

The Agiot

89th Edition

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Dick Mulder of Agios Ioannis snaps extremely rare photo

WEIRD & WILD

Freshly Eaten Snake Makes Amazing Escape - Find Out How

Newly published photographs show a snake fleeing from the belly of another.



The lucky snake crawls out of the mouth of a larger snake in 2011, in Agios Ioannis.

PHOTOGRAPH BY DICK MULDER

James Owen for [National Geographic](#)
PUBLISHED JANUARY 20, 2015

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WEIRD & WILD

Continued from Page 1

A snake remarkably escaped from a larger snake that swallowed it whole on the [Greek](#) island of Corfu, according to recently published photographs.

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In 2011, the wild [reptile](#), a Dahl's whip snake (*Platyceps najadum*), wriggled its way to freedom after being eaten by a four-lined snake (*Elaphe quatuorlineata*), which was in turn killed by a pet cat. (The four-lined snake, a type of large rat snake, is common in Greece.)

(Also see "[Pictures: How a Python Can Swallow a Crocodile.](#)")

The cat's owner, Dutch national Dick Mulder, caught the event on camera at his Corfu home after he retrieved the dead snake from his garden.

"My wife, who didn't like the idea of a dead snake on her veranda, screeched that the snake wasn't dead—she saw it moving," he said in an email. "I reassured her that it was really dead," Mulder recalled - until he took a closer look.

"I went to grab my camera, and by the time I came back I saw the head of a small snake," he said.

(Get [National Geographic's tips on photographing wildlife.](#))

The whip snake eventually struggled free and slithered back to the wild, apparently unharmed.

"As far as I know it avoided its savior, Demon the Cat," Mulder quipped.

Slippery Business

Andrew Gray, curator of herpetology at Manchester Museum in the U.K., first reported the bizarre incident [in January on his blog.](#)

Gray, an [expert on the snakes of Corfu](#), said the smaller snake's escape was rare. He knows of only one other example of a snake getting away after becoming another's last meal—in that case, the reptile wriggled from the wound of a snake that was shot by hunters.

It's also unusual in that the whip snake managed to exit from the dead snake's mouth, given snakes generally swallow their prey head first. (See "[Giant Python Meals That Went Bust.](#)")

It's easier for snakes to start with their prey's head, "particularly rodents that have legs that can get in the way," Gray said.

That said, "this was a small snake, so it was probably eaten any which way," he added.

And if the whip snake did need to perform a U-turn inside its predator's belly in order to escape, Gray reckons it would have been "small enough and agile enough to perform that trick."

How'd It Survive?

Agile or not, how could a snake survive inside another? The only answer is that the bigger snake had just eaten its prey before the cat intervened, Gray added. (See "[5 of Nature's Wildest Animal Showdowns.](#)")

Otherwise, he said, the effects of the larger snake's digestive fluids would have been fatal to the smaller snake—a likelier cause of death than either suffocation or crushing through constriction, given the prey snake's slender build.

The eaten snake was also fortunate to be preyed on by a four-lined snake—it's the largest snake native to Europe without a venomous bite.

Overall, then, this is one very lucky snake—all thanks to a cat. As the animal with nine lives, perhaps it could afford to share one.

Losers' Cup Corfu

ADVANCE NOTICE THAT THE WORLD FAMOUS CORFU LOSERS' CUP WILL TAKE PLACE THIS SPRING IN THE WEEK FOLLOWING EASTER MONDAY; 13TH APRIL. THE EXACT DAY WILL BE POSTED WHEN KNOWN UNDER THE COMMENTS SECTION OF THIS MAGAZINE.

PLEASE CONTACT US IF YOU CONSIDER YOURSELF SUITABLY QUALIFIED FOR THE STRENUOUS DISCIPLINES, WHICH WILL INCLUDE THE INAUGURAL 'RACING OF THE DUCKS' IN THE MEADOW BROOK BELOW THE VILLAGE, SUBJECT TO THE DEPTH OF WATER AVAILABLE BEING SUFFICIENT FOR THE RACERS.

DUCKS ARE PROVIDED BUT CONTESTANTS MAY USE THEIR OWN, SUBJECT TO VETTING. A CATCHER WITH PRETTY NET WILL BE ON HAND IN THE SHALLOWS TO RETRIEVE DUCKS WHO CROSS THE FINISHING LINE BEFORE THEY ARE SWEEPED OUT TO SEA.

AGIOTFEST ANNOUNCEMENT:



AUGUST 29TH 2015 AGIOS IOANNIS, CORFU
7TH ANNUAL MUSICAL FESTIVAL: FOLK, ROCK
AND BLUES.



<https://www.youtube.com/watch?v=mQa-7ZDPNiU>

WE ARE VERY PLEASED TO WELCOME **LEATHERAT**
THE GREAT FOLK ROCK BAND FROM THE U.K.
THEY WILL HEAD OUR GREAT EVENING OF HIGH QUALITY
MUSIC AND FUN.

