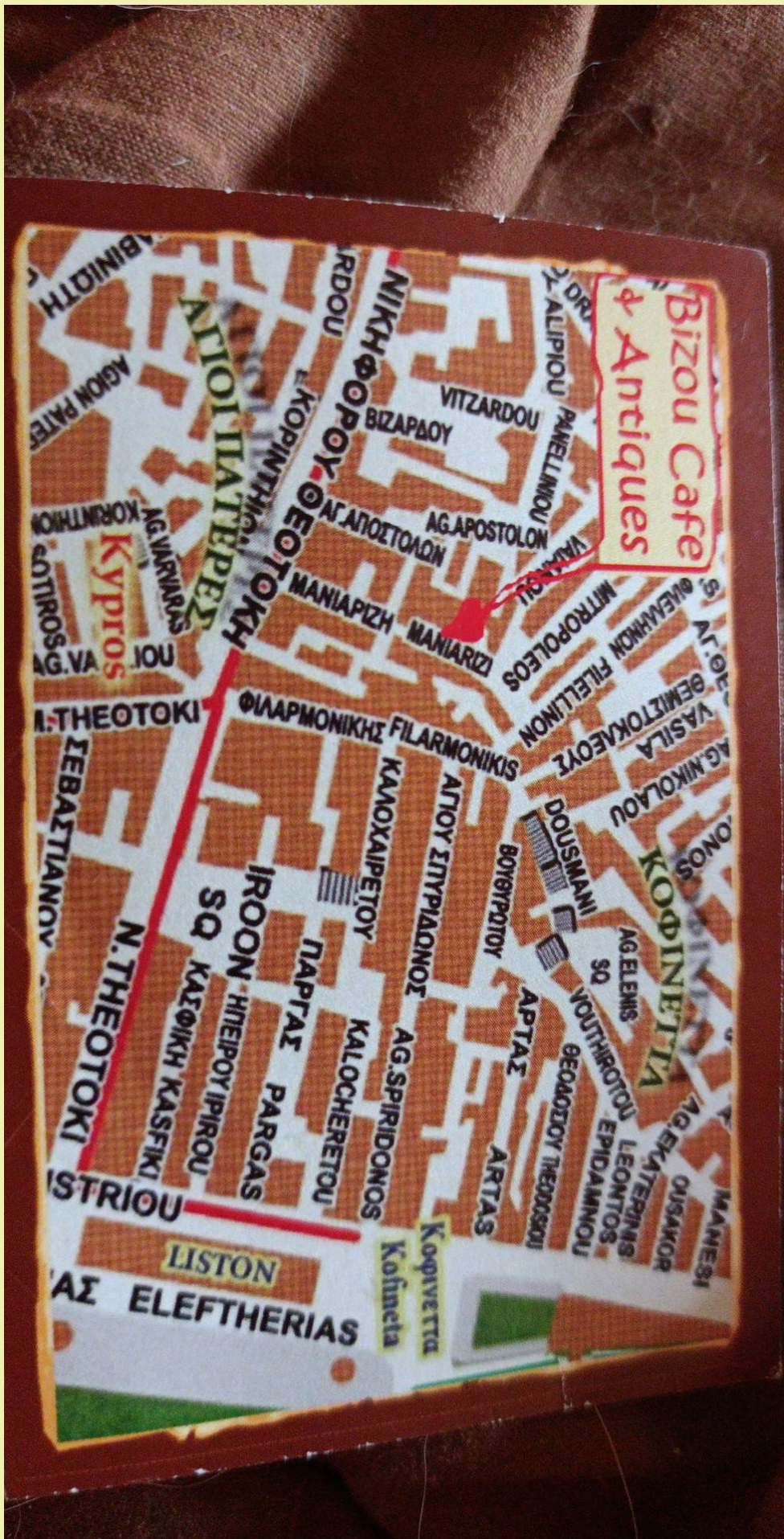
Reviewed August 8, 2021

[Great Fresh Takeaway Pizza](#)

Ordered a takeaway whilst staying at aqualand resort. Just called the shop and pizza was delivered to reception promptly, around 5-8€ per large pizza depending on your preference. Try you won't be disappointed.

Date of visit: August 2021





*Bizou Cafe*





## British Indian Restaurant Curry Sauces available for purchase

All sauces and Naan bread dough can be frozen on day of purchase for use on a later date.

### All sauces serve 2 people

If you are interested in purchasing any of the following sauces, please PM me.

- |                                       |         |   |         |
|---------------------------------------|---------|---|---------|
| - Murgh (Chicken) Curry Sauce         | - €7.00 | Aloo Curry Sauce  | - €2.50 |
| - Jalfrezi Curry                      | - €7.00 | - (Aloo Curry sauce will do approx. 500g of parboiled potatoes to make Bombay Aloo or you can reduce your potato quantity and add either cauliflower to make Aloo Gobi or Spinach to make Sagaloo.) |         |
| - Garlic Chilli (Chicken) Curry Sauce | - €7.00 | Naan Bread Dough  | - €2.00 |
| - Bhuna Curry Sauce                   | - €7.00 | - (Naan Bread Dough comes as 1 dough ball which will do 2 x Naans. (I have done a video to show the best way to cook the Naans so please check out my videos on my FB page))                        |         |
| - Korma Curry Sauce                   | - €7.50 | Mel's Tikka Spice Mix   | - €0.60 |
| - Vegetable Curry Sauce               | - €7.00 | - Mix does approx. 800g of Meat (see back of packet for Instructions)   |         |
| - Tikka Masala Curry Sauce            | - €7.50 |   |         |
| - Dhal Curry                          | - €7.00 |   |         |
| - Madras Curry Sauce                  | - €7.00 |   |         |
| - Methi (Chicken) Curry Sauce         | - €7.00 |   |         |
| - Onion Bhaji (each)                  | - €0.60 |   |         |

To Order please message me via my FB Page:

<https://www.facebook.com/profile.php?id=100065493210125>

PLEASE IF YOU HAVE ANY ALLERGIES CONTACT ME PRIOR TO PLACING AN ORDER TO CONFIRM IF THE SAUCE YOU WANT CONTAINS ANYTHING YOU ARE ALLERGIC TOO.

All my sauces are suitable for Vegetarians.



## Βρετανικές ινδικές σάλτσες κάρυ εστιατορίου διαθέσιμες για αγορά

Όλες οι σάλτσες και η ζύμη ψωμιού Naan μπορούν να καταψυχθούν την ημέρα της αγοράς για χρήση σε μεταγενέστερη ημερομηνία.

### Όλες οι σάλτσες εξυπηρετούν 2 άτομα

Εάν ενδιαφέρεστε να αγοράσετε οποιαδήποτε από τις ακόλουθες σάλτσες, παρακαλώ PM μου.

- |  |         |                                    |         |  |
|--|---------|------------------------------------|---------|--|
| - Murgh (Κοτόπουλο) Σάλτσα Κάρυ        | - €7.00 | - Aloo Σάλτσα Κάρυ                 | - €2.50 | - (Η σάλτσα Aloo Curry θα κάνει περίπου 500 γραμμάρια πατάτες parboiled για να φτιάξετε Bombay Aloo ή μπορείτε να μειώσετε την ποσότητα της πατάτας σας και να προσθέσετε είτε κουνουπίδι για να φτιάξετε Aloo Gobi είτε σπανάκι για να φτιάξετε Sagaloo.) |
| - Τζαλφρέζι Κάρυ                       | - €7.00 | Ζύμη ψωμιού Naan                   | - €2.00 | - (Η ζύμη ψωμιού Naan έρχεται ως 1 μπάλα ζύμης που θα κάνει 2 x Naans. (Έχω κάνει ένα βίντεο για να δείξει τον καλύτερο τρόπο για να μαγειρέψουν το Naans γι' αυτό παρακαλώ δείτε τα βίντεό μου στη σελίδα FB μου))  |
| - Σκόρδο τσίλι (κοτόπουλο) σάλτσα κάρυ | - €7.00 | Το μείγμα μπαχαρικών Tikka της Μελ | - €0.60 | - Το mix κάνει περίπου 800g κρέατος (δείτε το πίσω μέρος της συσκευασίας για οδηγίες)  |
| - Σάλτσα κάρυ Bhuna                    | - €7.00 |                                    |         |  |
| - Σάλτσα κάρυ Κόρμα                    | - €7.50 |                                    |         |  |
| - Σάλτσα κάρυ λαχανικών                | - €7.00 |                                    |         |  |
| - Σάλτσα κάρυ Τίκα Μασάλα              | - €7.50 |                                    |         |  |
| - Νταλ Κάρυ                            | - €7.00 |                                    |         |  |
| - Σάλτσα κάρυ Μαντράς                  | - €7.00 |                                    |         |  |
| - Σάλτσα κάρυ Methi (Κοτόπουλο)        | - €7.00 |                                    |         |  |
| - Κρεμμύδι Μπάτζι (καθένας)            | - €0.60 |                                    |         |  |

