



Rethymnon

COFFEE MORNING BUGLE

Journalism as never before

HAPPY NEW YEAR TO ALL OUR LOYAL READERS!

Volume 1, Issue 1
January 2007

So, 2007 has finally arrived, and with it we launch the promised newsletter—yes, we know, it was supposed to kick off in June last year, and ‘news’ might be stretching it a bit, but we do hope you enjoy the inaugural edition of the Rethymnon Coffee Morning Bugle. Who knows, one day this limited first edition may become a collector’s item.....

As our title suggests, the newsletter is, by and large, geared towards the international community in Rethymnon. Our aim is to be both informative and lighthearted.— for example, by providing readers with insight into life in Rethymnon, hints and tips that people have found useful when dealing with the Cretan bureaucratic labyrinth, plus something to raise a smile..



Diving for the cross in Rethymnon Harbour at Epiphany

Our dedicated professional team (for that read a flaming amateur who now knows why MS Publisher has never really appealed) have been working tirelessly to provide you with a bumper issue jam-packed full of quality features to keep you entertained. Like wot you

might read in OK! Magazine or the Lancet. We may not have been entirely successful. Seriously, though, if nothing else, please read and take note of the article describing the valuable work of our local branch of the Red Cross and Red Crescent.

Next Month

Valentine’s Day Special!

In-house astrologer Stella McBarking gives us ‘Your month in the stars’.

Welsh expert Dai Greenaunt solves all our problems.

Maurice Barton highlights the ‘Headington Herald’.

Mrs Beeton Groupies have a new cocktail initiative test.

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Contributions and Feedback

The Rethymnon Coffee Morning Bugle is an independent, free monthly publication brought to you by the same team responsible for the www.rethymnon.biz website. It goes without saying that this website will be mercilessly plugged throughout this issue. The Coffee Morning Bugle is timed to coincide with the

Rethymnon CIC coffee morning at SVEA Swedish Coffee Shop, but it should be stressed that this is not an official CIC publication.

We welcome features, listings, letter and feedback from any of our readers. We welcome any type of article, but obviously are particularly interested in those articles

that are geared towards life in Rethymnon. We ask that feature articles are no longer than 500 words.

Contributions can be sent to: KateBrusten@hotmail.com

The absolute deadline for the next issue is: 23/01/07. If anyone would like to be a regular contributor PLEASE call Kate: 28310 54594 / 6942635515



Another Year, Another Mayor

2007 sees Giorgos Marinakis taking up his post as the new mayor of Rethymnon. Giorgos and his party Nea Analipsi - very loosely translated as 'New Direction'- gained control of the council in the local elections in October, in what can only be described as a comprehensive rout of the opposition.

Rethymniots are sincerely hoping that this change in the make-up of local government marks a positive turning point for the town, resulting in real benefits for local people. We'll just have to wait and see. Call me cynical, but turning on some of the traffic lights might be a good place to start.....



Renovation in the old town—just one of the difficult issues facing the new mayor.

Basketball Babes

Congratulations to AGOR, the Rethymnon Basketball Team who have reached the final of the Greek Cup for the first time in their history. AGOR got to the final after beating Kolossos Rhodes 85-60. On 25th March AGOR travel to Athens to play Panathanaikos in the Olympic OAKA stadium. Should be a big night.

Asteras Rethymnon—the local football team—are also doing quite well right now.

They're fourth from top in their league (above Hania, heh, heh) and they beat Platanias 7-0 at the weekend.

Volleyball in Rethymnon is an entirely different story, however. The men's team are second from bottom in their group, having won only one out of eight matches. The women's team have lost all seven of their matches played, and are at the bottom of their table. Oh dear....

Naff Sporting Chant:
"Olé, olé, olé olé, olé olé, olé
Rethymnon Basketball Team
Will go all the way..."

Mystery of the Missing Tourist Police

As part of the scheme to re-vamp the beach front, the old Labyrinthos building is to be demolished. Demolition is expected to take a couple of weeks. The Labyrinthos used to be the home of the Tourist Information (EOT), the Port Authority and the Tourist Police.

The EOT and the Port Authority are to be re-housed in the Delfini Building, (further along the beachfront towards Perivolias) which has recently been renovated. No-one we've asked knows what's going to happen to the Tourist Police....

In many cases, the Tourist Police Office is the first port of call for foreigners experiencing 'a little local difficulty'. It will only be a few weeks before the tourist hordes descend (Easter being early this year), so this situation is a bit of a worry. We'll try and keep you posted.

Paperwork Postscript: Updating T.E.V.E. Health Books



Anyone who pays T.E.V.E. (National Insurance for self employed and small business owners) needs to get their book validated for 2007 before making a claim for treatment from a T.E.V.E. registered healthcare professional. This may be preaching to the converted for many of you, but as we found out last year, it is something that is easy to forget about until you actually need to go to a doctor....

Health Books can be validated at the T.E.V.E. office, in the big pink building opposite the Agricultural Bank on the main road past the park going towards Hania. Or at least that's the theory. When Luc went on 7th January all the computer systems were down. Sorry, we don't know what the current rules are for I.K.A. Health Books.