THERE WILL BE A FULL SUPPORTING LINE-UP OF GREAT BANDS, TO BE
ANNOUNCED THROUGHOUT THE COMING WEEKS.

PICNICS WELCOME.
CORFU DRAFT BEER
FOOD AND DRINK STALLS
SURPRISES AS ALWAYS



TICKET PRICES AND AVAILABILITY STARTS MAY 1ST.



DON'T MISS OUT. THIS IS THE ONE.
DANCING IS ALMOST COMPUSORY.

Maria Voulgari



Listen to Corfu's own Maria Voulgari, who we were so happy to have at Agiotfest 14, perform here her own beautiful song like sad, soft summer rain, *Ta ómora keliá tis siopís*. [The neighbouring spaces of silence]:

https://www.youtube.com/watch?v=_HZvUhA-fDU

This song won 1st prize in the Inter **Artia Festiaval** 2014, in the category 'Song'.

Agiot and Agiotfest Links

<http://democracystreet.blogspot.gr/>

<https://www.facebook.com/events/1427706954166861/?context=create&source=49>

<http://www.pinterest.com/agioteffest/>

www.agiotfest.com

<https://fabrily.com/agioteffest14>

<https://www.facebook.com/groups/the100plusclub/?fref=ts>

<https://twitter.com/>

<https://www.facebook.com/corfubeerfestival?fref=ts>

<http://corfuwall.gr/festivals/agioteffest-2013.html>

[http://www.robgroove.com/photography/agioteffest-2013/#prettyPhoto\[gallery-5959\]/22/](http://www.robgroove.com/photography/agioteffest-2013/#prettyPhoto[gallery-5959]/22/)

<https://www.youtube.com/watch?v=61beYf24Ux0>

<http://realcorfu.com/?s=Agioteffest>

<http://www.the-green-island.co.uk/>

<https://www.facebook.com/corfugazette>

The 100+ Club

The 11th draw of year 2 was held today Friday 27th February 2014 at Mediterranean Corner Market, Roda

Lindsay, a none member, drew out the number.

The winner was Sortiris Vlachos, winning 100€.

Number of people present 21.
Members present 18.

Excellent afternoon, thank you to all who attended.

A Big Thank you to Sandra Klouda, for organising the event.



'Hostess Sandra Klouda'

A big thank you to the 92 members who support The 100+ Club, also a

big thank you to:

Paul & Jan Scotter central area co-ordinators.

North area Co-ordinators, Louise Taylor & Sandra Klouda.

Agioteffest, Paul & Lula McGovern. Business supporters

Hovoli Acharavi, Mediterranean Corner Mkt Roda, Chippy Chippy Sidari, Darryl Bill Butchers shop

Perithia, Sally's Bar Ipsos, UK IMPORTS, Sidari, Corfu Barber,

Sofias 41, 49100 Corfu, Scoobys Bar Sidari, Oscars Roda, AK Travel agents Sidari, The British Corner Shop, Perama, The Agiot, JJ Sports Bar Roda & Corfu Gazette.

The 100+ Club, representatives, Ken & Jan Harrop, (Project Leaders) Sandra Klouda, (Roda Co-ordinator) and Paul & Lula McGovern, (Agioteffest Leaders)

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If you are interested in supporting The 100+ Club please contact us [Ken and Jan Harrop] on Tel: 6946949545

The 100+ Club supports Corfu Charities

the100plusclub@groups.facebook.com

<https://www.facebook.com/groups/the100plusclub/>

©The 100+ Club Corfu

Agiotfest Sponsors



Fully licensed under Greek law, OCA Y Property Services offers both land and property for sale, mostly in the central region of Corfu. They can also handle the

entire design and construction of a home including all licences, taxes, etc.

Daylong have been working in the compression hosiery market for over 50 years and have a wealth of experience in providing the right solution for their customers. They stock one of the widest ranges of products available in the UK including specialist medical products, sports ranges and a full range of fashionable support stockings and tights.



Design of temporary structures in tube and fittings and various proprietary scaffolding systems including temporary roofs, facade shores and difficult access solutions all designs carried out in accordance with all current British and European standards and regulations.

If you are looking for a travel agent who will spend the time to come up with the exact holiday that you want, in the right place and at the right budget for you, and knows what they are talking about as well, Spear Travels can provide a huge choice and offer holidays with the smaller tour operators that are often not available on the High Street.



Boatman's World is a full service chandlery adjacent to Gouvia Marina in Corfu, Greece.

Green Island

Holiday Accommodation on the Greenest Island of Greece: Corfu. Specialized in the Dutch & the British tourist market

Vrionis

With us since 2009, every year Bill Vrionis supplies the best of sound and lighting. Visit his excellent shop on town

British Corner Shop

The largest selection of British food in Greece. Favourite leading brands including Waitrose groceries and Iceland frozen foods. Plus a selection of confectionery, ice cream, soft drinks, beers & wine, dairy produce, household cleaners, personal care, newspapers, magazines and greetings cards.