Για να παραγγείλετε παρακαλώ στείλτε μου μήνυμα μέσω της σελίδας μου στο FB: <https://www.facebook.com/profile.php?id=100065493210125>

ΠΑΡΑΚΑΛΩ ΕΑΝ ΈΧΕΤΕ ΑΛΛΕΡΓΙΕΣ ΕΠΙΚΟΙΝΩΝΗΣΤΕ ΜΑΖΙ ΜΟΥ ΠΡΙΝ ΚΑΝΕΤΕ ΜΙΑ ΠΑΡΑΓΓΕΛΙΑ ΓΙΑ ΝΑ ΕΠΙΒΕΒΑΙΩΣΕΤΕ ΕΑΝ Η ΣΑΛΤΣΑ ΠΟΥ ΘΕΛΕΤΕ ΠΕΡΙΕΧΕΙ ΚΑΤΙ ΠΟΥ ΕΙΣΤΕ ΑΛΛΕΡΓΙΚΟΙ.

Όλες οι σάλτσες μου είναι κατάλληλες για χορτοφάγους

# HORSES FOR COURSES

With cooler weather around the corner, it is now a good time of thinking about getting those youngsters out riding again.

At Anna's stables and paddock your children will have fun, learning how to ride and interact with a pony, from a lady who loves, truly loves, her horses, who is also ably assisted by some charming stable girls.



*Young children very welcome*

There is a relatively new riding school in the Varypatades valley.

Anna and her staff are very friendly and professional.

If you are in Central Corfu and you are interested in your children learning to ride obedient horses, look no further than the box below.

GREEK AND ENGLISH AND DANISH SPOKEN.



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## Papyrus - Stationer's & Bookshop

For those of you who may not have noticed there is a friendly Stationer's on the main road at Alepou, on the Kanalia junction.



**Papyrus in Triklino**

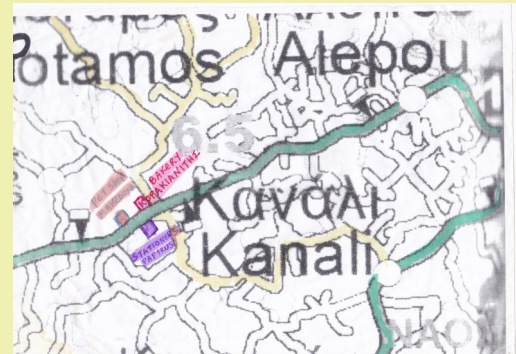


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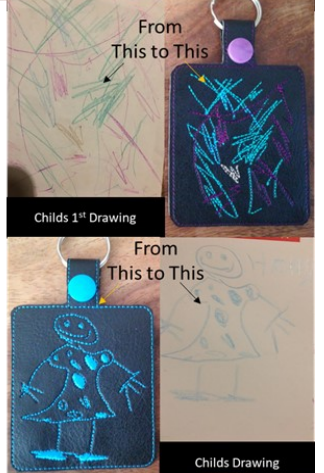
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# Village and Island times

by Paul McGovern



*Villa Theodora pool*

Further works are afoot in Main Street, Agios.

Lionel's old cottage is being smashed and throttled [all in a good cause] and made into, almost, a new building.

The owner Kostas lives in Germany, but we believe that some of his family may move in. Whoopee! New neighbours!



*Doesn't it look huge*

<

It has been a warm month [September], making up for a cool Spring.

The Archontiko Hotel has certainly had a positive impact on the Taverna trade in the Plateia. This summer it has been very Cosmopolitan, as New Zealanders, Americans, French and many others wander over for a snack for lunch, or an evening meal.

And building works abound at present, but not over the top.

There was a very good wedding reception at the Golf Club for one of Lula's 876 known cousins, Irini. Many Agiots from the Golden years will remember the dancer, who stole the show.

I do believe that Lionel would approve. And, there should be nicer surroundings for his Pride to disport themselves.



*Scaffold up*

<



*Rebuild at Lionel's*

>



*Spiros the Dancer*



Village and Island Times - Continued from page 17



**Riko aka Armando**

Antigon's family has a parrot. Its name is Riko, aka Armando. This summer he has learned how to escape [twice] from their house. Both times Riko was rescued by the Halikias posse, and here you can see the fine bird resettled at home.

Whilst they were here it felt for me as if I was on holiday too. What fun we had, doing the simple things.



**Members of the Flat Head Society**

<

Mandy has been in and out of the vets with a badly infected ear. In this frame you can see her very doleful, following a shower-which she hates-to make her presentable at the surgery. She is on a course of treatment and returns to the vet this coming week for a progress report.



**Souvlaki consoling Mandy post-shower**

**Mike and the Hurdy-Gurdy Man**

>



**The Eagle Has Landed**

<

She deserves these column inches as she is, of course, a major tourist attraction hereabouts.



**Bob, Mike, Penny and Lula waiting on a bus**

There were some fun visits from overseas. For me personally, it was wonderful to meet up with my old pals Mike and Penny from Kent, whom I've not seen for many a year. They came for a week and stayed in the Stone Cottage.

They even came as honoured guests to Danae's eighth birthday party, held at Villa Sofia. This was the best kids' party I can remember here for a long time, with some well-organised games. On leaving Mike forgot he was still wearing his red, pointy 'Happy Birthday' hat, and at first couldn't understand why his regular cap would not fit.



Village and Island Times - Continued from page 18

***Birthday girl***

>



***So attentive***



***Fabulous day***

<



***Young McGoverns***

***Jason with Melina***

>



***Pool party time***

<

He was obviously going through an 'objects on head phase', as you can tell by some of the photos of him, if you scrutinise carefully his pate.

I think Mike and Penny enjoyed themselves muchly. Perhaps their favourite haunt of all was the Confectionery shop at Bey; their cakes and ice creams proved irresistible.

When they left, I felt very sad.

# The Way Things Were and Are

## *Editor notes;*

*This lovely piece written by friend Dick captures the man so well, and the portrait is one of the best to ever appear in thousands of pages of the Agiot. Dick's English [ he is Dutch in case you don't know] is excellent, so there was no need for editing.*

## Alexandros has got his revenge on Agios Ioannis

By Dick Mulder



***Alexandros is dead. Finally. It took a while, but he got what he was asking for.***

During one of my first strolls through our village Agios Ioannis, I met Alexandros. Sitting in front of his cottage in the village center. My first impression was that he was worth photographing. A characteristic, tawny head with a pair of friendly eyes which looked at me curiously from under a checkered cap. Despite the heat he was dressed in trousers and shirt and a worn-out jacket. I would never see him dress differently either in summer or in winter. Only his footwear sometimes changed. When he was working in his tiny yard, he wore short wellies.

It was a brilliant combination, the old man in front of his even older house. The walls painted ocher, so cracked, peeled off, grained and lived through that it was art. Beautiful and so was its resident.

I considered Alexandros as a friendly old chap. Once or twice a week we discussed the weather and other

superficialities, gestured with hands and feet though. He with a very few words of German and me with even lesser Greek. So it was definitely not with deep conversations about global warming, the problems in the Middle East or the strained relationship between North and South Korea.

Through the grapevine I heard that he was shunned by most of his fellow residents because of his past. There were rumors about depressions, aggression against relatives and other wild guesses and sensational gossip. A famous rockstar couldn't do better. What was true and what not I could only guess, but it was a fact that almost nobody spoke with him. Sometimes his neighbors around him in the little center of Agios Ioannis were having conversations, but Alexandros was sitting there on a decayed plastic chair in front of his old house, all alone.

