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October 2014 issue

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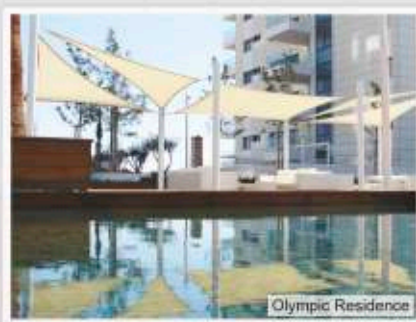
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Around Paphos	2
Local news for the Paphos area	
Food and Drink	22
GUIDE TO EATING OUT IN PAPHOS	
Home and Garden	32
General information for your home and garden	
Money Matters	48
UK plans to restrict personal tax allowance for non-residents	
Health & Beauty	54
Jonathan and Alex are back!	
Pets Corner	59
Why do dogs need massage?	
Wheels	61
Paphos Classic Vehicles Club	
Brain Squeezers	65
Get the grey matter going, and win prizes	
Readers' Notice Board	66
Jobs, Services, Articles for Sale and What's On	
Competition Answers	68
Answers and winners of last month's competitions	

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RAF Tornado jets fly missions from Akrotiri

British RAF jets armed with missiles have begun to fly their first mission over Iraq after Parliament voted to begin air strikes on Isis targets.



Tornado GR4 fighter bombers based at RAF Akrotiri in Cyprus are supported by a Voyager air-to-air refuelling aircraft. The Ministry of Defence said the jets will carry out armed reconnaissance operations and that intelligence gathered would be "invaluable".

The jets were ready for attack should "an appropriate target" have been identified, according to the MoD.

The MoD said in a statement: "We can confirm that, following parliamentary approval, RAF Tornados continue to fly over Iraq and are now ready to be used in an attack role as and when appropriate targets are identified.

"For operational security reasons we will not be providing a running commentary on movements; we will provide an update on activity when it is appropriate to do so."

Six Tornado jets have been based on Cyprus since August but had been restricted to reconnaissance flights.

The RAF also has a Rivet Joint spy plane in the region which is stepping up surveillance efforts to identify potential targets, while intelligence will also be sought from Iraqi and Kurdish forces on the ground.

The Commons voted by 524 to 43 to approve intervention in Iraq to counter the advance of Isis militants across swathes of the country.

Christmas preview at Rainbows End Gallery

Christmas is coming early to Paphos this year. Rainbows End Gallery is holding a preview day on Sunday 2nd November 2014 from 11.00am till 4.00pm showcasing all the festive items they have for sale. These will include advent calendars, Temari

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AROUND PAPHOS

balls, tree decorations, door hangings, coasters, tealight holders, cards and much more.



The Gallery, which opened in May, was the brainchild of artist John Mann with the aim to include like-minded people offering high quality hand-crafted items for both residents and tourists alike.

At present there are three permanent exhibitors, John, Marie Huntrods and Katie Parnaby. Marie is a very fine artist who specialises in pet and people portraits all worked in pencil and pastels and are stunning to see. Some original drawings are for sale together with prints in various sizes, framed or unframed, together with coasters. She also makes Temari balls, originating from Japan, symbolising deep friendship and loyalty.

Katie makes boxes, suitable for all occasions, from a variety of materials including leather. These include an updated version of an Etui box, which was originally made by soldiers and seamen during WW1 to hold needles or surgical instruments. She also makes embroidered items, including books, pictures and coasters.



John works on natural materials found here in Cyprus, including Letymbou Stone from which he creates painted plaques which are suitable to hang indoors or outside. He also uses the stone to create clocks. He is also very creative in his use of dried palm leaves, producing beautifully painted violins, bazookas and masks (usually of wild animals).

There are also a number of guest artists, including Marion who



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The location of TLC is truly inspirational! Set in the quiet, safe, picturesque Agios Georgios area just metres from the Akamas and fishing harbour. The school began in 2010 in response to local need and its popularity continues to spread. The school remains true to its origins with small classes, and there are now 32 staff offering everything from early English language acquisition to 'A' levels, UCAS applications and support for university placements.

TLC has 15 classrooms including a Science Laboratory, Computer Lab and Art Studio. All teaching rooms are air conditioned. There is a large play area, an on-site swimming pool plus access to further off-site sports facilities, including a football pitch. TLC offers a full programme plus a wide range of after school activities and an extended day option to 5pm.

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Sri Lanka

If you are seeking culture, history, nature and the beach, then look no further than Sri Lanka.

Lonely Planet introduces Sri Lanka with 'endless beaches, timeless ruins, welcoming people, oodles of elephants, killer surf, cheap prices, fun trains, famous tea, flavourful food - need we go on?'

You can fly from Cyprus with Etihad, Emirates or Qatar Airways, via Abu Dhabi, Dubai and Doha respectively, so plenty of choice of stopovers if you wish to combine a stay in Sri Lanka with a city break en-route. All flights arrive into Colombo, the capital of Sri Lanka, a city bursting with markets, gardens, grand buildings and colonial heritage.

Be greeted by a 9th Century stone Buddha at the National Museum or take in Galle Road, full of vendors of Indian sweets, candies and treats. But don't stop in Colombo too long, there's a lot more to discover.

The best way to describe Sri Lanka is to conjure up the Disney classic of The Jungle Book, and Yala National Park is where this movie comes to life with the trumpeting elephants, leopards in the undergrowth stalking their prey, snakes slowly slithering to hide and take a nap or monkeys swinging through the branches.

Visit the Pinnawala Elephant Orphanage a sanctuary to abandoned baby elephants. They range freely as a herd during the day and twice a day tourists can view them bathing and drinking down at the river.



Sri Lanka is home to 8 UNESCO Heritage sites, one of the most famous is The Golden Temple of Dambulla, a cave temple. Frescoes can be found on the walls and ceilings in all of the caves, life size statues of the Buddha (over 150 of them) can be found in the largest cave. A trip here does require stamina as there are many uneven steps. Kandy in the hills, is a picturesque town set on a lake with some very pleasant walks, or if you are a shopper (tell me a woman who isn't) then this is the place to find some lovely gemstones.

This area is full of temples and to the locals, Kandy is protected by four Gods, each have a temple dedicated to them, the most famous being Temple of the Sacred Tooth Relic, the most

important Buddhist relic. Buddhists believe that they must make a pilgrimage to this site at least once in their lifetime. As a place of worship one must respect the religion and cover oneself up, removing your shoes (don't worry, they have shoe-minders!).

Tourists are welcome to visit, but don't expect to see the Buddha's tooth, it's kept in a gold casket under great security and the guards are very good at ushering you past to keep the viewer's moving.

But Sri Lanka isn't all about sightseeing...if you are a sporty individual this island in the Indian Ocean can offer golf, scuba diving & snorkeling, rock climbing, hiking & trekking and deep sea fishing.

Nuwara Eliya is not only the heart of Sri Lanka's tea country, producing a significant share of the world best tea, it is also host to one of the finest 18-hole golf courses in South Asia.

If diving floats your boat, the crystal clear waters of the Indian Ocean with a visibility of 20m provide perfect conditions. Wrecks dated as the 18th Century dot the seas, and deep reefs and reef walls provide enthralling explorations. Abundant marine life can be found at Hikkaduwa, where the reef is thought to contain more species of fish than the Great Barrier Reef.

Mischievous dolphins will put on a show while some of the oldest and the largest sea creatures, the humpback and the blue whales, will nonchalantly glide past you, when you take a whale watching expedition.

After all the sightseeing and adventure sports, it's time to relax and Sri Lanka can offer some of the most pristine beaches in the world.

The best of the Southern beaches include Beruwala, Mirissa, Bentota and Unawatuna with varying accommodation options including chic boutique hotels.

Although Sri Lanka's southern beaches have been long discovered by the international traveller the east coast is yet to be fully discovered.

To the north of Colombo is the Negambo lagoon, its beaches, an old favourite with local and foreign visitors, and the lagoon famed for lobster harvesting.

All holiday visitors to Sri Lanka must obtain a visa. Visas are easily obtained on-line via the Sri Lankan Immigration Department.

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exhibits imaginative and expertly made pottery items using terracotta clay. Her range includes village house tealight holders, pomegranates, birds, owls and bells. Jadi specialises in patchwork quilted wall hangings, cushion covers and cards. Gabi makes hand-dyed silk and felted clothes and accessories, whilst Lyn creates bags of different shapes and sizes. Alex uses Czech crystal to create beautiful jewellery, whilst Evi uses natural gems to create her range of jewellery. Alison uses hot wax to make her mainly abstract pictures and cards. Scented candles, soaps and bath oil by Sapooni can also be found on our shelves. All the artists gladly welcome commissions to make that extra special item for you.

Come and see us on 2nd November from 11.00am and enjoy a glass of wine and a mince pie whilst you shop. Alternatively, visit us during our normal opening hours which are: 10.00am - 1.00pm and 3.00pm - 7.00pm daily except Wednesday 10.00am - 2.00pm. Closed on Sundays. Tel: 96379532 or visit our Facebook page: Rainbows End Art and Craft Gallery. The gallery is situated at Shop 50 of the Limnaria Gardens Complex, opposite the Alexander the Great Hotel.

Caring Canines dog show

The next canine social event arranged by the Caring Canines team is their Annual Dog Show, taking place at the lovely Bonamare Beach Bar on Timi Beach, on Sunday 19th October.

Entries will be taken from 8.30am, judging begins at 10.00am. 8 pedigree classes, 8 novelty, fabulous trophies and rosettes in every class, plus some very special prizes too! The judge is Mrs C.Kirk a breeder and judge of Afghans from the UK.

The event will be raising money for Cyprus Beagle Rescue who do a sterling job re homing abandoned / abused Cyprus beagles to loving homes in the UK.

The entries are €3 per class, there is NO gate fee, everyone welcome with or without a canine friend! There will be full bar facilities and light lunches available all day. The lunchtime entertainment will be supplied by The dog display team from Lindsay Cowie, and music by Meerkat music all day. If we are lucky we may also have a beautiful local singer giving us a song or two...the lovely Kim Verkaik.