Sunrise Cars

Discover the hidden beauties of the island with the hospitality and security of Sunrise Rent a Car. Situated on the main road opposite the customs buildings at the New Port, this company has been operating since 1980 and due to its experience can offer the best services and prices.

Nikos Pouliasis

A local and much-respected architect and Mekanikos, Mr Pouliasis has been designing houses across Corfu for many years. He is always kind, patient and fair-minded. Also, his rates are consistently competitive!

And:

NSK

Sally's Bar



Paul & Jan Scotter

Ken & Jan Harrop

Steve Young

Jo & Mel Sperling

Lionel Mann

Sue Done

Tavola Calda

Nikolas's Taverna, Agni

Vassilis Pandis

In Action gym

Star Bowl

Greg Zoxios

La Tabernita Mexicana

Barry & Stella Knight

David Dickinson

Sarah Young

Simon & Lin Baddeley

Bob & Jill Carr

Chas Clifton

Rob Groove

Michael Spiggos, Firebrand Radio

<http://www.firebrandrr.co.uk/michael-spiggos/>

Dimitris Krokidis

<http://corfuwall.gr/>

Tony Barker

<http://villaoasiscorfu.com/>

Adrian Ward

<http://realcorfu.com/>

Maria. Driving School

Spyros Kouloudis. Dentist

Martin & Tracey Stuart

Posidonio Restaurant Agios Giordis

Aqualand

Gouvia Marina

Hotel Telesillas, Kontokoli

Sephora Shop

Compass Café, Kontokoli

Big Bite Restaurant, Benitses

Pat & Gina Brett

Village and Island News

The Editor

Mr. Weather brought a mixed bag of tricks in February to our gentle valley in Middle Earth.

There were, alternately, blue skies and rain skies, warm sun and quite cold snaps, one night had a 'feels like' minus 2 degrees. One afternoon there was a brief hailstorm, violent enough to sting the unprotected head.

I wasn't woken by the alarm, rather by the sound of drumming rain.



'Oompa Loompa'

Dawn walks are precipitated by the gang of dogs and cat importuning for food, especially the so-greedy cat Purrsephone, who currently resembles a feline Oompa Loompa from Willie Wonka's chocolate factory.

Walks are, er, interesting, with an in-growing toenail on the big toe, notably painful when stood on by a paw. Bono the alsatian has 'gone off' being a Doctor to my needs in the evenings, can't query his taste but his attentive tongue work last winter had cured the problem. This year he is less enthusiastic. He is, however, a very useful taxi service. One night I was visiting my friend Dick, in another

part of the village, for a wee noggin. It was two o'clock in the morning and there was a gentle knock on the front door. Opening, we find Bono there, ready to escort me home. This was quite surprising, as he hasn't before been to Dick's house, famous venue of the snake episode'. How did he know?

Mandy is the smaller of the two Springer spaniels. On the walks she is the tear-away. She rushes around the countryside like a thing possessed. Of late, she is in the habit of sloping off. By that, I mean Mandy is always leaving the track and running up the steep slopes of Vasilis' groves. Sometimes the incline is too great and she topples backward to the bottom, gets up quickly and launches herself once more at the slope.

The land is wet. It has been a very wet period. The umbrella may be employed abroad from time to time, as we mulch across the fields of the valley, which are covered with largish ponds. The tracks leading down to our valley are riven with little streams and, in appropriate places, miniature waterfalls gurgling off the higher groves.



'Fun in the wet'

The 15th was a memorable day, a chance for us to take Kostas and Nitsa out for the day, which we had been meaning to do for weeks. Kostas has never visited Ag Georgios, so this is where we drove in sunniness, via Lakones, Makrades and Krini.



'Agios Geeogios Beach'

All the way we drove slowly, enjoying the scenery, but had a weather-eye open for an impromptu Sunday lunch. But everywhere was closed. We were not bothered, as the four of us were enjoying the ride. Down the long and winding road to the busy summer resort of Ag. Geogios, almost deserted now in sunny loneliness. We continued in a loop, having an idea to eat in Doukades, which is what we did. Ironically, with bars and tavernas closed for miles about, we had three to choose from in the village plateia here. We settled for our favourite, Elizabeth's. Her Grand-daughter now controls the tables, which on this day were just about full. No strict anti-smoking rules here, but it wasn't a major concern. We are pleased to find out that the redoubtable Elizabeth is still alive, but mostly stays in her spiti nowadays.

