



THE KEFI CLUB NEWSLETTER

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Jan 2007

Next meeting - Film Night

Our January meeting on Friday 19th January 07, starts the New Year off with a film about Rembetiko and follows on from my talk on the subject at our October meeting. Those who attended will remember that "Rembetiko" music is a Greek form of urban blues performed in low class joints where the social misfits of the twenties known as "rembetes" gathered. The film tells the story of a great singer of rembetiko songs from her birth in Smyrna in 1917 to her death in Athens in 1955. The film won five prizes at the Thessaloniki Film Festival, including a tie for best picture in 1983.



Please note due to the length of the film we need to make a prompt start with curtain up at 7.30p.m. at Norton Parish hall.

February Meeting - Greek Diet

A lot is made about diet in the press and on TV especially with regard to obesity. But is the Greek diet any better? Is it all moussaka and Baklava, as many tourists believe. Why not come along to Norton Village Hall on Friday 15th February to listen to what Dr. Bernard Mason has to say on the subject. You will be in for a real treat.

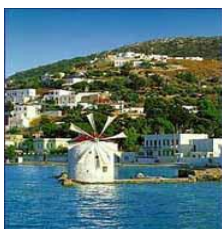
5th Christmas meal a success



All of our Christmas meals have differed each year, either because of the people who have cooked the meals or the menu itself, but all have had great membership participation. This year our fifth such meal was no exception, even more so in one way, because more members were involved with preparing the many dishes we had for our meal. A great big thank you to you all. It was because of your help that our Christmas meal held at Norton Parish Hall went better than expected because of the limitations we felt our latest venue offered. It was particularly good to see so many, who are unable to attend our normal meeting nights clear their social calendars and put our meal at the top of their list over the busy Christmas period. I am sure you were as pleased as me to see Chris Lloyd make it from Crete. I know Les kept her glass topped up as well as every other person who was not on driving duties.



Leros talk draws large audience



It was great to see so many people at our November meeting to hear the Club's Treasurer (Les) talk about his favourite island of Leros. Not only were we treated to some very good photos of the island, but also some very in depth history and information of the island also. It was obvious Les had done his research, and gave us a very good presentation, once we had got the laptop and data projector working in unison. Not on every bodies list of islands to go to but, if you like secluded coves and beaches unspoiled by mass tourism, then you may feel this island is a possible destination for future holidays.

The committee would like ideas from members on subjects they would like to be included in next years program starting Aug 07. Please forward these to Nick the Club Secretary. His details are at the bottom of this Newsletter.

Computer that helped the Greeks plot the heavens



Picture not related but is it a laptop he's using?

A bronze calculating machine salvaged from a shipwreck a century ago is finally yielding its secrets, revealing a Greek computer of remarkable sophistication for a device constructed long before the birth of Christ.

Scholars have been baffled by the 80-plus fragments of the mechanism, which was founded in 1901 by sponge divers in a Roman shipwreck near the island of Antikythira midway between the Peloponnese and Crete.

Following a study of the workings published today in the journal *Nature*, the "Antikythira mechanism" will transform the way we think about the technological capabilities of the ancient world. An international team unveils a reconstruction of the way it worked and has doubled the number of deciphered inscriptions on the casing. It reveals a spectacular and ancient astronomical calculator, that may even have been designed by Hipparchos (190 BC – 120 BC, the great astronomer. Prof Mike Edmunds and Tony Freeth of Cardiff University and

colleagues in Greece and America say it was used to chart the movement of the Moon and Sun, along with eclipses and perhaps even the passage of Mercury and Venus. "In terms of historic and scarcity value, I have to regard this mechanism as being more valuable than the Mona Lisa" says Prof Edmunds.

[Reports by Roger Highfield Science Editor, The Daily Telegraph 30/11/06]

Olive oil helps to fight disease, experts say

Olive oil lovers and medical experts stressed, during a conference in Athens yesterday, the benefits to people's health from consuming the oil, including reducing the risk of death among diabetes sufferers. Recent studies have shown that consuming olive oil helps to reduce blood pressure and the possibility of a person suffering from Alzheimer's disease, said Antonia Trichopoulou, a professor at Athens Medical School. Tests have also shown that people who suffer a heart attack are 31 percent less likely to die if they have been consuming olive oil as part of a Mediterranean diet. The president of the Greek Olive Oil Society (Filaios), Paraskevas Tokouzalidis, said that the average Greek consumes 18 kilos of olive oil a year but he added that harmful hydrogenated fats had begun to creep into the Greeks' diet.



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