For further information or to book a stall €15, please phone 99130761 / 97789381.

PARC fundraising events

Table Top Sales to be held 10.00 to 14.00hrs at Coral Star on main road facing Philippos Supermarket, Coral Bay area. We are aiming to hold them on the 3rd weekend of every month:
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15th November
13th December - this will be a Christmas Fair event



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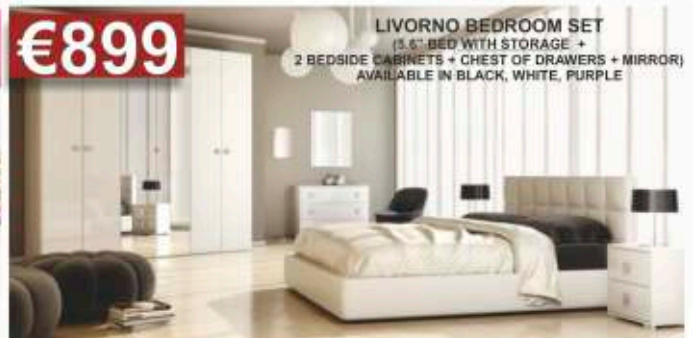
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4th November

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If you have any donations to be sold at the Table Top Sale, please give us a call on the above numbers and we will advise where they can be dropped off or we may be able to collect from you. Please note PARC do NOT have a shop in Peyia.

Last but not least if any readers would like to help out either by cat feeding at one of our many stations or helping out at the Table Top Sales, please give us a call on the above numbers.

We will rock you

So, this is the month when it all happens in Emba. Stage One presents the Paphos Zingers who will be rocking with Aphrodite. Tickets are now on sale and have been selling fast, so don't miss out on this lively evening on Saturday 25th October. The Stage One Emba theatre will be alive with the eclectic mix of rock songs from the 60's through to present day. Many of which you will know and maybe have forgotten about, so take a trip down memory lane and relive your misspent youth.

The Paphos Zingers have been established for over four years and are well known for their themed performances. They have covered a wide genre in music with songs from the 1940's, 50's and 60's, to musical and big screen concerts.

PR for the Zingers Karen Roe tells us, "We advertise ourselves as a contemporary Rock Choir so we thought we should present a total Rock themed performance. This genre covers a multitude of songs and everyone has their own individual interpretation of rock, so we are looking to cover most of these, I think with the exception of Punk Rock. (I have no idea why we missed this out!). Our Musical Director Ali Harding and voice coach Mel Bellard have worked hard to produce many of our rock songs, giving some a little twist. There are also some great medley's produced which will make this concert very unique. We would like to take this opportunity to thank everyone at Stage One Theatre who has helped us along the way, providing us with their professional



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fantastic venue. The Stage One team have been very supportive of our show, we have worked well together and as usual it is for a great charity. All the profits go to the hard-working charity, Cancer Patients Support Group."

The evening starts prompt at 7.30pm. As usual with the Zingers there will be a quality raffle on the evening and there may be a couple of unexpected items for auction, just to add to the coffers of the fundraising. So, with tickets priced at a very reasonable €7.50 you can enjoy a full night of entertainment.

Bring your air guitar and your attitude and help the Zingers rock their fundraising to a higher level. If your "Sweet Dreams are made of These" and you find you are "Living on a Prayer", leave your, "Love Shack" and get some "Satisfaction", "One way or Another" you will "Break the Chain" as something will be "In the Air Tonight".

For tickets (and be quick about it, this looks like it is going to be a full house) call Ruth on 99389073. We look forward to rocking with you!

A tribute of songs

In memory of World War One 1914 - 1918

One hundred years ago, Europe and her allies were embroiled in the tragedy of the Great War. Over the last few months there have been many solemn ceremonies held to honour those who

died, remembering the great sacrifices that were made and vowing that they would never be forgotten.

Paphos Voices are offering their own tribute by presenting a concert of contrasts. Stirring anthems which mourn the thousands who died but also songs to salute the fortitude of the loved ones left behind.

Beginning with "From the rising of the sun" and "Souls of the righteous", anthems which remember the departed, the mood changes and recalls songs that were being sung early in the century before the war began, including "By the Light of the Silvery Moon", "Alexander's Ragtime Band" and perhaps surprisingly, "The Londonderry Air". Following these is a medley of tongue-in-cheek ditties and parodies sung defiantly by the front-line troops to bolster their morale, some versions with words quite unprintable but also including the "no man's land" carol "Stille Nacht" (Silent Night) and ending with the evocative "Home Sweet Home".

After the interval it becomes unashamedly sentimental, focusing on the songs sung to combat the worry and heartache of the waiting families and friends. "It's a Long Way to Tipperary" and "Roses of Picardy" were brought back by the servicemen on leave and rapidly gained popularity along with "Keep the home fires burning", "If you were the only girl in the world" and "Till we meet again". Songs full of desperate hope and longing which can bring a lump to the throat even now. Sir Harry Lauder wrote the words to "Keep right on to the end of the road" immediately after hearing of the death in action of his only son, Captain John

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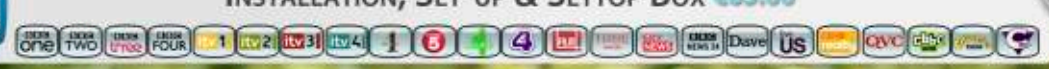


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Lauder making the words even more poignant.

The concert's conclusion returns to a more contemplative note. The moving spiritual "Steal away" sits alongside three anthems with words that re-affirm our recognition and everlasting remembrance of the ultimate sacrifice made by so many a hundred years ago.

Paphos Voices are now quite a feature on the Paphos music scene. Still a small choir by some standards they are conducted by Keith Smith and accompanied on the piano by Nadia Iotova. Performing at the lovely Tala Church Hall is a first for them and they hope that concert-goers will consider the venue a refreshing change, especially as bar facilities will be available. All profits from the concert will be shared between Tala Village School and Cyprus Kidney Association/Dialysis Machine Appeal - two more reasons for buying a ticket.

A Tribute of Songs In memory of World War One 1914-1918 is on Friday 31st October 2014 at Tala Church Hall, 7.30pm, tickets €7. Tel: Anita Dye 99771548 or Joy 99496153 (Tala)

Christmas bazaar

The annual Kamares Christmas Bazaar will be held on Saturday 15th November at Kamares Club, Tala between the hours of 10.00am and 5.00pm. This year there will be over 40 stall holders displaying their home-made and imported products.



Organisers In Any Event have confirmed that in addition to the Craft Fair there will be entertainment hosted by DJ Boycie throughout the day, including fitness demonstrations by Spa Tonic, music from Paphos Voices and dancing from the Thompson School of Dance and Young Stars.

There will be a visit by Santa Claus at 3.00pm for the children and a charity raffle with the proceeds being donated to Cancer Patients Support Group. Snacks and refreshment will be available throughout the day and if you would like further information please Email: mail@in-any-event.biz or call 99387311.



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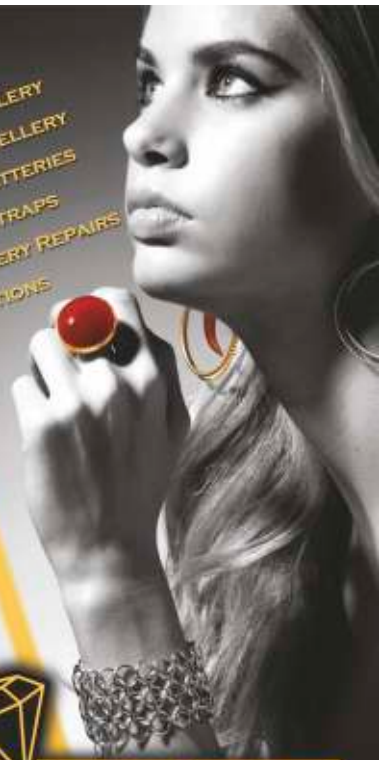
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Paphiakos & CCP Animal Welfare events

Christmas Shopping Trip to Nicosia

Thursday 20th November (07:30-18:00hrs)

Come and enjoy a lovely day out in the capital doing Christmas shopping with friends and new acquaintances! We will have coffee on the way, and we are going to Marks & Spencer Strovolos, IKEA and Mall Of Cyprus. Tickets are €15/person, non-refundable, full payment required at time of booking.

Christmas Dinner & Dance

Saturday 29th November (19:30hrs till late)

Our traditional Christmas event is taking place in the popular 5th Floor Restaurant, with a delicious gala buffet incorporating Turkey and Christmas pudding, fine wines (welcome drink and half bottle of wine/person included), and the famous Matthew Edmondson to sing and keep us dancing! Tickets are €30/person. Bookings confirmed by 7th November will pay only €28/person!

Numbers are limited so please book now to avoid disappointment! For reservations, call joy at 99249497 or 26946461.

CPSG diary dates

Great events raising funds for Cancer Patients Support Group:


Saturday 11th October - Michael Antoniou presents Rock, Swing & Blues at Sunset Breeze, Kissonerga. €22.50 to include a first-class buffet and entertainment. To book call 99854375.

Sunday 19th October - A day at the Nicosia Races organized by Peace & Harmony Lodge. €35 to include coach transport to and from the Racecourse, and buffet luncheon in your own marquee. Payment to be made by 15th September. For more information contact Maurice on 99952552.

Sunday 19th October - The Mesogi Arms, Mesogi. Set to Rock, entertainment by Andi and Melissa Hobbs. Price €10 includes food and entertainment and donation to CPSG. For bookings contact Shelley on 26654144. For information contact Alan on 99967861.

Monday 20th October - Fashion Show, Aliathon Bowling Club. €10, to include complimentary Bucks Fizz and light refreshments. Clothes from Here & Now and Chic. Tickets available from Aliathon Bowling Club, Mary & Keith Stacey on 99280711 / 99280866.