Continued on Page 7

Village and Island News
Continued from Page 6



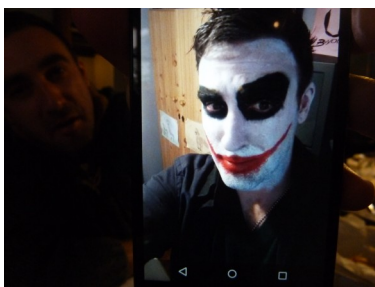
'Clean Monday, yet another celebration'

We all had selections of meats and pasta and the superb house-wine. Even Kostas was impressed; he is not easily impressed by wine he has not made himself. The Elizabeth family photographs were proudly displayed on a high shelf, the [unplugged] jukebox stood in the corner, various bottles in racks on the walls. Nothing much has changed in this little paradise in a quarter of a century, even the very reasonable charges.

Our son Kostas is in Kuala Lumpur-his visa having expired, but he rapidly returns to Thailand, which he prefers. I think he is having a good time!

Time-Out, one of our village's watering holes, has closed. Many of you readers will have supped there down the years.

Woven around our fragile existence are the rumblings from Mordor, the ongoing cat and mouse of politics surrounding the 'Greek economic crisis'.



'It is carnivale in Corfu'

Aunty Lula's Love-bites

Lenten Cake

Ingredients:

- 250ml Sunflower Oil
- 400gr Sugar
- 500ml Freshly Squeezed Orange Juice
- 50ml Brandy
- Juice of 1 Lemon
- Zest of 2 Oranges
- Zest of 2 Lemons
- 250gr Chopped Walnuts
- 1tsp Baking Powder
- 1tsp Baking Soda
- 500gr Plain Flour (All Purpose)

Go:

1. Grease and flour a 28cm ring tin, set aside.
2. In a mixing bowl stir together flour, sugar, baking powder, baking

soda, orange and lemon zest and chopped walnuts.

3. In a large bowl combine oil, orange juice, lemon juice, and brandy.

4. Add flour mixture and stir well until combined.

5. Spread into the prepared tin.

6. Bake in a 165°C oven for about 70 minutes or until a wooden skewer inserted near the centre comes out clean.

7. Cool cake in the tin on a wire rack before removing from the tin.

Bon appetit!

Corfu Weather Statistics - February

	Max	Avg	Min
Max Temperature	19°C	14 °C	7 °C
Mean Temperature	17 °C	10 °C	6°C
Min Temperature	14 °C	6 °C	0°C
Heating Degree Days (base 65)	22	15	4
Cooling Degree Days (base 65)	0	0	0
Growing Degree Days (base 50)	12	2	0
Dew Point	14 °C	6°C	-9 °C
Precipitation	17.0 mm	2.3 mm	0.0 mm
Wind	48 km/h	10 km/h	0 km/h
Gust Wind	69 km/h	47 km/h	29 km/h
Sea Level Pressure	1030 hPa	1012 hPa	988 hPa

Read more at:

http://www.wunderground.com/history/airport/LGKR/2013/9/1/MonthlyHistory.html?req_city=NA&req_state=NA&req_statename=NA#Pfq1VRYHlbugtGf.99

Letters to the Editor

Claire Ritchie writes:

Many thanks Ed, really enjoyed this!

Piki writes:

Hi Paul I know you have told me before but me no remember. So do I send you any bits and bobs to be included in the Agiot direct to you the Editor as you might think my writing need "Editing" or just direct to the Agiot and could you please confirm Email to be used.

Ed:

Thanks Piki. If it is short/medium like your comment here, just stick it in comments on the Agiot home page. If an essay, send it to my regular e-mail address mcgovern@otenet.gr first please, so it can be paraphrased IF necessary. I am very interested for your fuller versions, which I can publish in future months as a full article if you so wish. Whatever you prefer.

Viv Dare: I have read three pages so far. This is brilliant Paul

Ed: You have set a new record Viv by reading three pages. Most of us just look at the pictures!

The Editor.

Thank you all so much for reading our magazine, and for those of you who take the time to mail in or use the comments section on the Agiot Home page; THANK YOU!

We are always on the look-out for any interesting articles. Why don't you mail in? It does not matter the subject, if it interesting, informative or just funny, you have come to the right place.

The new format of the Agiot is now working well and last month saw a 40% increase in readers. Amazing and very humbling.

HILARY'S RAMBLINGS ARTICLE FEBRUARY

Please note, in this February article Hilary refers to some interesting internet links. For those interested to view the 3-part Power of Nightmares: Adam Curtis, go to;
<https://archive.org/details/ThePowerOfNightmares-Episode1BabyItsColdOutside>

Lesley Ann Hoy writes:

Thank you again another great read for us living here over the winter months. Would you be OK with me printing a copy off once May arrives to leave on my reception, I work up in the NW part of Corfu and with many returning guests they are always hungry for Corfu news and updates. If so let me know.

I could also share on various forums but couldn't find a FB share button but if you would also let me could do so over the winter months when again out guest are looking for Corfu related news and updates.