I got the idea that he was looking forward to my appearance. Usually I asked him how he was doing. Most of the time the answer was 'etsi ki etsi' (not great). Then he started to talk about his visit to the Giatros (doctor) because of his Kardia (heart). Or he mentioned his problems with the Potia (legs) and the Farmaka (medicines) he used. Invariably he ended his story by tilting his head a bit, corners of his mouth pulled down and his eyes closed, looking up slowly. Then making a devout upward gesture with his weathered hands. Ston Ilios (To the sun), he then said, probably meaning that he lost his lust for life.

First I thought that he meant to go to his deceased wife when he pointed to heaven. Later I heard that he never was married and had no children.

There wasn't much more I could do for him than listen and sympathize. If it was in my power I would have done it. Perimenete File Mou (Patience, my friend), I mostly answered. Then he smiled and raised his eyebrows for a little while, as a gesture of understanding.

I hadn't seen Alexandros for a couple of days during my walks to the bakery shop. Then you start thinking of the inevitable. Except for a nephew, there was no one who looked after him, so he might be lying dead in his house for days before someone eventually noticed.

*Continued on page 21*



*The Way Things Were and Are - Continued from page 20*

I seriously thought that Alexandros wasn't among us anymore. Especially on that day when I saw the door of his house open and builders were going in and out. Among them was his nephew George, so I asked him if his uncle died. No, was the answer, Alexandros was temporarily housed in a care home for the elderly. His health situation was that bad that living on his own wasn't appropriate anymore. There was no sanitation and heating in his house, so uncle Alexandros was collected and now people were taking care of him. His nephew took his chances and started a thorough renovation of his uncle's house, in expectation of Alexandros return.

And Alexandros did come back and continued his life like he was used to, alone and on his own, without any interest or warmth from his direct surroundings.

Last week I was walking the dog when I saw an obituary stapled to a telephone pole. When I looked at it I saw a familiar name: Alexandros, Eton 89, which means that the deceased died at that age.

A couple of days later I met George, waiting in his taxi for customers. I asked if it is his uncle who had died. Yes, he said, Alexandros passed away indeed. The end was completely expected, he said, it was only a matter of days. I told him that he got what he wanted and George nods. He knew about his death wish. Then his phone rang, someone called to pick him up and George started his engine. Life goes on.

Alexandros is dead. But he got his revenge on Agios Ioannis. During his life he was shunned by the people he lived with. At his funeral though, the whole village appeared. It was seldom seen so many people at a funeral.

Rest in peace, my friend.

**Editor's caveat:**

*Two things should be borne in mind. The Native Jungle drums tell me that he did not go to a caring home but to a Private Clinic, showing that some people, at least, did care. Also, others' memories recall that he did not return to Agios, having once left. I cannot personally shed any light on this, until I research an old diary, currently gathering dust on a lonely shelf, just like the subject of this story.*

**LOOK THROUGH ANY WINDOW**

<https://www.youtube.com/watch?v=0hhU4TSY0f0>

**Ed:** - Every month from now, here, will be a secret snap from my cottage eyrie. All the world will pass here, given enough time.

*This month featured snaps.*

**Another Alexandros receiving a takeaway**



**New windows for the taverna**



*In memory of me  
Mum*

# Welcome to Effrosyni Writes

This is the website of Greek author, Effrosyni Moschoudi. Go to the 'FREE STUFF' page on the menu to get her FREE books! Also, her travel guide to Moraitika and Messonghi in Corfu and the Greek recipes are unmissable if you love all things Greek!

## Menu

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## Beautiful Corfu town and...



## spetseriko, Corfu's secret spice mix!



*The vaulted street of Liston in Corfu town was modelled after Rue Rivoli in Paris*

Hello, All! I am back from Corfu, where I spent 10 wonderful days, and I am thrilled to share with you today a few photos from the old town. Also, I am about to spill the beans on Spetseriko—the traditional, delicious AND secret spice mix of Corfu! Below, you will find out where you can get the real deal while in Corfu town AND how you can make it at home on your own too! Sounds good? Let's go!



*A sea view from the grounds of the Old Palace*

My husband and I spent a sunny morning around the capital of Corfu, visiting the old quarter.

Our day started with the must-have coffee at Liston—the famous vaulted street which was made during the French Occupation of Corfu. The French modelled it after Rue Rivoli in Paris. The old town quarter with its stunning antiquated buildings and the large square of Spianada remain silent witnesses to the history of Corfu.

In succession, the island was occupied first by the Venetians, who made the Old and the New Fortress, then the English, to whom we owe the beautiful greenery at the Old Square (Spianada) as well as the cricket green before Liston where the Brits taught the Corfiots how to play cricket!

Finally, the French, the last foreign occupants on the island, decorated the Spianada with gorgeous architecture.

*Continued on Page 23*



*Welcome to Effrosyni Writes - Continued from page 22*

I've already mentioned Liston, which they constructed, and they also made the round edifice with the colonade all around it that still stands at the end of the square beyond the bandstand.

Speaking of Liston, did you know that in the old days there was a thing called Libro D' Oro which is Italian for 'Golden Book'? The names of all the aristocrats were listed in it. And only people whose name was in the Libro D' Oro were allowed to walk along the street of Liston! Talk about keeping the riff-raff away, LOL. Things were pretty strict back then!

Anyway... During our visit, we enjoyed the generous sea views from the garden of the Old Palace such as the one you see above. All around these grounds, there are marvelous vistas that compel the visitors to use their cameras. This summer, there were two art exhibitions housed on two different sides of the palace. Buying one ticket gave you access to both, and they were delightfully diverse, which was a bonus.

My favourite was a homage to the Greek Revolution in 1821 which depicted in paintings mostly prominent figures from that time. The other exhibition involved paintings of contemporary themes by a single lady artist. I loved the flowers she painted especially. Stunning stuff. I don't know for how long these exhibitions will be at the palace, but if you are on the island, they are well worth a visit.

**[SEE ALL THE PHOTOS ON FACEBOOK](#)**



***Sssh! I am about to disclose a secret!  
The secret of Spetseriko!!***

During our day in town, we made sure to visit this old pharmacy... to buy a spice mix for pasta!!!!

During my long summer stays in Moraitika in the 1980s, my granny was forever taking my sister and me for a walk around Corfu town and for a spot of shopping too. She never missed visiting this old pharmacy just off Sarocco Square. It's situated on the right side of the road, just after Sarocco, heading towards Liston and the old town quarter.

I hadn't been in there for many years, but I never forgot Granny referred to it as 'the Pitsilos pharmacy'. As I stood at its facade, I realised at once it had been heavily renovated and guessed it was under new management too. Going inside, I saw the antiquated cabinets I recalled from the old days where no longer there, but I have to admit the new decoration was just as beautiful and paid homage to the pharmacy's long-standing tradition on the island.

Before I knew it, I was asking the owner about the name 'Pitsilos' and he didn't seem to know it in relation to the property. Then again, he was very young, in his 30s I would think, and if my granny was alive today she'd be 99 years old. So, she probably had seen this place change hands more than once during her lifetime. The kindly owner, other than selling me a large sachet of spetseriko much to my delight, told me that, as far as he knew, the pharmacy was owned previously by a lady called Carmella. When I asked around later on, other locals confirmed that name and some still refer to it as 'Carmella's pharmacy'.

None seem to have heard of the name Pitsilos, though, but since Granny had a sharp memory till the day she died at 92, I can only give her the benefit of the doubt. Perhaps it was owned by a pharmacist called Pitsilos much earlier in time. After all, the place was founded in 1915 according to the writing on the facade. And a website I found claimed it was in operation back in 1850!

Chatting with locals on Facebook about this place, I found out that a few decades back, at least one doctor used to work from this pharmacy in the evenings. I can only guess that every day people didn't have easy access to doctors back then.

*Welcome to Effrosyni Writes - Continued from page 23*

Visiting a pharmacy and getting some advice from a doctor rather than having to visit a remote hospital or a costly private surgery, may have been easier to afford and provided many with prompt access to medical care.

Apparently, in the old days, all pharmacists in Corfu made spetseriko and they were called 'spetsierides' because of this. The word 'spetseriko' has Venetian origin. It is derived from the word 'speci' which means 'spices'. Every pharmacist had their own recipe for spetseriko back in the day, and, at least this specific pharmacy I visited, which still seems to make it, keeps theirs a secret to this day.