Wednesday 22nd October - Anarita Ladies Circle Beetle Drive. 7.45pm Mike's Coffee Shop and Bar. Contact Anne on 97653464



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'Music from the Movies' concert

Music from the Movies' Concert by highly acclaimed Orphean Singers on Friday 17th October at Annabelle Hotel In Kato Paphos. Tickets €10, available from Blue Olive restaurant in Coral Bay, Aphrodite Rock Brewery in Tsada, Carol on 99143558, or by visiting our website www.orpheansingerscyprus.com

Proceeds (AE) will go towards the purchase of a kidney dialysis machine for Paphos General Hospital and other charities.

The Orphean singers will be delighted to welcome all friends both old and new to the concert where you are assured a musical night to remember in a fabulous setting.

'Swing'in With A Difference' charity evening

Michael Antoniou is organising and hosting another evening of 'Swing'in With A Difference', on Saturday 11th October at Sunset Breeze Restaurant in Kissonerga - raising money for the Cancer Patients Support Group.

An evening with Michael Antoniou bringing you hits from the likes of Sinatra, Elvis, J.Cash, Dean, Bill Withers and much more. Special guest Louise Vreony will also be singing on the night.

Tickets are €22, includes a 3 course hot buffet & raffle starting at 7:30pm until 11:00pm. A donation from ticket sales will go to the charity. For tickets, call Louise on 99718598 or Mike on 99854375 or Sunset Breeze Restaurant on 26940791.

CPSG Christmas craft bazaar

This year's CPSG Christmas Craft Bazaar is being held on Sunday 2nd November, 9.30am-12.30pm, at Angelika's Restaurant, Chloraka. Many stalls selling crafts, preserves, bakery, garden, cards & Christmas cards and more, also bottle stall, tombola, white elephant and Grand Draw Raffle.

Aliathon Bowling Club donation to hospice

The President of the Aliathon Bowling Club, Tina Woodcock, recently presented a cheque for €1,100 to Chris Jones, the Chairman of the Friends Hospice Foundation, at St George's Clinic. The money was raised by club members during a variety of events. Two fashion shows, organised by Judy Newman, were

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the biggest fund raising events. The hospice moved from the Evangelismos Hospital to St George's Clinic in October 2013 and since then 130 patients have used the facilities. Six hospice rooms are located on the first floor where patients are looked after by very caring nurses mainly of Cypriot origin. Prior to the presentation Chris showed the Aliathon representatives around the very impressive facilities.



left to right: Judy, Katerina (Nurse), Raphael (Nurse), Tina, Chris, Yiota (Nurse), Norris (Aliathon) and Nina (Hospice Sister)

This year the Bowling Club will again be holding several Charity Events including a Fashion Show on Monday, 20th October.

The photograph below shows Tina handing over the cheque to Chris.

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The Old Shack Fishing Club

Match reports for August 2014 - Summer League

5 August - Round 17

Aspro "tourist ally" section was the venue this week as we return to the Summer League. The favoured pegs produced plenty of fish with Peter Sanders winning the day with 14lb 12oz from peg 4. Allan Dodds was second with 12lb 10oz from peg 5. In third place was Paul Davies with 10lb 8oz from peg 7, The total weight was 64lb 13oz. Ten members fished.

12 August - Round 18

The venue this week was again at "tourist ally" Aspro Dam. Weights were not quite up to the standard of last week, but all pegs produced fish. The winner this week was Chas Hunt with a very good bag of 14lb 13oz from peg 6. In second place was Peter Heritage with 7lb 14oz from peg 7 and in third place was Pete Sanders with 7lb from peg 9. The total weight was 52lb 15oz. Nine members fished.



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Alan Wilson on 99850355 (M.A.R.C.H.)

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19 August - Round 19

After an absence of five weeks it was back to Evretou. As the water was going down rapidly it was necessary to switch to the taverna side in order to accommodate more pegs. Weights were patchy and only pegs with cat fish did well. In first place was Derek Reddy with 7lb 9oz from peg 1. In second place was Dave Wilkinson with 7lb 8oz from peg 2, and in third place was Ellen O'Meara with 2lb 9oz from peg 7. The total weight was 25lb 15oz. Eleven members fished.

26 August - Round 20

This week we were again on the taverna side of Evretou. Unfortunately the venue did not produce much fish with only one or two pegs successful. Overseas member Alan Jervis won with 10lb from peg 9. In second place was Chas Hunt with 5lb 4oz from peg 2 and in third place was Ellen O'Meara with 3lb 9oz from peg 1. The total weight was 31lb. Ten members fished.

Meetings are held at the Old Fishing Shack Pub on the first Monday of each month at 7.15pm. New members are welcome. For further information, please contact Athos on 99805390 or Peter on 99280857.

Written for Cyprus Living by Peter Heritage (Match Secretary)

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Rainbow's End's

Arts & Crafts Gallery

would like to invite you to their

Pre-Christmas Preview Event

to be held on

**Sunday 2nd November 2014
from 11:00 am to 4:00 pm**

Lots of beautiful handmade Christmas items available, from tree decorations, Advent calendars, coasters, door hangings, cards and much, much more.

Bring this advert with you to the Preview Day and receive a 10% discount on any purchase.

German Lessons



Do you want to *learn* German?
Do you want to *improve* your German?
Do you want to *study* in Germany?

By: Native German speaker, University Diploma
Contact: Tel.: 99 012 102, julia@rautenschlein.com

ALL MONEY MATTERS

www.InvestorMorse.com



Eating out in Paphos

There is an amazing choice of restaurants, tavernas and cafes in the Paphos area. Whether you are looking for à la carte dining, a traditional Cypriot meal, international dishes or tasty lunch time snacks, there is a wide selection of eating establishments to meet your requirements. We hope this guide to highly recommended restaurants, tavernas and cafes will help you decide where to go to eat.

Almond Tree Restaurant

If you are looking for something delicious and different to a traditional Cypriot taverna, the Almond Tree Restaurant, in Kato Paphos, offers a truly international menu taking in influences from Asia, the Mediterranean and the USA. The restaurant is an ideal venue for groups of all sizes and pre Christmas parties. In the run up to the festive season, the Almond Tree will be serving 3-course set menus, created by owner & chef Andreas, priced from just €17pp. In addition to the set menus, Andreas is happy to construct a menu around your budget and taste. Bookings now being taken for pre Christmas parties and New Year's Eve. Almond Tree Restaurant, Kato Paphos. Tel: 26935529

Andria Restaurant

Andria Restaurant, located on the Coral Bay strip, is a modern family-owned restaurant open daily 9.30am until late from March until November. There is an extensive menu serving breakfasts, sandwiches light meals and salads. The À La Carte menu offers local and International cuisine with something for

everyone including steaks, fish, vegetarian options and of course the very popular Chef's Specials. It is an ideal venue for any celebration including weddings, birthday and anniversary parties. Andria Restaurant are currently offering Cyprus Living readers a €20 discount off their À La Carte menu when four people are dining, see advert for discount voucher. Andria Restaurant, Coral Bay. Tel: 26622622 / 99545556

Blue Olive Bistro

Derrick and Rebecca would like to welcome you to the Blue Olive Bistro for their First Christmas Celebrations. We will be serving our Traditional Festive Fayre Menu from 24th November through to 24th December. Our menus will be available from 1st November and bookings are recommended. The Orphean Choir will be appearing at the Bistro on 10th December for a special lunchtime Carol Concert, for further details telephone Charlotte on 26623901 or email dlancaster51@aol.com. Future events at the Blue Olive include a Caribbean Night on 10th October and an Irish night on 3rd November. Please see our website for further details. www.blueolivecy.com Blue Olive Bistro, Coral Bay. Tel: 26623901

Brick & Ale Restaurant & Lounge Bar

Brand new to Coral Bay Brick & Ale is a restaurant and lounge bar serving tempting food and drinks in relaxing and pleasant surroundings. Owner Maria Papachryostomou prides herself on extremely high standards of cleanliness and service. Open daily serving breakfast, lunch, snacks, sandwiches, salads and dinner. As well as the popular Full English the breakfast menu includes different choices such as Eggs Benedict, Spanish Omelette and

Olivio
Restaurant & Wine Bar

FREE Wi-Fi

Olivio Restaurant & Wine Bar - is situated in the lovely village of Anarita (opposite the traditional village church) only 10 mins drive from Paphos. Enjoy drinks on our sunny terrace or relax in our comfortable lounge. Open from 4pm for drinks from 6pm for A La Carte evening meals. Tel: 99 647 341 / 99 126 992. Closed Tuesdays.

DA VINCI'S
MEDITERRANEAN RESTAURANT & WINE BAR

FREE Wi-Fi

- All live sport events on 5 HD screens
- Friendly staff
- Very affordable prices!

Open 9.30am - 1am
Breakfast
Lunch
A La Carte

Vegetarian menu available

Special Offer
2-COURSE or 3-COURSE SET MENU

On the "Triangle" opposite Amathus Hotel
For reservations call:
99 710 335 Petros / 96 732 335 Marios



CHRISTMAS LUNCHEAS AND DINNER NIGHTS

MONDAY TO WEDNESDAY CHRISTMAS LUNCHEAS 12 TIL 4
THURSDAY TO SATURDAY CHRISTMAS DINNER NIGHTS 6 TIL 9

COME AND JOIN US FOR CHRISTMAS LUNCH OR DINNER
STARTING 24TH NOVEMBER THROUGH TO CHRISTMAS EVE

Bookings are essential call Charlotte on 26623901 or Email diancaster51@aol.com

Blue Olive

A deposit of €5.00 pp will be required.

SEE OUR WEBSITE FOR MORE DETAILS www.blueolivecy.com.