Thank you again for emailing this month's copy.....

Many thanks, Lesley

Ed:

Thank you Lesley. No objections at all to you printing off or distributing in any form you wish. Only too pleased for it to be read. The magazine is best shared anywhere on Facebook, as there is currently no direct share link on <http://www.theagiot.com> page itself.

Bernhard Heppner : I bought the donkey from giorgios (best food of the world) for small money. Wolfgang did the ride from Giorgios to our home with a stop on the platia while I was driving the car. a donkey is a donkey and not a horse as you see on the picture. we had so much fun. the little boy on the left is my son Jan. the donkey was stolen 2 months later. thank you for that picture!



'But is it Donkeygang's Wolf?'

MouseHouse is located on the southeast coast of the island in the village of Agios Nikolaos, near Petriti, a quiet fishing village; it is the ideal place to relax during your holidays and see a different side of Corfu. The house is beautifully furnished and has all the amenities you will need. Outdoors you can enjoy eating al fresco in the evenings in the small but beautiful garden. Although located down a quiet lane you are very close to everything you need. Within walking distance you will find shops, bars, restaurants, pharmacy, bakery etc... You can also walk to the nearby beaches which are very quiet, even during high season, and

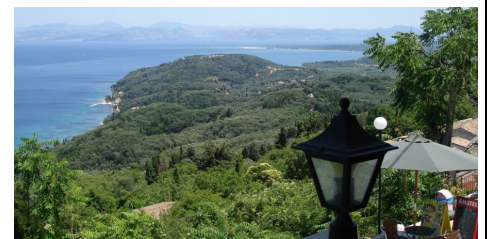
Ocay Villas MouseHouse



Holiday away from the tourist resorts!

that's really a treat in Corfu. Also within walking distance you will find some of the best fish restaurants on the island with views of all the east coast and the mainland across the sea. Overall it is a beautiful place to visit, very different from most on the island, taking you away from the major tourist resorts and letting you see another more real and magical side of the island.

www.ocayvillascorfu.com and www.ocaypropertycorfu.com are your gateways to a one-stop shop, for buying, building or renting in Corfu!



Bespoke Constructions

Since 1999 we have been improving some call it renovating older Corfu properties. Following on from there we have been mixing this with the construction of brand new villas, always with an eye on traditional style.

Every one of our builds is unique, we do not duplicate a pattern, and each is a combination of the customers' dream and our own enthusiasm.

From these two points we think we have created something warm and special in providing people with their ideal Corfu home at a cost they are comfortable with from outset. We make it a point of

providing a quote, rather than estimates, with most of our building work. For those of you living in the U.K. or Continental Europe, we send reports and photographs, on a weekly basis. You need to know what is happening with your investment, when you are not here. The builds are conducted at the pace you want and with an instalment plan to suit the individual.

Here on this page is a selection of photographs of the property provided.

We can supply references from satisfied customers with their e-mail addresses.

There are suitable plots of lands at reasonable prices in Corfu, on which we offer an A-Z service in your purchase of and development. We can lead you through the whole process, inclusive of banks, tax offices, lawyers, utility companies etc

Mail in with your enquiry and interest and we can take it from there.

We are dedicated to fulfilling your Corfu dream with a home which stands apart from the ranks.

www.ocaypropertycorfu.com

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Bespoke Constructions
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Villa Aphrodite



Villa Aphrodite
Amidst the groves

MousHouse



MouseHouse
Before

Villa Theodora



Villa Theodora
Front

Infinity pool



MouseHouse after

Villa Theodora
With over-flow pool



Villa Aphrodite
Construction

MouseHouse
Penthouse



Panorama East



Panorama East construction



Panorama East early dawn

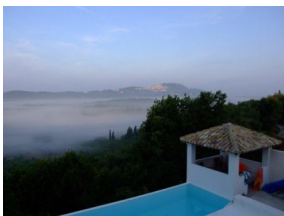


The Gem pool with owner

Construction ideas



Sofia's Villa - Agios Ioannis



Terrain not a problem



Precipice pool construction



Concrete and Steel



Beautiful Brook Meadow



Forming of a spiral oak staircase



The next development?



Villa Persephone

ST. PATRICK'S DAY

Sally's Bar Ipsos



TUESDAY MARCH 17TH, 2015

FREE SHOT WITH YOUR FIRST DRINK IF YOU WEAR SOMETHING GREEN!

www.SallysBarCorfu.com

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

Hilary's Ramblings

Contributed by
Hilary Paipeti

Butter is good for you

Imagine you've spent the whole of Christmas morning cooking the perfect roast turkey, carefully basting and turning the bird every twenty minutes or so to ensure the skin is golden brown and crispy and the meat tender and succulent.

Supposing then, at the table, your guests carefully pick off the delicious skin and push it to the side of the plate in disgust, exclaiming, 'Animal fat!