By the way, the owner of the pharmacy today is Mr Skiadopoulos and the address is Georgiou Theotoki 56, Sarocco Square – in case you wish to have your own sachet of spetseriko!

I put my recent purchase to the test the first time I made Bolognese and it was as divine as I can remember. I cannot wait to try it also in Pastichio like my granny did too. She also made the best Pastitsada with spetseriko. I urge you to try it if you cook any of the aforementioned meals, or in any tomato sauce for pasta.

Just use very little at first, and see how you go. Perhaps 1/4 of a teaspoon at first. I once made a mistake of putting 1 teaspoon in my Pastichio and it made me VERY ill. Do not try this, folks, unless you're sure you have the system to take a large amount. As it was proven, I don't ☹

And, hey, did I say you don't have to visit Corfu to get spetseriko? As it turns out, there are recipes online! I found a Greek blog that shares an easy-to-

follow recipe. I've translated it into English for you. Enjoy!

*10 gr ground clove*

*50 gr ground cinnamon*

*50 gr ground nutmeg*

*70 gr sweet paprika*

*50 gr ground cumin*

*20 gr spicy chilli powder (i.e. spicy 'boukovo', ground)*

*100 gr sweet chilli powder (i.e. sweet 'boukovo', ground)*

*20 gr ground allspice balls (i.e. 'bahari')*

*30 medium laurel leaves (ground to fine powder)*

*25 gr ground black pepper*

*Mix the ingredients together well, and keep in a sealed jar in a cool place.*

*Sources for the recipe: SecretKitchenandTravel.gr and AtCorfu.com*

**Note:** I found other recipes too, and each one had more or less the same ingredients but with different measurements and proportions, but it's worth saying this: All the others I found omitted the laurel leaves and just advised to add 2 laurel leaves in the pot with the spetseriko. I would go for that option, personally, but it's up to you!



Interested to see more of Corfu town? [Check out this older post of mine](#). Magnificent vistas in Garitsa & Anemomylos, the stunning old quarter of Campiolo, and a traditional soap factory. Enjoy!



Welcome to Effrosyni Writes - Continued from page 24

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Welcome to Effrosyni Writes - Continued from page 25



Summer love and a mysterious haunting in Corfu! Effrosyni's debut romance, *The Ebb*, has received an award from Amazon! [Check it out here](#)



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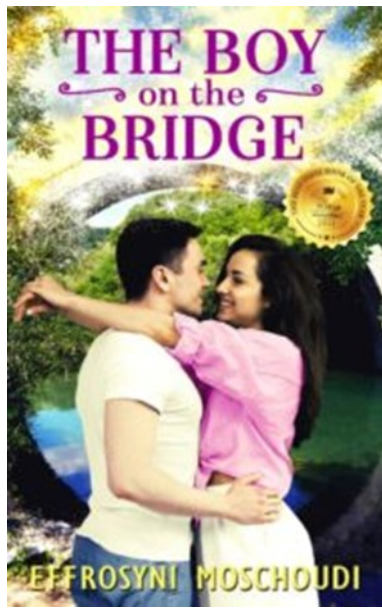
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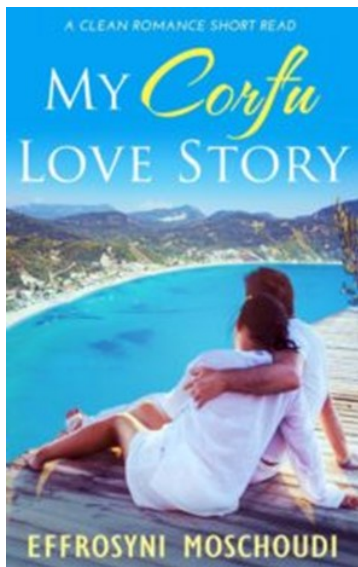
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Welcome to Effrosyni Writes - Continued from page 27

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Effrosyni is a member of the I AM GREECE community on Facebook. Check it out!

Going to Corfu? This website and its mobile app are indispensable for exploring the island!



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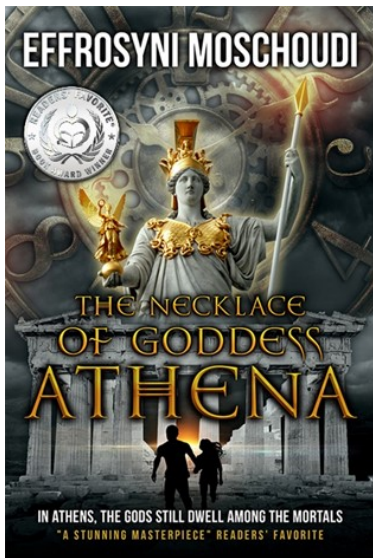


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Welcome to Effrosyni Writes - Continued from page 28

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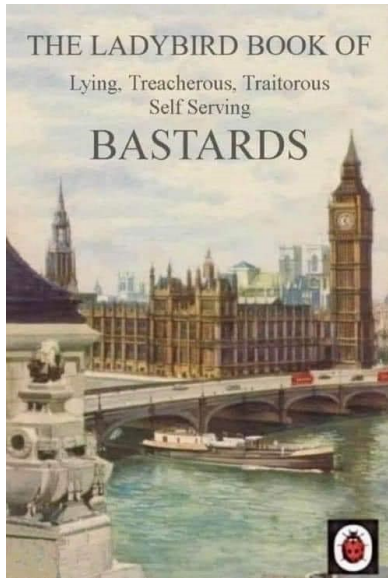
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# Little Brother is Watching You



## Introduction By Paul McGovern, Editor

When you land on this page you may, already, have a preconception.

You may agree with what is shown or discussed below.

You may disagree, in which case it is easy for you to move on to the next article.

You may be somewhere in the middle, in which case why not give it a go?

Whatever you choose, that is the point. *You*, and you alone, have that freedom of choice.

This page, primarily, is about those freedoms being stripped from you as you read this, at an alarming and increasing rate, in the World beyond this current screen. This is happening regardless of which of the three categories above you are in.

### Sinister Developments

The always conservative John Campbell continues to see the light, clearer to him in each successive video. Here he interviews James Roguski about the plethora of new regulations being sneakily cobbled together by those who would own us.

<https://www.youtube.com/watch?v=UScNk39xUTk>

### Administrative Courts are illegal.

Richard Vobes refers us to 'Halsbury's Laws of England', currently trampled all over or simply ignored by the same people who would reduce us to happy fetters whilst owning nothing.

<https://www.youtube.com/watch?v=UScNk39xUTk>

I have been musing over those two words 'illegal' and 'immoral'

The latter is fairly straight forward and the meaning known by most of us.

The word illegal, however, is a slippery beast methinks. Many people hear 'illegal' and think 'immoral'

But, as the last four years have shown as self-evident, 'legal' is now often 'immoral', and often it isn't even legal [refer to Mr.Vobes above].

As we are dragged ever further into the rabbit hole by non-stop propaganda, look past these words and try to find right and wrong instead.

As a footnote, remember, W.H.O. is not about health, it is about control.

Is that legal?



This month we have Sony Carboni back, tearing into the old chestnut of Global Warming, and Verity Green on Part 2 of her slant on Veganism.

It's funny to me that people think it's germs causing them to fall ill and not the pesticides, herbicides, glyphosate, Teflon, Fluoride, plastics, PFAS (forever chemicals), Seed & Vegetable oils, Artificial sweeteners/ flavors/colors, chemicals, GMO's, antibiotics, EMF radiation, toxins, parasites and carcinogens they encounter everyday in their food, drink, water supply, skin and body care products and environment.

*Little Brother is Watching You - Continued from page 31*

## Scientists do NOT agree that Global Warming is humanity's fault: They fiddled the figures:

by Sonny Carboni

Here's the REAL story regarding the notorious reprimand that '97% of all scientists agree that humans are to blame for Global Warming', as highlighted in a 2013 study and ever after quoted by the climate crazies and poor deluded folk who fall for it; those who now want us to give up all forms of travel, hand in our cars, inhabit prison cities, own nothing, abstain from eating meat and forgo all life's luxuries, even near necessities such as heated homes in winter.