Please note we do not accept cards

Opening hours
Mon - Tues 9.00am-5.00pm
Weds - Sat 9.00am-9.00pm
Sun 12.00 noon-3.30pm



BRICK & ale

Brick & Ale Restaurant & Lounge Bar

Open Daily Serving Breakfast, Lunch, Snacks, Dinner, Coffees, Cocktails, Drinks

SPECIAL OFFER FOR CYPRUS LIVING MAGAZINE READERS:



FREE
GLASS OF HOUSE WINE
OR PINT OF HOUSE BEER

when you order a meal
from our Mains Menu

offer valid until 13/11/14



Coral Bay - Tel: 26 622 699 / 99473568 - Email: brickandale@gmail.com

Pancakes. Later in the day you can enjoy the Brick & Ale's homemade burgers or maybe a platter to share. They have a pool table and big screen TVs showing all sports, and also an exchange library.

Brick & Ale Restaurant & Lounge Bar, Coral Bay. Tel: 26622699 / 99473568

Casa Luna Italian Restaurant

Casa Luna is located at the bottom of Stephanie Hill in Tala. The corner position has a very relaxing outside area intimately lit for romantic dining experience. Offering traditional authentic Italian food, the menu is huge with the added addition of a 'Specials Board', with choices that should please all diners. The owners are friendly and will make you feel very welcome; they are always willing to ensure the food meets your tastes. Delicious choice of wines to complement the varied meal options. Bookings are now being taken for their set Christmas menu - reserve early to avoid disappointment.

Casa Luna Italian Restaurant, Stephanie's Corner, Tala. Tel: 99613457 / 26652966

Da Vinci's Restaurant

Da Vinci's is in the popular 'Triangle' area of Kato Paphos. The restaurant has recently undergone renovations with new furniture and facilities. It serves breakfasts, lunches and evening meals. The menu is a mix of Italian, Mediterranean and Cypriot, cooked fresh to order, at very reasonable prices. Brothers Pambos and Pedros, together with Marios, are your friendly hosts. This is a great place for either a drink and light meal, sitting in the spacious open bar area, or watching sport on one of their five

large TV screens, or enjoying a romantic meal or gathering with friends in their à la carte restaurant area.

Da Vinci's Restaurant, Kato Paphos (opposite Amathus Hotel). Tel: 99710335 / 96732335 / 26913334

G&Ts Kallepia

The move to Kallepia has really worked out for Garry and Tracey. They now have a first class restaurant capable of seating 125 as



well as much more outside space for alfresco dining on the new decking areas expertly laid down by Garry himself! The new fine dining menu has been well received and the return to traditional Sunday lunches sees 70 or more diners every week. Garry is now planning new ventures including music nights

with the likes of the Blues Brothers and soon a boules pitch next to the church. For bookings ring 26642727 or 96579144.

G&Ts Kallepia. Tel: 26642727 / 96579144.

Gabriel's Tavern

This traditional tavern located in the beautiful village of Koukليا will definitely be an experience you will want to return to again and again. Family owned and run you will immediately feel Gabriel's warm hospitable welcome. The menu offers a wide choice of traditional meals at exceedingly good prices. Every Friday there is live Bouzouki and on various other evening's entertainment to enhance your dining experience. Parties are

Gabriel's Tavern is a traditional tavern located in the beautiful village of Koukليا. With 3 years of success in serving traditional meals at the best prices and over 100 reviews in trip advisor from which we have earned a Certificate of excellence for 2013, we are continuing with a new upgraded menu for 2014 but with the same love and care for what we do.



Every Friday
we spice our environment
with live bouzouki and
in the summer

we arrange for you various events just to make your nights even happier. Ideal for birthday parties, wedding parties and events, with a full meze only for 15 € per person.

Gabriel's

For any information or bookings
call Gabriel direct at 99633745



Hill View Restaurant



Bookings being taken for
Christmas Parties and
Christmas Lunch

Call for details of menu

Come try our Evening
À La Carte Menu
including:
Slow Roast Pork, Rack of Lamb,
Crispy Roast Duck, Sea Bream,
Steaks & variety of
Local Dishes

Sunday Lunch Carvery
Main Course
from €9.95

Freshly Cooked Home Made Food!

For Reservations call 25 221 972



Stadium Str., Pissouri Village, Limassol 4607
Email: hillview@logos.com.cy
www.hillview.com.cy

Paradise Restaurant & Bar

Free Wi-Fi

Christmas Day Lunch 25th of December

- Smoked salmon & prawn canapés
- Prawn cocktail
- Liver paté with onion jam
- Cream of asparagus soup
- Breaded garlic mushrooms
- Roast turkey fillet with sage, onion stuffing & cranberry sauce
- Roast beef with horseradish sauce
- Roast pork with sauerkraut (traditional Estonian)
- Oven baked salmon fillet with pineapple, pepper, cream & cheese (please pre-order)
- All main courses served with roast potatoes & vegetables
- Sherry trifle & ice-cream
- Ice-cream
- Christmas pudding, brandy butter & custard
- Paradise coffee
- 4-course meal €30 p.p. - Deposit €10 p.p.
- Please book - limited amount of seats available

New Year's Eve in Paradise! Live entertainment by Joe, Mc

- Canapés
- Bang bang chicken
- Vegetable samosas & curry rolls
- Prawn cocktail
- Breaded garlic mushrooms
- Thai red prawn curry
- Chicken tikka masala
- Beef in Guinness
- Vegetable moussaka
- BBQ spare ribs
- Tipsy ice-cream
- Creme a la Suzette
- Irish coffee
- 4-course meal €25 p.p.
- Please book - limited amount of seats available.

CURRY NIGHT

- Every Wednesday
With Rick Legend
- 2-course set menu
€10.50
- 3-course set menu
€12.50
- Selection of 11
homemade curries

SUNDAY LUNCH With live music

CHRISTMAS PARTY

with Jezebel
and Lisa-Marie

11th DECEMBER at 7pm

3 COURSE MENU
€15 p.p.

Opening times: Tues to Sat 12pm-11pm late and
Sunday 12pm-5pm (closed on Mondays)

Located in lower Chloraka (Solanas Michailidi St. just off St George's Hill)

For more info & bookings, call Helen on 99033693



Almond Tree



Fine dining restaurant with live music every Saturday. Serving a range of Mediterranean & Asian inspired dishes using only the finest quality local ingredients.

Book your Christmas party now, with our festive 3 course set menus available from just €17pp & carafe of local wine for €10.



For more information or to book a table contact us on:
26 935529 or 99513863
almondtreepaphos@yahoo.com
Or find us on Facebook by searching for almondtreepaphos

andria restaurant

Steak & Grill House



Serving traditional local dishes, international cuisine and a selection of seafood

Open daily from 9.30am until late

Coral Bay, Peyia, Paphos

www.andriarestaurant.co.uk

Tel: 26 622 622



well catered for, Birthdays, anniversaries, weddings, or any other event, Gabriel's will be sure to make it a celebration to remember.

Gabriel's Tavern, Kouklia. Tel: 99633745

Haris Tavern/Bar

As you drive up to Peyia village, Haris Tavern/Bar is situated on your left just before the new medical centre. This family-run taverna has been in Peyia since 1982 and has recently undergone extensive refurbishment becoming a popular location for locals and tourists to enjoy a relaxing drink or a meal. It is open daily serving breakfast, lunch, snacks and dinner. Chef Stuart is well-known locally for his delicious full English breakfasts and lunchtime favourites such as sausage & mash or ham, egg & chips. Haris Tavern is now taking bookings for Christmas day - call in for copy of menu.

Haris Tavern, Peyia. Tel: 99279200 / 99179733

Hill View Restaurant

Hill View Apartments & Restaurant can be found at the highest point of Pissouri Village with spectacular views to the endless Mediterranean sea and the Troodos mountain range. This relaxing, friendly, splendid restaurant with its magnificent views will greatly enhance your dining experience. Try their evening À La Carte menu which includes a mouth watering selection of Rack of Lamb, Slow Roast Pork, Crispy Roast Duck, Steaks, various Fish and local dishes, or enjoy their popular Sunday Carveries. Bookings are now being taken for Christmas Parties and Christmas Day lunch - be sure to check out their set menus and great prices.

Hill View Restaurant, Stadium Street, Pissouri Village. Tel: 25221972. www.hillview.com.cy

Lou's Lunch Box

For Debbie Watson, owner of Lou's Lunch Box in Coral Bay, it is the busiest time of the year as she starts making Christmas cakes to order. In addition to the traditional rich fruit Christmas cakes, Debbie will be making a selection of seasonal favourites including mince pies, chocolate logs, gingerbread, festive cup cakes and Christmas cake slices. During week beginning Monday 13th October, Lou's Lunch Box will be offering customers a chance to taste a selection of these Christmas goodies. So why not pop in for a coffee and sample the delicious treats on offer - and get your Christmas order in early.

Lou's Lunch Box, Coral Bay. Tel: 99035969 / 99243960

Mermaid Restaurant

Located within the grounds of the Neptune Hotel Apartments in Coral Bay, the Mermaid Restaurant has recently re-opened with a brand new A la Carte menu which includes a selection of meat options in addition to the delicious fish and seafood dishes available such as lobster and oysters. There is a refrigerated fresh fish display from which you can make your selection. Flambé desserts are a firm favourite with many Mermaid's customers and are cooked to perfection at your table. The restaurant is fully air conditioned with disabled access and is an ideal location for private parties and weddings. The Mermaid is closed Sunday evenings.

Mermaid Seafood Restaurant, Coral Bay. Tel: 26622101



Petradaki Taverna
Superb Cypriot & International Cuisine

For warm hospitality and good value, and to book, call Bambos & Niki on 26814191

*Every Friday
 Fresh Salmon and Fish
 Excellent Quality
 Sunday Lunch €16
 With wine at €7.50 Litre*

*Superb Cypriot & International Cuisine
 Warm Hospitality & Reasonable Prices*



Closed on Mondays

Trattoria La Vigna






**Open Daily
for Lunch & Dinner**

**Serving a
traditional Italian menu
including homemade breads,
pizzas & pastas**

**Large selection
of local & Italian wines**



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OUR CHRISTMAS DAY & NEW YEAR'S EVE MENUS
LIVE MUSIC FROM BLUE JAR

Certificate of Excellence



2014 WINNER

For more information or to make a reservation, please phone 26813755
 or visit our website: www.trattoria-lavigna.com
 Email: info@trattoria-lavigna.com

Neo's Sports Club

Located in lower Peyia, Neo's Sports Club is more than just a place to enjoy sports such as snooker, green bowls and table tennis, it is open all day until late serving breakfast, lunch, snacks and dinner. There is an À la Carte menu with daily specials and a separate fine dining area. The owner Stavros is famous locally for his delicious flambé dishes cooked at your table. There is regular live evening entertainment. Neo's is an ideal venue for private parties and weddings, with menus to suit budgets and taste. In addition to the indoor bar, there is a roof garden bar with amazing sea and mountain views.