Cholesterol's bad for you!

This happened to me the very last time I cooked Christmas lunch in England, for my parents and brother, all of them from medical backgrounds (two doctors and a pharmacist), who then compounded their sin (the discarding of the best bit of the meat) by proving themselves to be either hypocrites or stupid (but probably both), by scoffing the entire contents of a cheap box of chocolates, full of trans fats and nasty chemicals.

My mother had fallen for the anti-cholesterol propaganda during the 70s when the manufacturers of Flora margarine persuaded women that using their product instead of butter would save their husbands from heart attacks by reducing the bad fats in the blood. I, still a teenager, instinctively refused to eat it, and my mother had to keep a packet of butter just for me (my father was banned on pain of death from touching it, though I often saw his fingers twitching in the direction of the pack). Instinctively, because I had not thought about

WHY I wouldn't eat Flora; I just found the thought disgusting (the faux colour, the shiny texture, the plastic SMELL!).

In the end, I am proved right.

Butter - and animal fats - have been vindicated in the cause of bad health, and trans fats like margarine implicated. Unfortunately, it's too late to crow to the parents, especially to Dr Dad, who died far too young of - you've guessed it - a heart attack, probably caused in part by the lovely Flora, since he made up for being forced to eat such vile food by stuffing himself with Mars Bars in secret.

Yes, it's official, cholesterol is no longer bad for us. It turns out:

- * Our brains are largely made of cholesterol.

- * Our bodies manufacture cholesterol, and we don't get it from food.

- * Cholesterol is the agent which carries hormones around the body.

- * Your body needs fat to absorb essential vitamins.

- * Butter is an excellent source of vital vitamins.

An early announcement came in the form of an article in the Mail by Joanna Blythman during February 2013, under the title 'We have been conned into believing margarine was better for us than butter'. It expresses exactly what I thought: 'Like my grandmother before me, I have never had a tub of margarine in the house. Perhaps thanks to her, my gut instinct has always told me that butter is better for you. Not only does butter taste incomparably better, it's a natural product that human beings have been eating and cooking with for centuries without damaging their health. Why swap it for margarine, a highly synthetic

and unpleasant-tasting concoction laced with additives and cheap, low-grade oils refined on an industrial scale? Especially if I tell you that without colourings margarine isn't yellow at all, but actually an appetite-crushing shade of sludgy grey.

'If my preference for butter began with instinct, in the past few years it's been supported by a growing body of scientific research that not only indicates that there is absolutely no reason to stop eating - butter, but also leads to one inescapable conclusion: that decades of government health advice, particularly in regard to heart disease, cholesterol levels and the consumption of fats and oils, have been plain wrong. It's so wrong, in fact, that I believe the health establishment now owes us an apology.

'We have been conned into believing that margarine was better for us than butter. The nation's morning toast has been ruined for decades by kind-hearted women thinking they were doing the best for their husbands and children by switching from butter to margarine.' It gets worse. It turns out that the dietary advice foisted on us by 'experts' since the early 80s was all wrong, and the high-carb-low-fat diet many of us are used to eating may be fuelling illnesses such as IBS and even the obesity epidemic. Another Mail journalist was 'furious with the so-called experts who have been peddling this low-fat, high-carbohydrate claptrap for so long that no one thinks to question it.'

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Hilary's Ramblings
Continued from Page 12

Quite. Previous generations consumed lard, dripping, butter and full fat milk and cheese with their meat and two veg, and no-one was fat (yes, I know people were more active, but exercise burns fewer calories than you think). Come to think of it, not many people had dementia. I wonder whether attempts to eliminate cholesterol through diet and statin drugs could have anything to do with that, considering cholesterol's role in the body (see above)? It might also be the reason why Victoria One-Lettuce-Leaf Beckham always looks so miserable (also see above) since, with a fat-free diet, her happy hormones are AWOL. Zoe Harcombe is author of a book called 'The Obesity Epidemic'. 'Fat is essential for every cell in the body' she writes. 'In Britain, we are deficient in the fat-soluble vitamins

A, D and E, which are responsible for healthy eyesight, bone strength, mental health, cancer and blood vessel protection and, therefore, heart health. We need to eat real fat in order for these vital vitamins to be absorbed into the body.' Could lack of real fat in the diet be exacerbating those illnesses that it seems everyone is developing - macular degeneration, osteoporosis, depression and cancer - or indeed even causing them?