*The study was a FIX perpetrated in a review of 12,000 scientific papers dealing with climate change.*

And not a very good review, as those who carried it out only read the summary paragraphs. They found that 3,896 of the papers concluded that humans WERE to blame (32% of all the papers). 7,930 of the papers took a neutral view, 78 rejected the humans-are-to-blame view altogether, and 40 remained uncertain. A 32% verdict that it is definitely humanity's fault was clearly 'not scary enough', so the reviewers simply removed the 7,930 from the analysis; the 32% became 97%. And this HOAX has been quoted at us as FACT ever since.

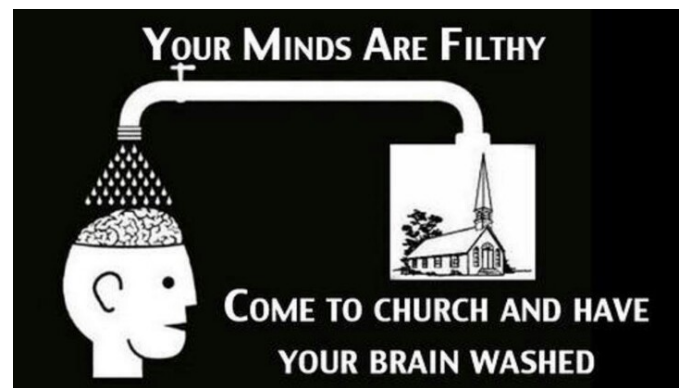


And here are another lot of scientists that don't agree

A coalition of 1,609 scientists worldwide, including two Nobel Laureates, have signed a declaration stating: 'There is no climate emergency', and that they 'strongly oppose the harmful and unrealistic net-zero CO2 policy being pushed across the globe.'

The declaration does not deny the harmful effects of greenhouse gases, but instead challenges the hysteria brought about by the narrative of imminent doom. Another blow to the mainstream media narrative that ALL real scientists believe in the hoax of catastrophic global warming. One more lie is now exposed.

The Climate Change Hoax is a form of religion; that's why people WANT it to be true



'Godwyn [a monk] never failed to marvel at how willing [congregation members] were to be manipulated. They could not see the [Saint's] bones and, even if they had, they could not have distinguished them from any other human remains. But, because of the costly extravagance of the box, the eerie beauty of the singing, the uniform robes of the monks and nuns, and the towering architecture that dwarfed them all, they felt the presence of something holy.' (World Without End by Ken Follett)

I am told I should use the word 'cult' rather than 'religion', but it remains the case that medieval religions (and in those I include modern popular Islam) and a belief in Climate Change share several characteristics. Let's compare (in no particular order):

- \* If you sin, you'll go to hell
- \* If you emit CO2, the world will burn/boil
- 
- \* Veneration of saints
- \* Veneration of Saint Greta of Thunberg
- 
- \* Priests are always right
- \* Scientists are always right
- 

*Continued on page 33*



*Little Brother is Watching You - Continued from page 32*

- \* The Holy Book is the Truth
- \* 'The Science' is the Truth

- \* Mea Culpa, make sacrifices to be saved
- \* Mea Culpa, make sacrifices to be saved

- \* Non-believers are Heretics
- \* Non-believers are Deniers

- \* God is by nature invisible, a matter of faith
- \* Humanity as a cause of CC is by nature unprovable, a matter of faith

Religious nuts self-harm (eg flagellation)  
Warming nuts self-harm (eg gluing body to road)

Ah, but they were simple souls back in medieval times, we patronisingly tell ourselves, patting ourselves on the back for being mightily more sophisticated. WE know better. We won't get fooled again...

GB News' Neil Oliver leads a discussion about Agenda 21 and how our politicians are pushing for this anti-human ideology. Will the people push back?  
[https://www.youtube.com/watch?v=Mk\\_dOqRpUw](https://www.youtube.com/watch?v=Mk_dOqRpUw)

## **The Killer Vegans (Part 2)**

### **How Superfoods are Wrecking the Planet**

By Verity Green

I'll start with a quote from a 2016 article in the Daily Mail, to show it's not just me: 'Stick the magic label 'superfood' on any exotic item, and it flies off the shelves. Whether it's coconut or quinoa, the trendy ingredients beloved of healthy eating gurus such as Gwyneth Paltrow and Ella 'Deliciously Ella' Mills inevitably end up in shopping baskets everywhere, and stuffed into salads at High Street coffee shop chains. For some smug foodies, they're a status symbol - a badge of nutritional honour and virtue. After all, someone who manages to stick to a gluten-free, dairy-free, organic avocado-heavy diet has surely earned the right to feel a tiny bit holier-than-thou!'

Eating these 'superfoods' may make the consumers feel good, both inside and out, but as far as the planet is concerned, they are doing vast damage.



### ***Avocado Plantation***

**The Killer Avocado** Take avocados, a vegan go-to breakfast. A creamy spread on (sourdough) toast, and full of heart-friendly 'good' fats, plus lots of lovely vitamins. Only... they are so popular that in Mexico, the main growing area, farmers are cutting down virgin forest to plant new orchards, in order to keep up with demand. They also require huge amounts of water, meaning rivers are being drained and the water table depleted. Poor dead trees, and poor dead animals whose environment is gone. Poor thirsty people.

**The Killer Quinoa** Those poor little vegans whose meatless diet is deficient in protein have turned to quinoa, a seed that contains all the essential amino acids needed for cell development. Quinoa is an ancient food, and it happens to be the dietary staple of the Andean Indians, eaten for thousands of years. Because of demand from rich vegan westerners, prepared to pay for their protein fix, the Andeans can no longer afford their traditional food, and populations have largely switched to a western junk diet, cause of ill health and early death. So valuable has the crop become that growers have abandoned traditional methods of cultivation, causing soil erosion and damage to the land's fertility. Poor dead Andeans, poor dead and displaced soil.

*Continued on page 34*

Little Brother is Watching You - Continued from page 34



**The Killer Almond** Mustn't drink dairy - think of the cows! But something's got to satisfy demand for vegan latte, so let's make milk from almonds instead! Almonds are extremely good for you, but unfortunately, every almond needs a whole gallon of water throughout its growth to the point of harvest. How many gallons of water go to make one latte? In central California, where almond groves stretch from horizon to horizon to cover an area almost the size of England, the demand for water is contributing to drought and consequent wildfires. Almonds are fertilised by bees. The vast monoculture of the trees, and the attendant overuse of agricultural chemicals, kill the bees, about a third of them in any given year. Almond growers are now having to rent swarms from beekeepers elsewhere. Those bees die too. Poor dead cows (no longer needed for milk - see last month), poor dead bees. Almond milk is NOT vegan.

**The Killer Coconut** Another milk substitute, a favourite for vegan yoghurt and ice-cream; more deforestation, this time in south east Asia where coconuts mainly grow. More dead trees, and more forest animals losing their homes. Poor coconut farmers are amongst the lowest paid workers on the planet. Plus, it's an occupation fraught with danger, and there's no NHS to pick up the pieces.

**The Killer Soybean** Used to make meat and milk substitutes, and also tofu (the food that no-one but a vegan eats), cultivation is causing massive deforestation (and consequent habitat destruction for many species) across South America, including in the Amazon Basin. Of course, the Amazon Rain Forest is the world's great reservoir of CO2, which destruction of trees releases - ironically a source of angst amongst vegan types. And the forest is a possible source of life-saving new therapeutic compounds, many now lost to the Killer Vegans.

**The Killer Cashew** Look away, Vegan Killers! Grown mainly in India and Vietnam, cashews are used to make vegan butter and cheese as well as other dairy substitutes, and are rich in vital minerals. Production is the problems. Because it's more cost-effective to pay women a pittance than to install a machine to do the job, they are mainly shelled by hand. The catch is their hard shell is a double layer, between which lie a couple of caustic substances that cause horrific burns to the hands of the half a million or so female workers across the industry. Gloves are not an option as they slow down the process - and pay is based on piece-work volume. The women's hands never heal, and housework becomes a torture. In the hot and humid climate of these regions, infections can quickly set in. Poor, poorer and poorest.