Neo's, Peyia. Tel: 26622900

Neptune Hotel Apartments

Now fully renovated, the Neptune Hotel Apartments in Coral Bay are open all year round offering stylish accommodation in their newly refurbished apartments. Bed & breakfast or half board accommodation is available, and if you opt for half board you can make your dinner selection from the À la Carte menu. You don't have to be staying at the Neptune to take advantage of their food and hospitality, you can enjoy a drink at the bar and watch the sport on the big screen TV, non residents can use the swimming pool. Breakfast, lunch, snacks and drinks are available throughout the day and you can sample their À la Carte menu served in the Mermaid Restaurant.

Neptune Hotel Apartments, Coral Bay. Tel: 26622101

Olivio's Mediterranean Restaurant & Wine Bar

Olivio's Mediterranean Restaurant & Wine Bar in the village of Anarita is celebrating its second successful year. Pambos & Elaine

continue to provide the finest dining of Mediterranean style food at affordable prices. Their warm and friendly hospitality invites you to experience the magical flavours of their country and culture. The beautiful modern stone building, that complements the traditional village structures, can be found opposite the village church, where there is ample parking behind the restaurant. The plush but contemporary surroundings and the extensive and varied menu will wow you that Olivio's is a place that truly offers the finest of dining experiences.

Olivio's Restaurant, Anarita. Tel: 99647341 / 99126992

Ollie's Tavern

A huge welcome awaits you from Val and Brian, the owners of Ollie's Taverna in Tremithoussa, next to the Municipal offices. Val and Brian opened Ollie's in February 2011 and have gained a reputation for excellent fare and value for money and it is enjoyed by locals and ex-pats alike. Over €10,000 has been raised so far for various charities through their well-supported charity events. On 7th November they are hosting a Gala Charity Night to raise funds for 3 worthy charities and tickets are going fast. Bookings are also being taken for Christmas Day Lunch, 5 courses for just €30.

Ollie's Tavern, Tremithoussa. Tel: 99076831

Paradise Restaurant

Paradise Restaurant is located in lower Chloraka, elevated to take in both the sea and hillside views. It is a friendly and welcoming place. Helen and Louis, the proprietors for 4 years, continue going from strength to strength to offer their customers what they want. They now have Wednesday Curry Nights with



Poppadums
INDIAN TANDOORI RESTAURANT
Coral Bay Road (opposite Ritz Hotel)



Opening hours:
6pm - 10.30pm

Bookings advisable 26 949 435 / 99 836 390

EARLY BIRD
Monday to Thursday
before 7.00pm
10% DISCOUNT
on food

HALLOWEEN
SUNDAY BUFFET
26TH OCTOBER

LIVE MUSIC
WEDNESDAYS & SATURDAYS
7.30PM - 9.30PM



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EST 1984

Celebrating **30 YEARS**

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CORAL BAY www.phidiastavern.com
26621018 facebook tripadvisor **FREE PARKING**

Casa Luna RISTORANTE ITALIANO

DINNER 24th December
LUNCH & DINNER 25th December
Open from 12 to 9pm
DINNER 26th December

STARTERS

- Cocktail di gamberetti
Shrimp cocktail
- Salmon affumicato
Smoked salmon
- Pate fegato d'Anatra
Duck liver pate
- Funghi Ripieni
Stuffed mushrooms
- Minestrone soup
- Carciofi al Forno
Artichokes in the oven

MAIN DISHES

- Agnello al limone
Lamb shank with lemon sauce
- Tacchino ripieni
Stuffed turkey fillet
- Salmone al vino bianco
Salmon with a white wine sauce
- Medaglioni di maiale ai funghi
Pork medallions with mushroom sauce

All main dishes are served with accompanying trimmings

DESSERT

- Crepes Suzette
- Tiramisu
- Crème Caramel
- Followed by coffee


Closed
31st December 2014 - 31st January 2015

CHRISTMAS MENU - ALL FOR THE PRICE OF €34.50

CALL NOW TO BOOK 26 652966 / 99 613457 / 99 306844
email: casalunaristorante@gmail.com
CASA LUNA – STEPHANIE'S CORNER TALA
Open all Winter, closed on Wednesdays

G&J's Café Bar Restaurant

Monastirou on the Hill, Kallepia



- ◆ New Bigger Restaurant Now in Kallepia
- ◆ Plenty of Free Parking
- ◆ Open 7 Days a Week from 10.00am 'til Late
- ◆ Thursday Quiz Night
- ◆ New Fine Dining Menu

TEL: 26642727 or 96579144

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• Breakfast • Lunches & Light Snacks • Dinner

8am → late
(breakfast served until 3pm)

Stuart (previously at Stuart's Diner) doing traditional breakfasts, lunch and Sunday lunches.

Sunday Lunches from 12pm → 3pm

Roast Beef, Lamb, Pork with fresh seasonal vegetables, roast potatoes, Yorkshire pudding and gravy

1 course €7.50	2 courses €9.50	3 courses €11.50
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- All food is homemade - reservations advised
- Seating inside or outside on our terrace
- Ample parking available
- We cater for Weddings, Parties and all celebrations

PINT OF HOUSE BEER €1.50

LIVE MUSIC Every Wednesday Evening – Rock, Blues & Soul with Saffire

We are situated in Peyia just below the Peyia Medical Centre
Call 99 279 200 / 99 179 733 to book
Mihalaki Kyprianou 58, 8560 Peyia

FREE Wi-Fi

LOU'S LUNCHBOX

- Sandwiches
- Sausage Rolls
- Hot & Cold Drinks
- Salad Boxes
- Scotch Eggs
- Pies & Pasties
- Cakes and much more!

Celebration Cakes & Outside Catering @ affordable prices!

Shop: 99035969
Debbie: 99243960



ORDERS NOW BEING TAKEN FOR CHRISTMAS CAKES

MINI DELI
Selling Cold Meats, Cheeses & Muller Lights



Rick Legend to entertain you, Sunday lunch with Live music and monthly themed evenings. All food is freshly made to order and is also available to "Take Away"! The menu is varied and offers a selection of vegetarian dishes. Bookings now being taken for their popular Christmas Day and New Year Celebrations.
Paradise Restaurant, St George's Hill, Chloraka. Tel: 99033693

Petradaki Tavern

Petradaki Tavern is in the village of Kathikas, with wonderful views of the mountains. Bambos is the owner with his wife Niki. Bambos has been a chef for 22 years, He worked as head chef in various top hotel in Greece and Cyprus. A little insight into its name (Petradaki): it means "little stones" - the stones that are placed between larger stones in a traditional Cyprus stone wall. Tasty starters, wonderful main courses, homemade desserts, complemented by a carafe of their excellent house wine from their own grapes. Winemaking is Bambos's hobby on a Monday, the day the restaurant is closed.
Petradaki, Kathikas. Tel: 26814191

Phidias Tavern

Phidias Tavern is one of the last true restaurants in Coral Bay serving home-cooked, traditional Cypriot dishes...and long may it stay that way. I have been to this restaurant for over 15 years and can honestly say I have never had a bad meal. The menu offers a wide range of dishes, from a choice of local mezes - meat, fish or mixed. Phidias Tavern can be found just behind the Coral Bay strip and it is certainly worth making the effort to find this hidden gem.

Phidias Tavern, Coral Bay. Tel: 26621018

Poppadums Indian Tandoori Restaurant

Enjoy fabulous, mouthwatering Indian food at Poppadums. Choose from their comprehensive menu or tell them what you like - lamb, chicken, prawn, fish or vegetarian and how hot you like your food - and they will go through the options with you. A good way to sample a wide selection of food on offer would be to go to their monthly Sunday buffets (booking recommended). There is live Indian music every Wednesday & Saturday night, 7.30pm-9.30pm, creating an enjoyable ambience. Take advantage of their Early Bird 10% discount on food if you dine before 7pm Monday to Thursday. Open 6pm-10.30pm 7 days a week. Poppadums have a takeaway service.
Poppadums Indian Tandoori Restaurant, Coral Bay Road (opposite Azia Hotel). Tel: 26949435 or 99836390

Trattoria La Vigna

Established in 1998 Trattoria La Vigna in Coral Bay is a popular family-run traditional Italian restaurant with a relaxing ambience. Owners Emilios and Panikos and their team pride themselves on serving delicious food created from high quality ingredients. The pastas, breads and pizzas are all homemade and to complement your food they have a large selection of local and Italian wines. Trattoria La Vigna is open all year round including Christmas Day and New Year's Eve; Blue Jar will be providing the live entertainment for both events. Full details of the festive menus will be in the November issue of Cyprus Living Magazine.
Trattoria La Vigna, Coral Bay. Tel: 26831755

EI MIKRI TAVERNA
The Tavern that takes you back to the old, True Cyprus!

TABEPNA
TRADITIONAL CYPRIOT CUISINE

OCTOBER HAPPY DAYS!!!

- MONDAY: Closed
- TUESDAY: Free carafe of wine with every two meals 6pm-7.30pm - plus Happy Hour!
- WEDNESDAY: Live entertainment with various artists - plus Happy Hour!
- THURSDAY: Wine tasting with local Cyprus wines & cheeses - €5 per person (refunded if you stay for dinner)
- FRIDAY: Live Cyprus Night with all-you-can-eat buffet €12 per head - plus Happy Hour!
- SATURDAY: Happy Hour with free nibbles 6pm-7.30pm
- SUNDAY: Traditional Sunday Roast Dinner: Lamb, Pork, Beef, Yorkshire pudding, roast potatoes, fresh vegetables & gravy - 1 - 3 courses plus Happy Hour!