When you get to the bottom of how this happened, you wonder at the idiocy of the people who tell us they know best (I've known they don't for a long time, having grown up in a household of highly 'educated' idiots). It all came about because of a study done in the early 1950s that compared data about diet and heart disease. They found that citizens in the USA consumed the most fat and had the most cases of heart disease, and the Japanese the least of both. The health propaganda

machine, or maybe the corporate food industry, interpreted these findings as causative - eating fat causes heart disease - rather than simple unconnected facts. You may well have heard of the study, but what you probably don't know is that the habits and health of populations in almost 30 countries were examined, including France where they eat LOADS of fat but don't have many heart problems. Yet we have been force-fed only the data from the USA and Japan. It is interesting also to discover that even the research leader, Ancel Keys, did not link high levels of cholesterol in the blood with the amount of cholesterol consumed. 'There's no connection whatsoever between cholesterol in food and cholesterol in blood,' he said in a magazine article in 1997. 'And we've known that all along.' I'm just off to make some toast and butter...

Video Corner Plus

Come To Corfu

<http://www.telegraph.co.uk/travel/destinations/europe/greece/11380193/In-search-of-Durrells-Corfu.html>

Hemp and stuff

https://www.youtube.com/watch?v=MESZh-_uyUQ

Chokku

<https://www.youtube.com/watch?v=rFuXhNnsM64&feature=youtu.be>

Buffalo White Native Indian Music

<https://www.youtube.com/watch?v=4fJIMvYoZiA>

Oxfam Clifton

<https://www.youtube.com/watch?v=bnpG-5jK3Bg>

For Facebook users Firenze Today

https://www.facebook.com/agiolfest/posts/884546961567160?notif_t=like

CARITAS

from Athens have got in touch locally, and are desperate for clothing, sheets, blankets ... and have kindly asked if 'Corfu' can help, like they have in the past. (This time the clothes & other donations are distributed to people in great need in Greece). Micheline, the local coordinator, and organiser, has confirmed that anything and everything can be dropped off at the Caritas depot in town. There will be someone there every Thursday from 10 am till 12. The Caritas apothiki is on the corner of I.POLILA, which is the pezodromo street with all the cafs. At the far end is the ALFA Bank, and Caritas is exactly on the other side (for those of you who have been here a long time, it's where the nuns used to be). The apothiki is now in the basement at the back of the building. If you needed to call Micheline, here are her numbers: 6948924325 //home: 26610 48130). Many thanks.

Nick the Clock's World

English Class



The Businessman.

A young man asked an old rich man how he made his money.

The old guy fingered his expensive wool vest and said, "Well, son, it was 1932. The depth of the Great Depression. I was down to my last nickel."

"I invested that nickel in an apple. I spent the entire day polishing the apple and, at the end of the day, I sold the apple for ten cents."

"The next morning, I invested those ten cents in two apples. I spent the entire day polishing them and sold them at 5:00 pm for 20 cents. I continued this system for a month, by the end of which I'd accumulated a fortune of \$9.80."

"Then my wife's father died and left us two million dollars."

THE PARTY

There was a party that many rich people attended. The host had recently built a tank with many alligators, piranhas, and many other things that could kill you. The host said that if anyone could swim across the tank, he would, to the best of his ability, grant them three wishes.

Well, nobody was up to the challenge, so everyone just started having a good time and doing that "party thing."

Suddenly, there was this big splash! The host looked and saw a man swimming like hell across the tank, and, lo and behold, he made it!

The host walked over to the man and said, "Alright, you made it, WOW!. What are your three wishes?" The man replied, "First, you see that shotgun of yours? give me it, Two, see those bullets over there? give me them, Three, show me the person who pushed me in."



AT GOLF

Four men went golfing one day. Three of them headed to the first tee and the fourth went into the clubhouse to take care of the bill.

The three men started talking and bragging about their sons.

The first man told the others, "My son is a home builder, and he is so successful that he gave a friend a new home for free. Just gave it to him!"

The second man said, "My son was a car salesman, and now he owns a multi-line dealership. He's so successful that he gave one of his friends a new Mercedes, fully loaded."

The third man, not wanting to be outdone, bragged, "My son is a stockbroker, and he's doing so well that he gave his friend an entire portfolio."

The fourth man joined them on the tee after a few minutes of taking care of business.

The first man mentioned, "We were just talking about our sons. How is yours doing?"

The fourth man replied, "Well, my son is gay and go-go dances in a gay bar."

The other three men grew silent as he continued, "I'm not totally thrilled about the dancing job, but he must be doing well. His last three boyfriends gave him a house, a brand new Mercedes, and a stock portfolio."

Marriage is a
Workshop.....
where
husband works
&
wife shops....

Welcome

By
Dr. Lionel Mann

With elections approaching British politicians of all parties are daily pompously uttering absurd wild promises of action that they would take if elected to cure their country's woes. They have neither hope nor intention of honouring those promises for they can always find an excuse for renegeing. A subject receiving great attention is immigration.

For more than two thousand years Britain has accepted immigrants from Europe who have settled, intermarried, worked and enriched its national culture. There may be some Welsh, Scots or Irish who can truly claim to be 'pure' Celts, but their numbers are not great. My own family arrived in Norfolk some 450 years ago after having over the ages travelled from Israel via North Africa, Spain and the Netherlands, becoming in turn Catholic and Protestant on the way.