Epiphany in Rethymnon

As in many places on Crete, Rethymnon marks Epiphany with a 'Blessing the waters' ceremony. It is of course hardly surprising in a place where the sea has such a pivotal role that this ritual is one that is deeply significant to Rethymniots.

On the morning of January 6th, locals start to assemble in the Venetian Harbour. By about 11 am the harbour is full-Rethymnon being Rethymnon, this means every bit of the of the harbour. People are perched on the lighthouse, and there is a veritable flotilla of small fishing boats, each one vying for pole position.

The start of the ceremony is signalled - on water - by the arrival of the sea scouts who row into the harbour in traditional craft. On land, the band starts playing.

Tourist-Free Zone

Much though we value the contribution that tourists make to the local economy - and indeed, it could be said that the www.rethymnon.biz team, advertising local businesses as we do, are in the last position to be able to complain (note the promised merciless plug) - it is a real joy being able to walk through the Old Town in peace and quiet during the winter. This is the time of year when one can truly appreciate the beauty of the local architecture.

A little thank-you to the people of Rethymnon

With Epiphany we are presented with new beginnings, yet on the other hand, Christmas festivities are brought to a close. I could, with a lot more wine inside me, go on at some length in pompous academic vein about the importance of 'rites of passage'. However, given the somewhat laissez-faire attitude to weapon possession on this island ("I'll show you my Kalashnikov if you show me yours") this might not be the smartest move on my part.

The Bishop conducts a religious service and throws the cross into the sea. Fireworks erupt, the brave young men and boys who have been standing shivering at the water's edge dive into the harbour and the race is on.... This year, in a modern, gender-fair twist, there was at least one brave young girl who launched herself into the brink to try and retrieve the cross.

Diving for the cross takes place three times, (of course!) after which the swimmers are blessed. The service finishes, and then the mayor performs his first real civic duty of the year (and with this new mayor his first real civic duty ever?!) by giving a short address to the people of Rethymnon. He wishes us all health and prosperity.

People start to drift away from the harbour, and then the coffee bars start to fill up!

A couple of hours walking through the backstreets in January, and you'll see the Rethymnon that most tourists never see. Intricate carvings on doorways, Turkish inscriptions and secret gardens are just some of the finds....

Rethymnon may be quiet, but it is far from being closed for the duration. So, on a fine day, you can explore at leisure, comfortable in the knowledge that there are plenty of sociable pit-stops along the way.

Seriously, though, folks, we had the greatest time. For some of us, Epiphany signalled the end of a month-long round of partying - kicking off on December 9th with the now world famous Name Day Party for Anna. Everyone here knows how people party on Crete. And Rethymnon really gave us a party. But we are more than fortunate. Rethymniots have been our hosts, our friends and for many, surrogate families, all year round.



"Has anyone got a wet-suit?"



Sea Scouts and fireworks. Need we say more?



"Now, where can I buy a beach towel?"

So, here at CMB we would like to say thanks to our friends in Rethymnon: For making us feel welcome, for including us, and for going the extra kilometre to try and help us out (even if we don't speak the language properly). We would also like to wish you all the very best for health, love, peace and happiness in 2007.

Pashmina Delafonte

Competition!!!!

Following on from the legendary “Getting a pizza delivered by jet-ski” contest (winner, Nikos, using a mobile phone, Preveli Beach, 2005); Rethymnon CMB is proud to announce the launch of the one-and-only Utility Bill Competition. The rules are very simple: a prize goes to the person who manages to pay a utility bill in the most unusual location.

We throw our hat into the ring by citing a friend who pays her electricity bill in a pharmacy. Winner will be announced in the June issue of CMB. We have no idea what the prize will be yet, but it won't involve a discount on the bill!

Entries to be emailed to:

KateBrusten@hotmail.com



“Hello....is that the Water Board....?”

Recipe: Greek Fusion Samosas

Key Ingredients

Lamb Mince
 Frozen Peas
 Onion
 Garlic
 Garam Masala
 Stock
 Frozen Filo Pastry Circles — available in the bigger supermarkets.
 Egg or Milk (for glazing)

Vague Method

Gently sauté the onion and garlic with some of the Garam Masala. Add the mince, additional spices and cook until you think it's ready. Add stock as necessary to moisten the mix. Fling in a handful of frozen peas and cook until the peas are done. Defrost the pastry circles for half an hour. Place a little bit of the mixture on each circle, and fold over to make half-moon shapes. Glaze, then bung them in the oven on a greased baking sheet for about 15 minutes—moderate heat. Good thing to make if asked to bring a British dish to a party....

Rethymnon Shopping Tip

You can buy decent Garam Masala in the big MOKA (on the main road near INKA supermarket). Don't be put off if you can't find it immediately, as it is hidden on a shelf that is out of sight—just ask the staff, who are very helpful. MOKA also sell Chinese Five Spice and Thai curry pastes.

Marketing Concepts

Thursday — apart from being a ‘Coffee Morning Day’ is of course the day when Rethymnon hosts the municipal market at the marina. A fine market it certainly is, but town becomes particularly hectic, and driving becomes even more of a ‘white knuckle go-kart rally experience’ than usual. Readers opting for a quieter life may like to know that there are at least a couple of other markets that take place on different days of the week.

