

## He did it! – An ‘a’ grade in modern greek

For the first time this year one of the adult students of the Worcester College of Technology has passed his GCSE exams in Modern Greek.

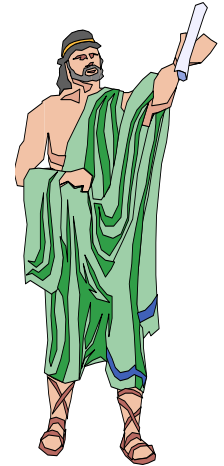
Les Roberts sat his exams last May. He gained ‘A’ grade and he is fluent in Modern Greek after studying part-time for four years at the Worcester College of Technology. At least four more of Les’

classmates will take their exams next year.

Les is the treasurer of the Kefi Club and a regular visitor to Greece. His achievement is remarkable and breaks the stereotype that British people are not capable of grasping foreign language. In the year that the Olympic Games are being held in Athens this is comparable with a gold medal in the Marathon (of course without the sweat and the pain). For Les, the phrase

“this is all Greek to me”, now has a very different meaning.

Hopefully Les’ success will encourage more people to join one of the four classes in Modern Greek at the Worcester College of Technology.



By Nick Kontarines

## Welcome back and quiz night - Fri 24 Sept 04

I’ve started so I will finish and you are the weakest link good bye are some of the most famous sayings to TV quiz shows at present. What will our Quiz Masters catchphrase be? Will it ever catch on? You will just have to come along to our quiz evening to start off the third year of the Kefi Club to find out. The venue again is the Bradbury Centre in Worcester.



What an excellent way to get this years events off to a good start and to welcome new members. I hope you have been swatting up on all things Greek. But don’t be put off if you haven’t The evening is bound to be fun.

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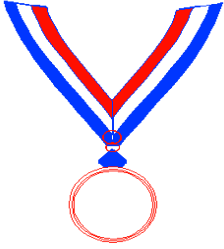
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### NOTE FROM THE EDITOR

Apologies to those who experienced problems with down loading the last edition of the Newsletter. I thought I was doing myself a favour by creating it in Microsoft Publisher© little did I know the extra work I gave myself and those who finally got it on the Web page.



# Ideal Olympic hosts – Athens 2004

By Nick Kontarines

Another Olympiad has been completed. To many people's disbelief - and disappointment a pragmatist may say – everything was ready on time and functioned efficiently for 16 days. Mr Blair and his wife were among the dignitaries who were present at the opening ceremony. The ceremony itself was magnificent and creative and, at a cost of £22,000,000 the main receiver being a British firm (as reported by the Daily Telegraph) was magnificent.

The organisation of the games was a Herculean effort from a nation renowned for its laid-back (on the verged of horizontal) way of life. Lord Coe, the Chairman of England's bid for the 2012 Olympics in London can learn a great deal from his Greek counterparts.

Personally, I greatly enjoyed the success of Matthew Pincent and his crew, and the scintillating double gold from Kelly Holmes. At the other end of the spectrum, what a shame for Paula Ratcliffe: I felt that she ought to have at least completed the 10,000 metres and finish last, as Sonia O'Sullivan gracefully did in the 5,000 metres. I was, and still am, perplexed about the tears from all three of them. Is flegma not a British characteristic anymore?

Before you ask, I confess: I did also watch some beach volleyball. Lindsay (my wife) tells me that it was for two hours, 34 minutes and 49 seconds, I however, insist it was only for "a while". I simply wished to have an informed opinion about this Californian-born game. I do not like it, as the ball moves too fast and is therefore destructive to the concentration of the spectators.

During the first medal ceremony, I was moved as the medallists were crowned with a wreath made from olive tree branches, known to the Greeks as "Kontinos". The branches for all the wreaths came from the olive trees in Olympia, except for the winner of the marathon. The winning wreath for the men's marathon came from Kolimbari, while the winning ladies wreath came from Koursimou, both villages on the island of Crete, who claim to have the oldest olive tree in the world. However, as always with claims of this nature, there is no way of proving such a claim.

Sally Gunnell should also be pleased to learn that she still commands awesome respect in the athletics world. When Sally approached the winner of the ladies 400 metre hurdles, the Greek athlete Fanni Halkia, for an interview, Halkia kissed Gunnell's hand with reverence, visibly delighted to be interviewed by former world record holder Sally Gunnell.

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## Titbits from the Editor

My in-laws live in Dorset and it was my Saturday off from work on the 17<sup>th</sup> July. What an ideal opportunity to visit a Greek wine festival in Weymouth and of course visit the ~~out-laws~~ I mean wife's parents. The venue was in a marquee outside the Pavilion so it had a captive audience to draw from all the holiday makers. There were about 8 importers all showing off their various wines. Total the yoghurt people were as usual giving away yoghurt. Mythos beer was available by the bottle or crate. A hotel/restaurant specialising in Greek food in Weymouth were on hand to provide varieties of food for sampling. Outside parked up was a van selling souvlaki and pitta, of course, Greek style. I purchased a dessert wine a Muscat from Samos.