Today more than ever Britain needs skilled immigrants. Since the seventies a wide range of firms has been advertising in Europe, owing to a desperate lack of local qualified personnel. In the fifties I trained for a teaching diploma to top up my degree and other diplomas. I realised then that much of what we were being taught was utter hogwash, but I paid lip service to it in order to pass the examinations. From my own schooling and experience I knew that there is not another way to expertise other than by hard work and diligent perseverance. 'Playway' is rubbish that has sabotaged the education system of the English-speaking

nations, resulting in widespread illiteracy, innumeracy, lack of general knowledge and technical skill.

During my two short times of teaching in state schools I found that much of my time was occupied in protecting those who wanted to learn from the savagery of the ignorant yobs who tried to prevent them from studying. A few years ago my neighbour, a Scottish lass, was bemoaning the drudgery of the job to which she was condemned through lack of qualifications. "We wanted to learn but they wouldn't let us. They took our books, threw them in the mud and tore them up. Our teachers were too frightened to do anything."

Fortunately my first three teaching appointments were under headmasters who shared my distrust of state education policy, and after that I was sufficiently senior to be able to oppose stupidity.

There are those who suggest that such a promotion of ignorance has been deliberate. Certainly no intelligent populace would have swallowed the propaganda that supported the wildcat military adventures in Afghanistan and Iraq or the 'Arab Spring' that has become Arab Winter, expensive fiascos that have severely cut the funding of Britain's welfare systems, but put plenty of cash into the pockets of armament chiefs who have great political influence.

Towards the end of my teaching time I came to know two brothers whose remote ancestor ad come toe Britain from France in the company of Duke William of Normandy. I

never asked what sides their family had taken in the various conflicts that have enlivened British history, but I discovered that one of their ancestors commanded Henry Tudor's army at Bosworth and as a result had been rewarded with the gift of the magnificent moated manor that the family now occupies as well as large estates encompassing two villages, a second manor and a number of farms. Both brothers sent three children each to my school.

At all major festivals I took my school choir to sing a service in the exquisite medieval village church in the manor grounds.

One glorious warm sunny September Sunday afternoon after we had sung Evensong for the village Harvest Thanksgiving the boys, led by the eight-year-old son of the manor, scampered off to the swimming pool in a secluded corner of the manor gardens. For about twenty minutes our host and I watched as they splashed happily around. Then I called a halt. They dried on the supplied towels, dressed and ran off to the manor house. The lord and I followed at a more sedate path, chatting of this and that.

When we reached the rear drawbridge I turned to admire the panorama presented by the neat gardens in the foreground giving way to a succession of fields, some of recently-reaped stubble, others of pasture with grazing livestock, stretching to distant woodland. "Isn't it beautiful!"

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Welcome

Continued from Page 15

My companion laughed. "It's a sleepless night every acre."

I well understood him; even with responsibility for seventy pupils and six staff I too had sleepless nights. Too never a week passed but that the husband or wife of both families as well as the more recently ennobled parents of another three pupils telephoning to apologise that they would be late to pick up their children after school; they would be helping tenants who had medical, business or legal problems. Everyone in their villages knew where to go if they needed help. How lucky were they! I know whom I should like by my side if I needed to deal with the supercilious sneering Civil Servant, neither

interested in giving service nor often very civil in manner, whom one meets these days.

For seventy years I have watched with growing anxiety the ousting of such persons with the heritage of decades or even centuries of experience in government and care for the populace from positions of responsibility, to be replaced by time-serving, wealth-grubbing, power-grabbing politicians with no other interest than in their own enrichment.

We turned back to find the drawbridge rising in our faces.

"Edward, lower that bridge at once." The voice of one used to instant obedience.

Every night since 1485 the bridges at fronts and back of the manor had been raised at night and

lowered the following morning. The old mechanism had been replaced by electric motors that even an eight-year-old could operate by pressing a button.

The bridge stopped, hesitated briefly and then came gently down into place. The doors at the far end swung open to reveal a horde of laughing little horrors.

We all went in to tea, a Harvest Supper in the baronial hall.

ADVERT

WANTED: A CLEANER

A cleaner is wanted for one hour weekly for a small two-room-and-shower studio in the old village, Agios Ioannis near Aqualand.

Phone: 6932826003,

Lionel.



I'm going to tell you something,
I hope you'll never have to know
I'll tell you how a heart can break,
And tears can constantly flow.
I lost my Baby Boy you see,
An angel in my eyes,
God chose to take his hand one day,
And led him to the skies,
But please do not forget my child,
He was a person too,
And forever he will live,
Inside of me and you.
So, please don't ever tell me,
That time will heal my pain,
Because not even time,
Can bring him back again,
Just tell me he is happy,
In that land way up above,
He's snuggled in an angels wings,
All wrapped in Mummy's love.