I could go on, but you get the picture. The entitled, woke vegans believe that they are Saving the Planet by their dietary choices. Far from it. They are causing deforestation, reduction in biodiversity, depletion of water resources and erosion, among other offences. And we won't even mention the many thousands of air miles required to transport these poncey and unnecessary foodstuffs to their virtue-signalling consumers - those same woke folk who want to Just Stop Oil, and all the other faux-green causes that come in the same package as veganism. If it wasn't so sad, it would be funny.

## Vegan Diet DANGERS

Including one that's irreversible!

- 1** **Increased risk of leaky gut**  
People following a vegan diet often turn to legumes as a plant-based protein source. Legumes have high levels of antinutrients including lectins and phytates, both of which can increase intestinal permeability, also called leaky gut.
- 2** **Hormone disruptions**  
Processed soy foods are no better for human health than any other highly-processed foods, but with the added risk of hormone interference due to phytoestrogens found in all forms of soy.
- 3** **Risk of anemia**  
While plant foods contain a form of iron, it is called non-heme iron and it is much less absorbable by the body. Iron-deficient anemia can lead to serious symptoms including fatigue, and women of child-bearing age should be aware of how a vegan or vegetarian diet can quickly lead to anemia.
- 4** **Greater risk of depression**  
Without a food source of omega-3 fatty acids from fish or fish oils and an increased consumption of omega-6 fatty acid from foods like nuts, vegans might be at higher risk from depression. At least one study showed this to be the case.
- 5** **Zinc absorption issues**  
It is theorized that the problem in this case is that higher consumption of plant foods containing phytic acid may inhibit the ability of the body to absorb zinc.
- 6** **Vitamin B12 deficiency**  
Since vitamin B12 is only available in animal foods, vegans are at a much higher risk of developing a deficiency in this vital nutrient. This can result in irreversible health issues.
- 7** **Too much carbohydrate**  
There is a risk of over-consuming carbohydrates on a vegan diet, especially since legumes are often consumed as a protein source.
- 8** **Risk of disordered eating**  
Orthorexia is a type of eating disorder that is defined by an over-fixation on healthy eating patterns. It can result in over-restriction, obsession, and other serious eating disorders. At least one study found that vegans and vegetarians tended to display more orthorexic eating patterns.



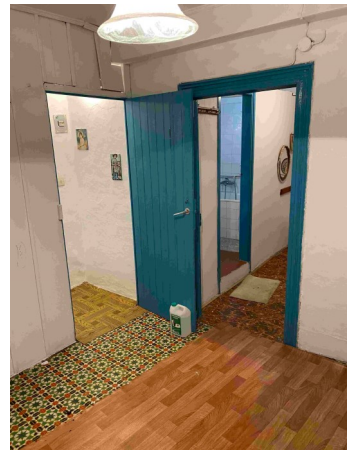
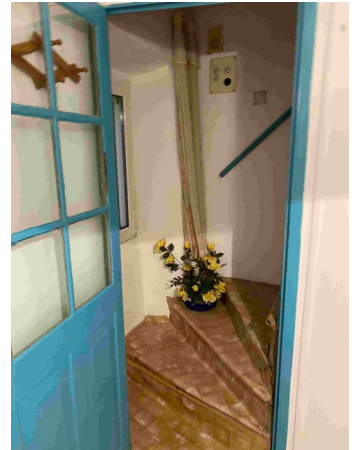
# Ocay Property Management and Holiday Rentals



*It was a shame but one tree had to go*



*View from new build about to start*



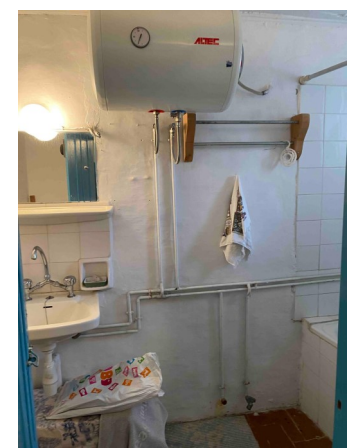
## Agyrades Property

### Basic Property Details

*100M2, old stoned house, airy, sunny and with beautiful view*

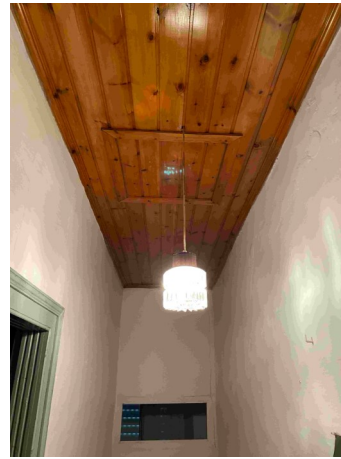
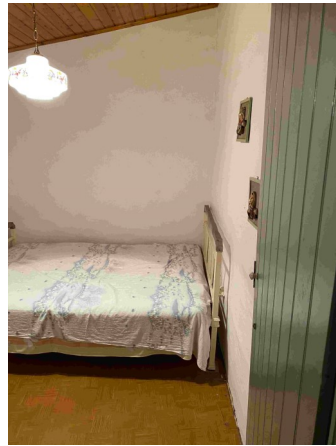
*all the papers of the house are ok. its tax free. i am selling it for 52.000 euros (very reasonable price!!!! dont you think?)*

Yes, we at Ocay think it is a very good deal. For further information please mail to [mcgovern@ otenet.gr](mailto:mcgovern@otenet.gr)





Ocay Property Management and Holiday Rentals -  
Continued from page 35



Always try to check out <https://travel.ocaycorfu.com/> for some super rental opportunities for your summer vacation.

**Here is a request from an Agiot reader. Again, please mail as above if you can assist.**

The enquiry is for a renting a property from the Autumn of 2024. This forward notice may be useful.

First of all, thank you for your reply and for putting us on the list of the Agiot!

I'll tell you something more about us: we are a retired couple (35 years together), from Belgium. My husband is 71, I'm 67, non smokers, no pets, no children.

We come to Corfu for the last 17 years and we have many Greek friends, both here on the island and on the mainland (Thessaloniki and Siatista).

Our best friends here have 3 girls (12, 6 and 4 years old) and we help them a lot with playing "taxi" (to English lesson, to handball, to taekwondo, ...) and babysitting! ☺

Since we don't have children of our own and we know them since the day they were born, they are like our grandchildren

...

We would like to live not too far away from them, which would be the area: Kompitsi, Kanalia, Alykes, Potamos, Gouvia, Kontokali, ...

If you know on the road to Paleokastritsa the coffeeshop "Kalimera" or the supermarket "AB Vasilopoulos"? Let's say we would like to be in a circle of 20 km around these.

Our friends live very close to Solari.

What we are looking for is preferably a detached house with 2 – 3 bedrooms and 1 – 2 bathrooms, in case our family or friends in Belgium wants to come visit us.

As I said, we would like to bring our own furniture, but if it is furnished we can still go and have a look: maybe we can leave some of our own things behind ...

Our budget for the rent (without electricity, without water, without WiFi, without heating) would be 700 euro (max.), but less is always better of course! ☺



# Pine Leaves

Richard Pine explains the history of Greece's ever-shifting borders.

<https://www.irishtimes.com/world/europe/2023/09/04/shifting-borders-and-moving-goalposts-mark-greece-and-turkeys-latest-diplomatic-dance/>

# A Poem

A linnet who had lost her way  
Sang on a blackened bough in Hell  
Till all the ghosts remembered well  
The trees, the wind, the golden day.

From

*Tenebris Interlucentem* by James Elroy Flecker,  
British writer (1884-1915)

## Remembering Agiotfest by Paul McGovern

### Richard Wilson



Richard Wilson used to run the British Corner Shop, at Perama, with his partner Denny.

They went back to the U.K. a few years back.

For several years

Richard was a very ardent encourager for Agiotfest, giving up time and, on occasion, the use of his shop for promotional events.

Many people found him a bit challenging, a bit aloof.

But I saw another side of the man, which I won't forget.

At one Agiotfest, which was a great success with the

fans, he stood by me near the stage, towards the end of the evening. No words were spoken. They were not needed. It had been a long trek of nearly a year to pull off a really good show. I glanced at him. From the stage lights I saw, quite distinctly, a tear slowly roll down his cheek, as he stared at the last performers. That was a precious moment. From his Facebook page the last post is from 2018 and this is it below, for those of you who subscribe to Facebook. He has been silent for a long time now, and does no longer respond to messages. Maybe he has flown.