As this wasn't enough The Red Hart pub on the A442 at Kington held a Greek night. It was during those dreadful electrical storms. We booked a table for 8p.m. when we arrived we soon found out that the pub and surrounding area

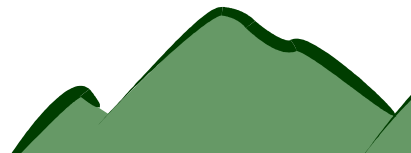
had, had a power cut since 3p.m. Unperturbed the management and staff managed to pull the evening off. Sadly no music, but candlelight did make it

### New Cook Book

I know from the cookery competition we held that some of you, like me are in possession of the Real Greek Food cook book by Theodore Kyriakou. He has now produced a second book, the Real Greek at Home. As the name suggests this book is more about home cooking Greek style and has a lot of vegetarian meals. This may suit some of our members it's priced at £20. Those of you who either subscribe or are lucky enough to find a copy of Greece magazine will have seen the article in the current edition.

somewhat intimate. All credit to the chef. Do our members have any little titbits you would like to share. **Please contact the editor with them.**

## walk on the Malverns - not for Everyone.



As we did last year during the summer recess some of us took a stroll up to the British camp. Unlike last year I wasn't laden down with picnic trappings which enabled me and some of the younger or more energetic members to ascend to the summit even Colin's Mum made it most of the way. It was a lovely summer evening and gave us a chance to meet up and discuss our holiday adventures or the plans for going on holiday. After which it was down to the Trumpet Inn near Ledbury for some by now eagerly awaited nourishment. It was rumoured that there were Greek dishes on the menu. When we arrived to our astonishment the pub had changed hands. However, there was kleftiko on the menu. This suited 9 of the 14 members, family and friends who attended the stroll. The portions were huge to say the least. All in all another good night out with like-minded people who have a love for Greece.

N.B I thought I would add in the Newsletter a variation of kleftiko. This one doesn't use a lamb shank, which I find is not always readily available in supermarkets. The story that goes with it I'll leave up to you.

### Arni Kleftiko (Lamb in a Clay Pot)

This recipe was famously, if not traditionally, prepared in an earthenware water jug during the Turkish occupation. While the men were fighting in the mountains, the women kept them fed by cutting the meat and other ingredients into small pieces and stuffing them into the narrow mouth of a water jug. This they sealed with dough and put the whole affair into the oven to bake. Then they would leave the innocuous looking jug near a fountain and the warriors would come out from hiding to collect their rations.

#### Ingredients

500g (1lb)	boneless lamb cut into bite-size pieces
1	large eggplant cut into bite-size pieces
1	large potato cut into bite-size pieces
1	capsicum, chopped
2	tomatoes, peeled, seeded and finely chopped
¼ cup	olive oil
½ tsp	cayenne pepper
2	onions, chopped
1	bay leaf
1tsp	oregano
1tsp	thyme
3	cloves garlic, chopped



Combine lamb, oil, pepper, bay, oregano, thyme and onion. Cover and refrigerate overnight. Salt the eggplant and drain in a colander then wipe dry. Combine all the ingredients together in a water jug (any ovenproof dish will do), cover and bake at 220°C (425°F) for 30 mins. Uncover and toss the stew, reduce heat to 180°C (375°F) and bake for 1½ hours. **Serves 4**



## DIARY DATES

FRIDAY 12 NOVEMBER GREECE IN THE 50S (Simon Hornyold)

FRIDAY 19 DECEMBER Christmas dinner  
(make sure you've got this one in your diary so as not to double book)



Skiathos Town

# Skiathos

Boasts of 65 beaches  
But there's not much else

I thought as I am the one in the driving seat so to speak as Editor of the Newsletter that I would start the ball rolling and share some of my holiday experience with you, in the hope that some of the recipients of this Newsletter would like to follow suit.

As relative new comers to the Greek holiday experience, we have elected ( my wife and I) to go to islands with an airport with direct flights from the UK, for ease to start with. Last year Kefalonia, this year Skiathos. We used Manos as tour operator.

Our criteria, we wanted somewhere peaceful, not too far to a beach, preferably with a swimming pool and definitely not 18-30 anywhere near. We decided on the Byzantium apartments at Troulos. This proved to be just what we wanted. You had to walk through a field to get to the apartments. These were set back some 20 metres from the road and the field was used for grazing, but hey this

is Greece. The apartments we clean, spacious and well equipped. The apartments were run by Costas and his mother with a Bulgarian cleaner, all of who, of course made us very welcome. As it turned out Troulos is a popular destination for Brits. Once we had found the short cut through the surrounding apartments the beach was about a 5 minute walk. As we went to Skiathos in the last 2 weeks of June the temperature was still rising and the maddening crowds hadn't arrived yet. This proved to be a good thing as the buses which ran the length of the island were full at peak times and it was only in the second week more buses were added and returned later in the evening. As this coincided with the opening of the night clubs in Skiathos Town the capital and only major town to speak of. This of course was full of the tourist trimming centred on Papadiamanti street which ran virtually from bus stop 4 right down to the port and was full of Souvenir shops, places to eat and drink and the street also housed the museum to Alexandros Papadimanti the well Greek Short – story writer and poet who

was born on the island The clock tower is worth a walk, some good views of Skiathos Town and out to sea, watching the flying dolphins and fishing boats going about their business. Down at the waterfront the area was divided into two by the Bourtzi. Looking out to sea on the right was the old port. This housed the many little fishing boats and excursion boats who took tours round the island to visit Kastro (the fortified pirate-proof capital from 1540 to 1829) and larger boats who toured the neighbouring islands of Skopelos and Alonnisos. We took the opportunity and went on that excursion. It was well worth it. The tour guide was full of a wealth of information, far too much for me to remember or write here but it helped pass the day as it is a long one. The tour operator's excursion was to Meteora at € 76 each, it was too much for us this time round. Inland there were two monasteries one at each end of the island. I walked to the southern one took about an hour and a half round trip. For us there was not a lot to do other than go to the beach every day. There were some spectacular ones like the world famous Koukounaries.

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