Every Monday there is a market in Kallithea— new town, near the Electricity Board (!) Thinking about it though, Monday is also a pretty busy day in Rethymnon as many people come into town from the villages to pay bills, etc. Still, it's worth a look.

On Saturdays there is the Old Town Market, behind the football ground near Police Station Square. It's not huge, but has a reasonable selection of cheese, fruit and veg, along with clothes and household items, in a relaxed environment.

Cocktail of the Month: Woo Woo



Ingredients:

Vodka, Archer's Peach Schnapps, Cranberry Juice, Ice.

If you have a shaker, (not absolutely essential) mix a Greek measure of vodka and a Greek measure of peach schnapps, and shake with ice. Pour into a long glass and top up with cranberry juice. Drink. Go and lie down.

Initiative Test

Surprising as it may seem, finding the Archer's may be less of a problem than finding cranberry juice in Rethymnon. Try Halkiadakis.

Mrs Beeton Groupies

Red Cross and Red Crescent in Rethymnon

It may surprise some of you (partly because of the noise we all manage to make) but Rethymnon is, in fact, really rather a small place. With that in mind, most people would be astonished to learn that just through a couple of coffee and cake mornings and one really stupendous wine and cheese tasting evening (hint, hint), €1100 was raised for the Rethymnon branch of the Red Cross and Red Crescent in 2006.

Well, it would be astonishing if one hadn't already met Eveleen and Bob Wright, our hosts for these events.

Eveleen and Bob have managed to galvanize even the most sluggish to sit up and take note. Financial contributions are of course important, but raising awareness has also been key. As you will see below, our local branch of the Red Cross and Red Crescent is perhaps quite special in the way it manages to apply global and general principles to local and specific needs.

Eveleen and Bob plan to hold further fund-raising events in 2007. If you wish to contact them for further information their phone number is 28310 71221

The Key Principles

Humanity
Impartiality
Neutrality
Independence
Voluntary Service
Unity
Universality

How you can help

Our branch of the Red Cross and Red Crescent is truly local— working to try and benefit neighbours who have somehow 'slipped through the net'. The Rethymnon Coffee Morning Bugle crew can help by donating clean, serviceable clothes.

Some people may have reservations about giving clothes to charity — in the UK, this has not always been handled well. However, as Eveleen and Bob will testify, staff at the Red Cross in Rethymnon make every effort to ensure that recipients are able to maintain their dignity, regardless of personal circumstances.

Clothes are diligently sorted, arranged by size and style. Each person who requests an item of clothing is carefully, but sensitively, measured for fit. Staff take genuine pride in finding items of clothing that will suit individual tastes.

It is almost certainly stating the obvious and may come across as incredibly trite / patronising to say "By taking such pride one gives back pride to those who may need it most". But pride, and/or self worth, is of course incredibly important in terms of personal survival. There are at least some of us privileged few who know how uncomfortable it can be to show up to an important job interview in uncomfortable clothing.

OK, OK I've got off my soapbox and you really don't want to hear the story about my tights falling down.

The address of our local branch is: IG Melhissedek 6, phone 28310 35083. Opening hours are 10-12, Monday to Friday.

If you want to help at a global level, it is worth checking out the website addresses that are given on this page.

Thanks to you all.



Contacts

Local Branch: 28310 35083
Eveleen and Bob: 28310 71221
www.ifrc.org
www.icrc.org
www.redcross.org.uk
(sorry, try as I might, couldn't get a Greek website address)

CIC Coffee Mornings

The Rethymnon branch of the Cretan International Community meets on the first Thursday of every month at SVEA Swedish Coffee Shop, from 11 a.m. Regardless of membership status, everyone is welcome to attend. Coffee mornings are a good opportunity to meet friendly people living in your area, and to find out about local events.

Coffee mornings are also a lot of fun—and you don't even have to drink coffee!

The local coordinator for the Rethymnon branch of the CIC is Anna Capernaros. Please contact her for directions to SVEA, details of upcoming CIC events and for any membership queries that you may have.

Anna may be reached on 28310 57305

Further information about the CIC organization itself may be found on their website: www.cic.eu

CIC newsletters are free to members. Non-members may purchase them from News Stand, 31 Plateia Agnostou Stratioti (Square of the Unknown Soldier) Rethymnon



Rethymnon

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The Back Page

Monumental cop-out at this point as our dear editor has run out of steam. We will try and improve on this performance in our next issue. In the meantime, here are some pictures of Rethymnon and Oxford for you to look at....



To advertise in the Rethymnon Coffee Morning Bugle contact:

KateBrusten@hotmail.com or call Kate on 28310 54594 / 6942635515

Advertising rates: Full page €20, half page €10, quarter page €5, monthly.

For general enquiries regarding our website, email info@rethymnon.biz

Keep in touch by registering and posting a message on the www.rethymnon.biz forum!

SHARK SAYS:

“BET I’M THE ONLY FISH YOU KNOW WHO’S RECEIVED A POLL TAX BILL”