• Happy Hour - ½ price drinks 6pm-7.30pm
• Early Bird Set Menu - 3 courses €11.95
• Non Diners Welcome

WE ARE HERE
← St George/Akamas → Coral Bay / Paphos →

For more details and for bookings, call 97 878 653

RECOMMENDED ON

Ollie's Taverna
Tremithoussa

Open 7 days a week from 11am
Snacks and main meals available
Monday - Saturday 12 - 3 & 6 - 8

Try our Cod, Chips, Mushy or Garden Peas available every Friday night 6-8pm
Sunday Roast from €7.95 1-3.00pm
Choice of 3 starters
Main course - Choice of 3 roast meats & 5 seasonal vegetables
Dessert

FORTHCOMING EVENTS

Charity Gala Night
Friday 7th November
4 ACTS
3 CHARITIES
1 GREAT NIGHT!
€20 A TICKET INCLUDES BUFFET
TEL : 99076831

Christmas Day Lunch at Ollie's
Traditional Christmas Lunch
Choice of 3 starters
Roast Turkey and all the trimmings or Salmon
Choice of 3 desserts
Cheese & Bread
Coffee & Liqueur
Mince Pie
30 Euro
Limited places
so book now!

For further details Tel : 99076831

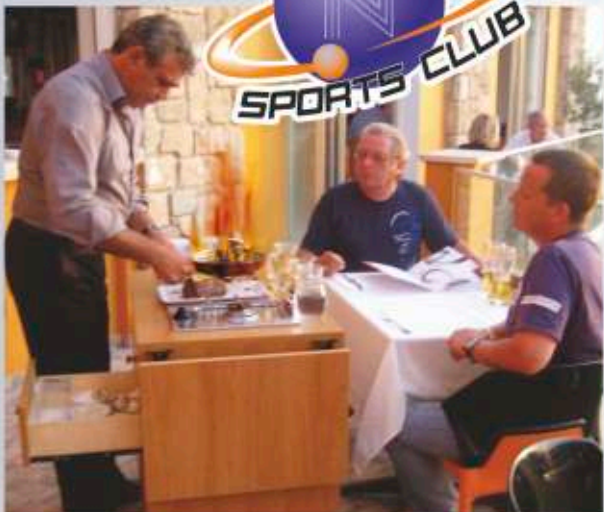


Neptune Hotel Apartments, P.O.BOX 465, Coral Bay, Pafos, Cyprus
 Tel.: +357 26 622101/102 /103, Fax: +357 26 622740
<http://www.coralneptune.com> / Email: pastavro@cytanet.com.cy

Mermaid Fish Restaurant



Mermaid fish restaurant, P.O.BOX 465, Coral Bay, Pafos, Cyprus
 Tel.: +357 26 622101/102 /103, Fax: +357 26 622740
<http://www.coralneptune.com> / Email: pastavro@cytanet.com.cy



Neo's sports club, 38 Panayias Agridiotissas,
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CONTRACT CLEANING

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97761722 / 96628769

e-mail: decorator_dave@yahoo.com



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Your garden this month

Patricia Jordan

The summer this year has been difficult for many plants especially after such a dry winter with very little rainfall. We need rain during the winter to dampen the earth deep down allowing the fibrous roots of the plants to seek out the water with which to survive. Our well ran dry quite early despite taking care of it and only watering every second day, giving it chance to refill between times. Annuals, with very shallow roots, soon succumbed to the lack of rainfall, which meant that they keeled over without yielding the bounteous crop of seeds that I usually share with other gardeners.

Having consulted a rainfall chart on the web to see what the average rainfall would be in October, it was only one day! Average high temperatures range between 24C and 28C so we are not out of the woods yet. One of my favourite weather stations is BBC Nicosia and I assiduously click the days to see if any rainfall is coming along the Med. Most of any available rain seems to fall to the north of us bypassing our little drought-ridden island. There is far more rain in Greece and the islands than here.

Enough of moaning about the lack of rain, after all we came here to enjoy the many sunny days. However, after a summer like this has been, we really need to rethink our planting and choose plants that can cope with heat, not much rain and lots of

humidity. In our earlier lives we lived in tropical Singapore where the humidity was about 90% nearly all the year and the only difference in the climate were the monsoons which blew past us and up into the Bay of Bengal. We grew the most exotic orchids there and the Singapore Botanic Gardens are still famous for their fabulous collection, in fact the national flower of Singapore is an orchid. We can grow orchids here but they tend to be regarded as indoor pot plants. I visited a huge nursery in the mountains near Vouni a while ago which was just full of them. They also grew anthuriums in many colours. Of course they are grown in temperature controlled conditions, but there is no reason that we couldn't try them in our gardens or verandas.

Neighbouring Malaysia's National Flower is the red hibiscus which grows well here. My under-gardener has managed to keep the mealy bugs at bay by daily patrols with a spray if it became too bad, or just a gloved finger as soon as they appeared. I have seen hedges devastated all over the island by these bugs, which also attack the verbenas that I grow in pots amongst the lavender par terre. Other insects tried to devastate my Pakistani Nights, (*Cestrum nocturnum*) but my vigilant husband has dealt them a blow too. I grew a huge double yellow datura in a pot but last year the autumn gales blew it over, so with the help of friends we planted in a sheltered place in the garden. However it didn't like the place and died. This plant used to be affected by mealy bugs lying along the stems and under the leaves. I was sorry to lose it, as it was a most striking plant.

Something to look forward to at this time of year is the



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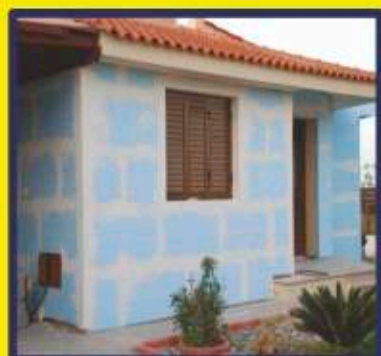
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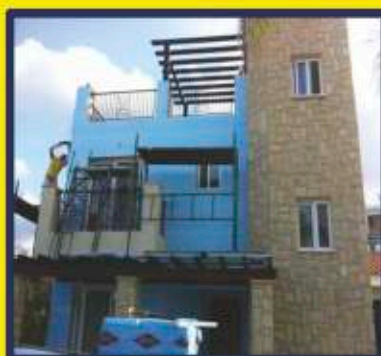
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appearance of spring bulbs in the garden centres. They arrive from Holland at this time to make our early springtime here so pleasurable. Despite our climate we are able to grow wonderful tulips and daffodils as well as other exotics. Remembering that they will have been packaged for some time always choose firm bulbs and feel them to ensure that they are not rotten anywhere. Don't plant them until the ground is damp or they will not make roots and stabilise.

'Pot Mums' in all their bright jewel-like colours are on the benches too. If you have a blank space in your flower beds pop them in their pots and they will give you autumn colour for a while. Don't buy winter vegetable plugs if they have dried out and certainly don't plant them if the soil is dry. Just be patient and wait a while. October is the traditional time to sow broad beans for early spring cropping before the blackfly are out and about. Cyprus beans are smaller than British broad beans having only 3 or 4 beans per pod but they crop sooner and you are able to enjoy them in the late winter.

Berried shrubs like pyracantha will be sprawling over fence lines looking absolutely gorgeous. Viburnum tinus may be showing its first flowers buds of the autumn. A native of this end of the Mediterranean it is a really good shrub to have in your garden and even makes a good impenetrable hedge. I have cloud pruned a couple of mine bringing lightness to a bed in the orchard. You may find new bright red leaf growth appearing on Photinia 'Red Robin', if you have been pruning it back recently. These Asian origin plants make good hedges and are used extensively in New Zealand as shelter belts from the Antarctic





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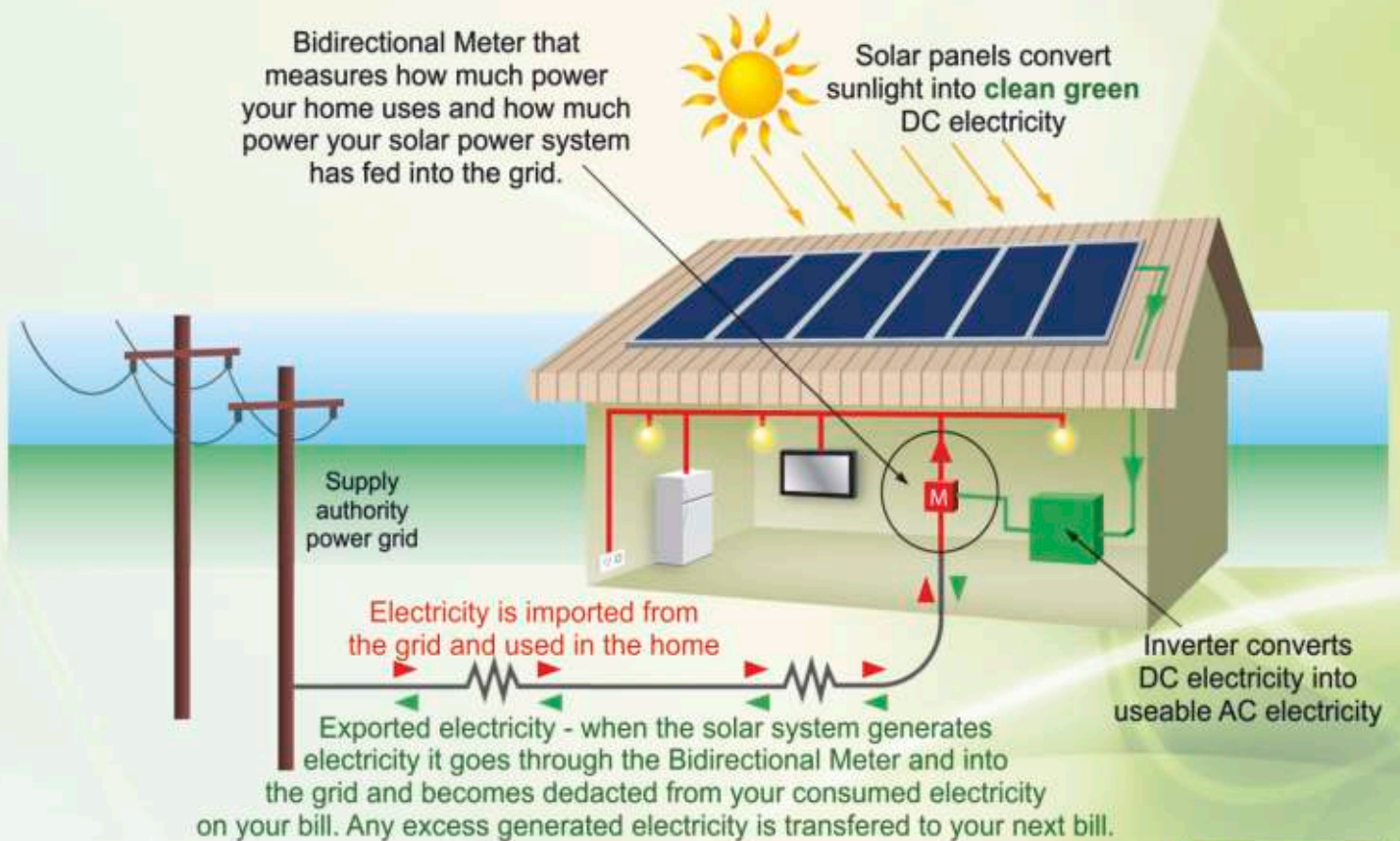