Wherever you are Richard, I wish you bon voyage.

*'My first home 1942 to 1950 ...just beautiful there.'*

<https://www.facebook.com/gregg.wolstenholme/videos/10156529007081802>



# The World of Simon



A family picnic by the River Wye near Lower Lydbrook, Gloucestershire. This is a small landing place where boats for salmon fishers are moored, where there is room to paddle and watch small fry in and out of the water.

*Editor:- Below is a soothing piece from Simon and Lin's daughter Amy. We wish her the very best and swiftest recoveries following her recent illness.*

I'd love to every so often share cheese and wine with people with differing opinions on things in life. I think a lively (but amicable) discussion or two would be had and who knows opinions may change.

It genuinely makes me depressed that people find it so difficult to respectfully disagree in good humour, I was brought up to enjoy arguing in the form of heated debate. Not often a day went by in our household without an argument that was always done to death to the point of peaceful resolution and more often than not that would be a gentle agree to disagree rather than a surrendering or readjustment of one's beliefs.

To be clear I'm not advocating for unhealthy argument that's a different subject altogether and doesn't help anyone, there are of course subjects that should be held to exacting standards of calm and civil communication involving listening rather than countering, such as discussions on parenting between two parents.

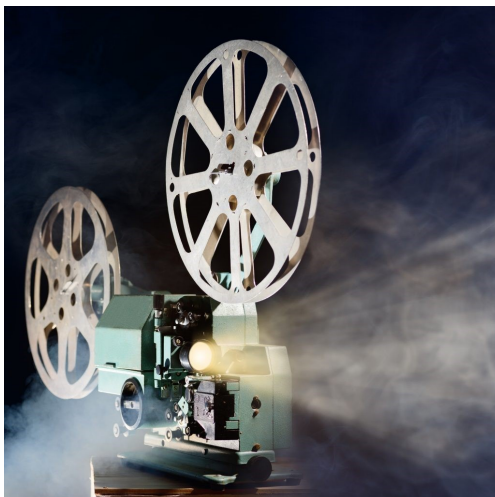
But the subjects that bear no grief on domestic bliss, should surely be welcomed for healthy discussion.

What do people even talk about anymore or do they all just nod at each other and say, "Yes sir!?" Who am I kidding... they generally just don't bother talking to each other. 🙄

[Simon Baddeley](#), [Linda Baddeley](#), [Guy Hollier](#) & [Matthew Gaskin](#)

I'm calling you out here for making my life so much more valuable with your stubbornness and commitment to amicable conflicts. Thank you

## Video Plus Corner



The Real Peaky Blinders History  
<https://www.youtube.com/watch?v=yh9I9NRckIA>

Follow the science  
<https://www.youtube.com/shorts/di6aN1-lywY>

Probably good advice;  
<https://www.facebook.com/watch/?v=837494021107793>

Too brilliant  
<https://www.youtube.com/watch?v=L0zOdg7PCkQ>

God or Science  
<https://www.youtube.com/watch?v=VrIwPCConv0>

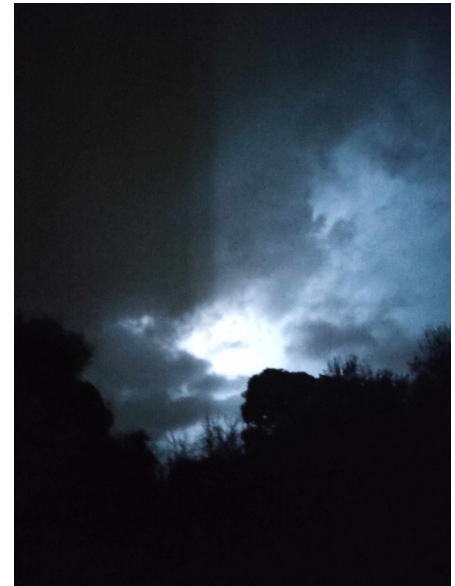


# High & Low Weather Summary for September 2023

	Temperature	Humidity	Pressure
<b>High</b>	33 °C	94%	1018 mbar
<b>Low</b>	17 °C	20%	1005 mbar
<b>Average</b>	25 °C	70%	1014 mbar

- Reported 1 Sep 00:20 – 30 Sep 23:50, Corfu.

Weather by CustomWeather, © 2023



*Over Agios*

**Note:** Actual official high and low records may vary slightly from our data, if they occurred in-between our weather recording intervals...

[More about our weather records](#)



*'Nick's niche'*

# Nick The Clock's World

*The Comic With A Conscience*



**Bryanna Robinson**  
@bryrobinson

For thousands of years people have known how to grow food, sew clothing, treat sickness with food & herbs, build shelters & survive. It only took 2 generations to all but erase those skills from humanity & make us completely dependent on & at the mercy of the system.

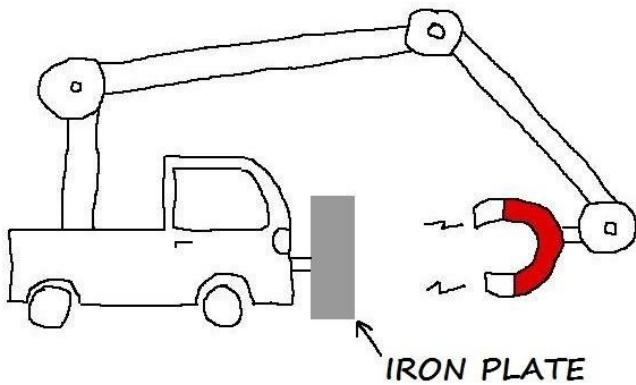


A man tells a Rabbi that he has the desire to live forever. So he asks what to do.  
Get married, the Rabbi answers.  
Will I live forever then, the man asks.  
No, the Rabbi replies, the desire will go away.

*Continued on page 40*

Nick The Clock's World - Continued from page 39

### FUEL PROBLEM SOLVED

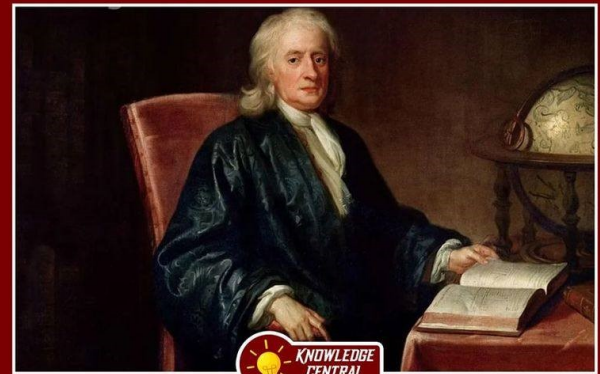


**Want some of my experimental health drink?**  
 I've made it in a hurry, I have a criminal history of fraud, I won't tell you the ingredients & you can't sue me if anything goes wrong.  
 If you have a problem with any of that you are an ANTI-DRINKER.

### FIRST HYDROGEN CAR COMES TO MARKET, CHARGING IN 5 MINUTES, AND PURIFIES THE AIR AS IT MOVES



**THE CAR TRAVELS 900 KILOMETERS WITH THE TANK FULL AND PURIFIES THE AIR AS IT MOVES FORWARD. FOR THE FIRST TIME, HYDROGEN FUEL CELL TECHNOLOGY IS BEING APPLIED SERIALIZED IN A COMMERCIAL CAR AND, ABOVE ALL, IT ALLOWS FOR SUCH IMPORTANT AUTONOMY WITH A CHARGE OF 6.27 KILOGRAMS OF HYDROGEN IT PURIFIES 449,100 LITERS OF AIR (AS MUCH AS THE CONSUMPTION OF BREATHING OF 33 PEOPLE FOR A WHOLE DAY) AND IT ONLY EMITS WATER DOWN YOUR EXHAUST PIPE.**



**Did You Know?**  
 Sir Isaac Newton was just 23 years old when he discovered the universal law of gravity. He also died a virgin.