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winds driving up from the south.

Pecan nuts will be ready for picking this month. The crows will also be watching over your trees and know exactly when the outer pod will burst well before you do. When the pods begin to split, collect the nuts removing the outer shell (which may make your hands black) and keep them until Christmas. If you eat them too soon you will find them very soft and not as nice as later on.

About this time I think about replanting my herb garden as most of the plants have gone over. Best survivors are rosemary and lavender but I need chives, basils, mints and parsley to see us through the winter. Most will be available in a garden centre near you.

© Patricia Jordan

© Image of a potted orchid

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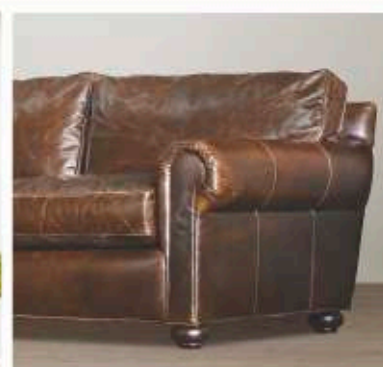
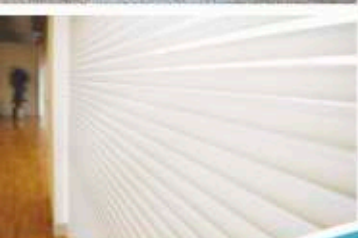
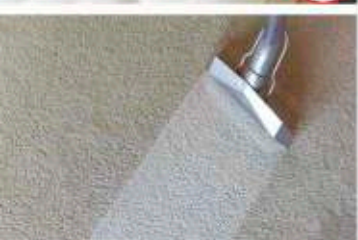
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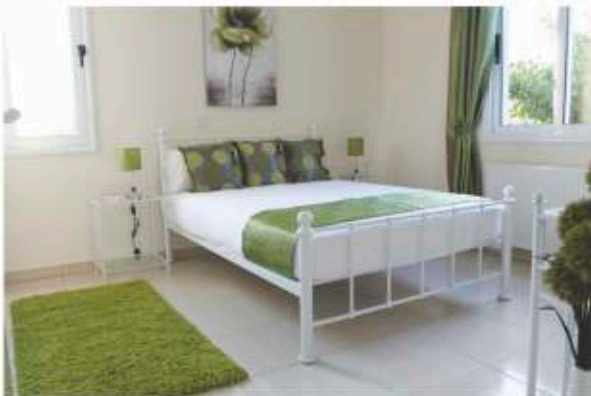
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Despite the recent difficulties, the country retains certain unique features which ensure that in the medium term and long term, Cyprus real estate is simply not going to drop off the face of the earth:

- The country is ideally located on the crossroad between 3 continents; Europe, Africa and Asia (Middle East).
- Beautiful scenery with 350 days of sunshine and a mild climate.
- Friendly population and interesting culture with virtually no crime.
- Cyprus is a member of the Commonwealth and the European Union.
- Favourable tax regime with low corporation tax (12.5%) and a network of double tax treaties including one with Russia and China.
- The legal system is based on English Law which offers transparency, certainty and a business friendly legal framework.
- The land registry office is one of the most advanced in the world providing a safe and simple regime for protecting and transferring ownership.
- High level of education and services. Ninety percent of Cypriots speak English. 1 in 800 Cypriots works for a big four accounting firm. In absolute terms Cyprus has the second largest number of Chartered Accountants outside England after India.
- Very good infrastructure which is currently being improved and an advanced telecommunication system.
- Plans are underway to increase tourism infrastructure and facilities on the entire island. A mega-yacht marina has recently opened in Limassol and there are similar plans for one in Paphos. Numerous special developments, such as golf courses and theme parks, are under way due to special incentive schemes provided by the government.
- Cyprus has advanced medical care with interesting prospects of becoming a centre of supply of health services and higher education.

In addition to the traditional strengths of Cyprus, there demand and supply fundamentals indicate that a recovery in the Cyprus real estate sector is imminent making this a unique time to buy at the bottom of the cycle and benefit from the ensuing recovery.

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• Since 2012, a growing number of Chinese have been purchasing properties in Cyprus. The number is estimated at 1,600 units sold. This is due to the policy allowing buyers of units in excess of €300K to obtain a Cyprus residence. This has been recently complemented with a policy allowing buyers of real estate in excess of €2.5m in value to obtain a Cyprus passport which is an EU passport allowing its bearer the right to travel, live and work freely in entire European Union.

• The UK economy (traditionally main source of demand for Cyprus second home market) has been growing at its fastest rate in the past 5 years (est. 2.2%-2.7% for 2014, well above the EU average), with UK house prices nationwide (not just in London) growing by 11.1% since May 2013 (in London growth was 17%), triggering hopes of a gradual return of the English buyer to Cyprus' real estate scene.

• Natural Gas Reserves: Noble Energy has recently discovered substantial gas reserves (5-8 trillion cubic feet) offshore Cyprus which is anticipated to add further impetus to Cyprus's economy with spill-over on positive effects on the real estate sector.

On the supply side, since 2008 there has been almost no real estate supply put to market, therefore, after 7 years of crisis any unsold inventories have been largely depleted.

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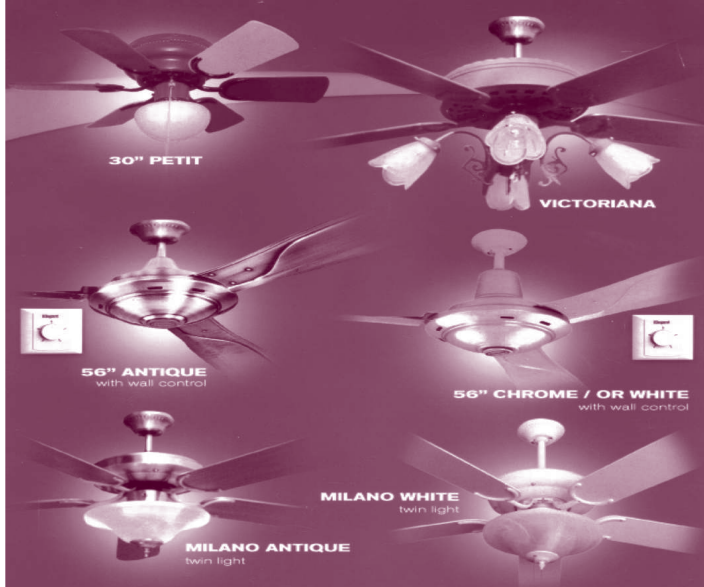
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The pot full of holes that's great for plants

It looks like some futuristic car tyre or perhaps a new-fangled fan. But this ingenious invention is intended for horticultural, not industrial, use.



The Air-Pot is set to revolutionise how we grow our garden plants, its British makers claim. They say it is a clear improvement on the humble flower pot, which has hardly changed in design since first used by the ancient Egyptians.

The Air-Pot is based on the idea that plant roots need aeration to improve the health of flowers and boost fruit and vegetable yields. The plastic containers, made from recycled bottles, are perforated and have undulating surfaces like an egg carton. In a traditional pot, the roots circle round inside, which can lead to the plant becoming pot bound.

But the design of the Air-Pot directs the roots towards the holes. When they reach fresh air, the tips dry out, promoting root growth elsewhere. The design has been used at the Royal Botanic Gardens at Kew and Edinburgh for a decade. Now the Scottish firm behind the pot, the Caledonian Tree Company, is marketing them for amateur gardeners. Marketing director Julyan Rawlings said: "Roots aren't designed to be contained. In the Air-Pot, the holes mean the roots are air-pruned. That encourages root growth, mean healthier plants. It works equally well with chillies, peppers, tomatoes, melons, potatoes - pretty much any plant."



Air-Pots are available online, costing from GBP1.10 for the one-litre version. Tony Kirkham, head of arboretum at Kew Gardens, said: "We have been using these for some years. They really are the best invention since the flowerpot."



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UK plans to restrict personal tax allowance for non-residents

The UK government is considering another tax reform which could affect British expatriates, depending on your circumstances. Following on from its plan to charge non-UK residents capital gains tax on the sale of UK residential property, it is now considering whether to withdraw the personal tax allowance from non-UK residents, unless they have a strong economic connection in the UK.