[f /knowledgecentralofficial](#)

[@knowledgecentral.teb](#)

**"To keep a band together you simply need a gimmick. The gimmick I use is to pay them money."  
 - Duke Ellington**



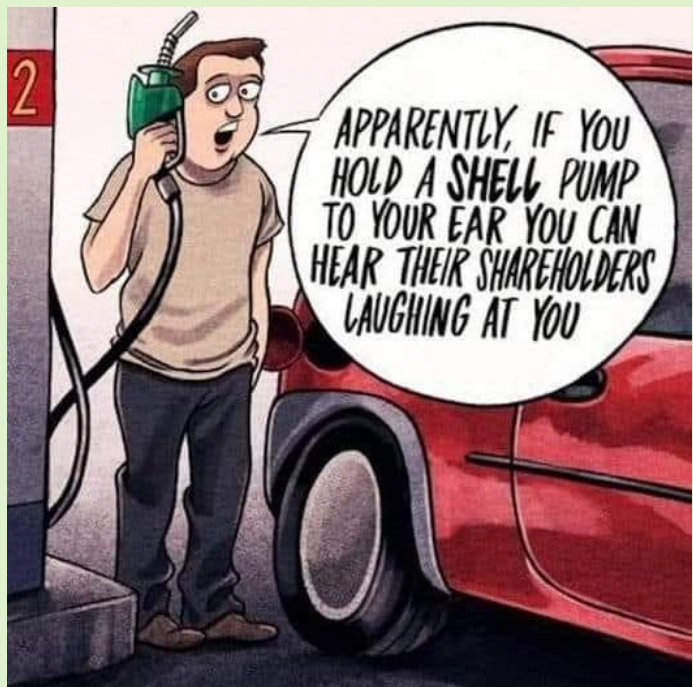
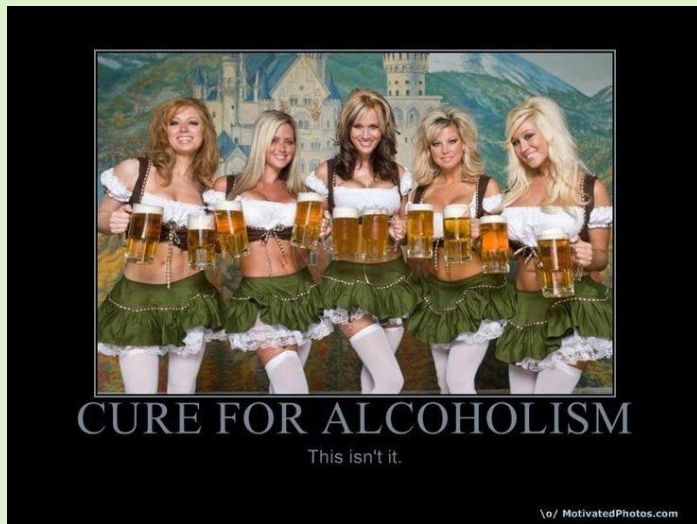
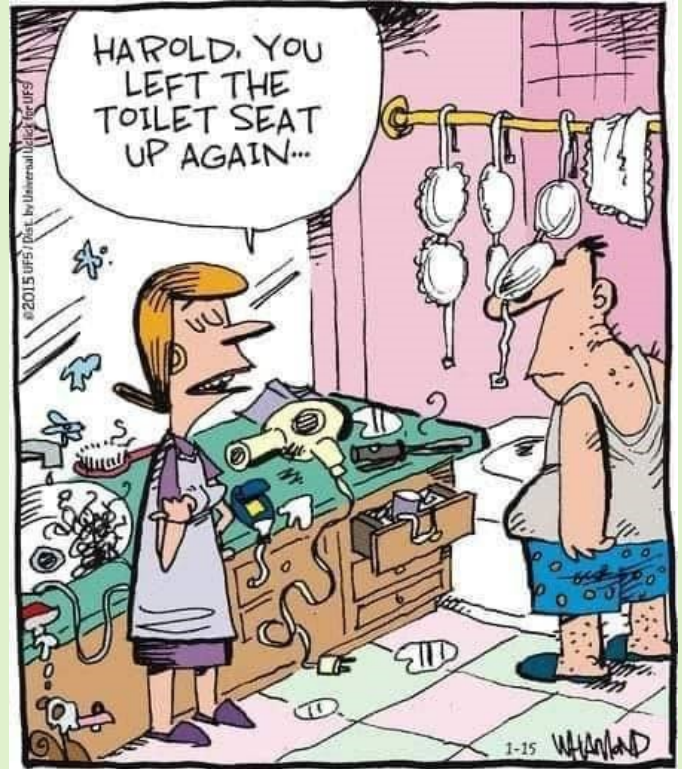
No, I haven't got a brother..



Nick The Clock's World - Continued from page 40

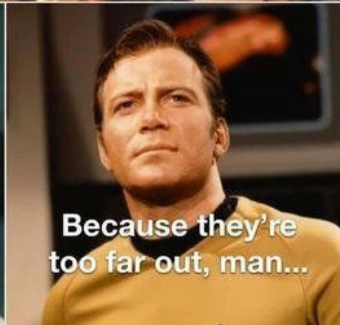


**A bike found in a medieval tomb tells us we need to question our history.**





Nick The Clock's World - Continued from page 41



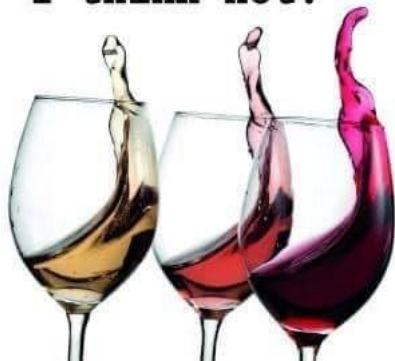
I wasn't born to live in a smart grid  
 I came here to live on earth  
 I don't want what you're selling me  
 For whatever the hell that is worth

I did not consent to weather control  
 Or a monitoring surveillance state  
 Screw your genetically modified food  
 You knew we'd become what we ate

I will not merge with your machines  
 Or accept body implants to buy your shit  
 No thank you to clones, drones, and a.i.  
 Your future I want absolutely nothing with

You've bastardized words and language  
 Perverted the hearts and minds of men  
 Karma will be coming full circle soon  
 Looking forward to seeing you then

There are 13 minerals that are essential for human life, and all of them can be found in wine. Coincidence? **I think not.**



**Xavier**  
 Author Admin

If you're bathing in the pool and someone snatches your clothes, what will you do? Definitely you'll hide under water. That's what oranges do.



Nick The Clock's World - Continued from page 42





Passengers:

Don't worry he will also not survive, he is not wearing a parachute it's my bag.




Died Suddenly = doctors baffled  
 Sudden Cancer = doctors baffled  
 Sudden Strokes = doctors baffled  
 Heart Attacks = doctors baffled  
 Myocarditis = doctors baffled  
 Blood Clots = doctors baffled  
 Guillain-Barré Syndrome = doctors baffled  
 Neurological Problems = doctors baffled  
 Compromised Immune System = doctors baffled  
 Young Fit and Healthy Died = doctors baffled  
 Fertility Problems = doctors baffled  
 Dead Babies = doctors baffled  
 Bells Palsy = doctors baffled  
 Me = NOT baffled


There are **so many** kind of apples, that if you ate a **new one everyday**, it would take over **20 years** to try them all.



Don't "dead-head" all of your flowering plants after their last bloom, as those seed heads can be an important source of food during the fall and winter.

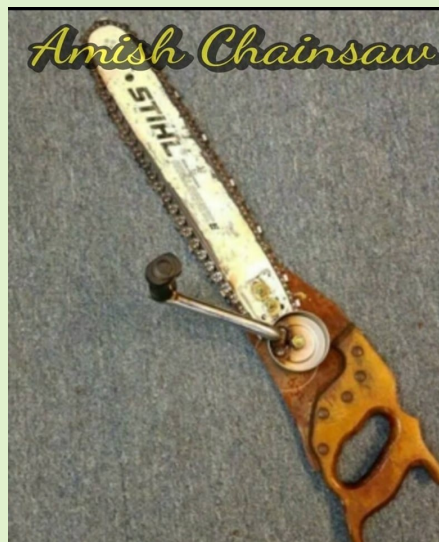


**WHEN YOU UNDERSTAND EVERYTHING IS FREQUENCY**



©Quantum Bioresonance

**THE UNIVERSE BECOMES A SYMPHONY**



**That's' All Folks !**