Under current rules, UK nationals are entitled to the UK personal allowances whether they are resident in the UK or abroad. At the moment the first £10,000 of income is tax free, expected to increase to £10,500 from next April. It is also granted to many foreign non-residents, especially where their country has a tax treaty with the UK, for example, EU nationals working in the UK for a short time.

Most other countries, particularly most of the EU, the US, Australia and Canada, restrict entitlement to their own personal allowances. The UK therefore collects less tax on the income of non-residents than comparable jurisdictions.

The government first announced its intention to consult on restricting this allowance in the March budget and the Treasury

has now published its consultation document, "Restricting non-residents' entitlement to the UK personal allowance".

HM Revenue & Customs estimate that at least 400,000 individuals who are non-resident for tax purposes claim personal allowances and it costs the exchequer approximately £400 million a year.

The Treasury now proposes to restrict the availability of the allowance to non-residents, so that entitlement will be based on the economic connection the individual has with the UK.

Economic connection is likely to be measured by looking at what percentage of the individual's worldwide income arises in the UK. Many other countries use this test and the percentage is generally between 75% and 90%. So, if the percentage of your income arising in the country meets the set amount you are eligible for the allowance.

The UK government has expressed that because of the low administrative burden this method places on individuals, it is the preferred option. It wants to ensure that individuals with strong economic connections to the UK continue to benefit from the generous personal allowance.

The Treasury consultation document explains that although the loss of the UK personal allowance would mean non-residents would face increased UK tax liabilities, most of them would be able to claim relief overseas either in the form of a credit for tax paid in the UK or exemption from tax in their home state.

Do you have income from the UK?
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EXCHANGE RATES MOVE FAST... BUT DOES YOUR BANK?

Increasingly, people are steering away from banks when it comes to making international money transfers. It is common knowledge that banks are big, can be impersonal and are often unresponsive. So why are they still being used to transfer funds overseas when a specialist can provide an easy and cost-effective alternative service?

Despite many being familiar with using a specialist foreign currency exchange service or broker to transfer their money abroad, many more remain unaware of the benefits, such as up to 4% savings. On a £50,000 transfer this equates to a saving of £2,000.

FC Exchange is one such service provider. Operating since 2005, they are authorised by the Financial Conduct Authority as an Authorised Payments Institution [No.511266] and have achieved success in this sector due to their commitment to providing a customer-focused service.

FC Exchange is not only able to pass cost savings onto its clients by offering more competitive exchange rates, but through savings on the transfer fees too where banks would charge around £25-£45 per transfer.

Further, unlike most banks, its products can be customised thereby enabling clients to target, fix or protect exchange rates in the volatile currency market.

Daniel Wray at FC Exchange points out that Sterling has been on a volatile ride throughout 2014 already, rising over 2.5% and then falling by the same amount versus the euro in less than three months. He further says, "Using tailored solutions such as a Stop Loss or Limit Order can help clients to maximise their returns by allowing them to target a better rate of exchange whilst at the same time having a safety net in place to secure the rate if the market moves adversely".

“ A simply great professional, efficient and friendly company.

I cannot recommend FC Exchange more highly. I was making a significant overseas purchase and needed to move funds around over a period of several months. This was quite a stressful event and I was anxious about entrusting my life savings to a stranger. I need not have worried - from the moment I started dealing with FC Exchange and my personal dedicated client contact dealer, I was confident that I was in good hands. Not only did all my transfers go smoothly but FC Exchange were with me every step of the way, explaining everything in detail, reassuring me and always keeping in touch.”

Margaret Cook



Daniel Wray, Director

MARKET MOVEMENT ON GBP/EUR EXCHANGE RATE

Date	GBP/EUR Exchange Rate	GBP cost for €200,000	Change in cost to you
Mar 2014	1.2180	£164,204	
Dec 2013	1.2110	£165,153	+£949
Sep 2013	1.1980	£166,945	+£2,741
Jun 2013	1.1800	£169,491	+£5,287
Mar 2013	1.1880	£168,350	+£4,146
Dec 2012	1.2400	£161,290	+£2,914
Sep 2012	1.2650	£158,103	-£6,101
Jun 2012	1.2500	£160,000	-£4,204
Mar 2012	1.2050	£165,975	+£1,771

Rates in this table are indicative interbank rates taken at the peak of month represented to 18 March 2014. The cost differential compared is calculated using March 2014 GBP/EUR rate of 1.2180. For current live exchange rates, please contact FC Exchange directly.

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Most people would therefore not generally pay more tax overall than they do now, though this will depend on the relative level of tax rates and allowances between the UK and their country of residence - those living in low tax jurisdictions are likely to pay more tax. This is an important element for expatriates living in Cyprus because of the tax regime here.

Are you affected?

The consultation document looks at the impact on groups of people.

Retirees - Most retired British expatriates would not be affected. Tax treaty provisions generally mean that UK state pensions, personal or private sector occupational pensions are only taxable in recipient's states of residence. While government service pensions are usually only taxable in the UK, under the Cyprus/UK double tax treaty they are only taxable here in Cyprus. If you have other income which is taxable in the UK, you could be affected by losing your allowance.

Non-resident landlords - The consultation document says that these individuals are generally taxed on their UK rental income in their country of residence as well as the UK and can claim double taxation relief. However, since there is little or no tax liability to claim against in Cyprus, individuals renting UK property are likely to pay more tax overall.

High income individuals already have their personal allowances tapered away by virtue of their high income.

Middle income individuals - Depending on where they live, they may already claim double tax relief in their country of residence against any UK tax suffered. However, those in lower tax jurisdictions than the UK - such as Cyprus - would probably face a loss.

Low income individuals - To avoid administrative burden and tax losses to these individuals, the government intends to put a *de minimis* limit in place.

At this stage this is only a consultation, so there are no changes to the personal allowance yet. The timing of the consultation means that the earliest something can happen is Budget 2015, although Budget 2016 is more likely.

Having said that, this is a good time for those with UK source income to re-consider their position, particularly if you own and rent out property in the UK. Until now, provided you are non-UK resident for five years, you do not pay UK capital gains tax when selling UK assets - but from next April non-residents disposing of UK residential property will start being charged UK tax on the gains. In Cyprus, capital gains are only payable on gains arising on disposal of real estate located in Cyprus, so if you sell a UK property, you do not have to pay tax here.

As an expatriate living here in Cyprus, you need to understand how UK tax and changes there, could continue to affect you. Importantly, you also need to understand interaction of UK tax with Cyprus tax and ensure you are not missing out on

opportunities to save tax.

To keep in touch with the latest developments in the offshore world, check out the latest news on our website www.blevinsfranks.com *Tax rates, scope and reliefs may change. Any statements concerning taxation are based upon our understanding of current taxation laws and practices which are subject to change. Tax information has been summarised; an individual is advised to seek personalised advice.*

Written by Nick Cairns, Partner, Blevins Franks

Investing in water

According to UN-Water.org, water use has been growing at more than twice the rate of population increase in the last century. It is predicted that by 2025, 1.8 billion people will be living in countries or regions with absolute water scarcity and two-thirds of the world population could be under stress conditions. The reasons for wanting to invest in water therefore make sense. Next to air, it is the world's most precious resource in supporting life. Water scarcity is also cited as a likely reason for future geopolitical conflicts. The thing about water is that, unlike with oil or natural gas, investors cannot bet on its price using futures contracts, ie no speculator can corner the market in water. Also, water utilities are subject to regulation and as water gets scarcer they could be slapped with price controls or usage limits. They are also sensitive to rising interest rates because utilities are favoured for their high income when rates are low.

The only practical way to invest in the water theme is to buy industrial companies that conserve, purify and treat water, as well as those that make equipment and deliver new technologies to the water industry. The strategy has performed well recently with water ETFs returning more than 4.8% in August, beating the S&P 500's 4.3% and have attracted just short of \$2 billion in assets since their inception in the mid-2000s. In terms of investment logic, water may be the ultimate long-term play - until an air ETF crops up! To illustrate how a water exchange traded fund (ETF) works, below is a summary of the Powershares one. The majority of its holdings are in industrials, with a smaller amount in utilities. Unlike a managed fund which can carry annual fees of around 1.5%, this ETF like most, carry a significantly lower annual charge of approx. 0.6%.

PowerShares Water Resources Portfolio (PHO)

This is the largest water ETF with \$980 million in assets. It holds US companies making products designed to conserve and purify water for homes, business and industries. The ETF has 66% in industrial stocks, 17% in utilities and a small amount in health care, technology and materials companies. Its portfolio is weighted by the market capitalization of its stocks and the top 10 holdings make up 60% of the portfolio. The top three stocks are Roper Industries Inc, Waters Corp and Flowserve Corp.

With stock markets at a general high point in the cycle, equity investors need to look further afield for returns and should look for certain themes that offer long term growth prospects. Water is

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a perfect example of such a theme. There are no guarantees of returns but with global shortage set to rise, I would argue that investing in the companies in the sector makes perfect sense. Exchange Traded Fund such as the Water Resources one is available through our portfolio service with no entry or exit costs.

Mark Hollingsworth, Director, Hollingsworth International Financial Services Ltd Tel: +35799066840, +35621316298 E-mail: info@hollingsworth-int.com Website: www.hollingsworth.eu.com
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Market recap

It has been a particularly volatile period in the currency markets over the last month as the European Central Bank (ECB) surprised investors, the UK panicked over the Scottish referendum and speculation over the timing of rate rises in the US intensified.

Early in the month we saw the ECB surprise markets by cutting the benchmark interest rate from 0.25% to 0.15%, but also becoming the first major Central Bank to introduce negative interest rates. Further, and quite likely of more significance was the announcement of a stimulus programme to help the eurozone economies. Full details of this programme will be publicised after the ECB's next meeting (02.10.2014), but many analysts are saying that it is likely to be too little too late. Meanwhile, in the UK, the pound entered the spotlight, hypersensitive to news surrounding the Scottish referendum and opinion polls changing on a daily basis. With a 'yes' vote, at the time, being a realistic possibility the pound lost significant ground in the market. Sterling made some of the biggest intraday losses versus the euro and dollar in 13 months as investors braced themselves for the prospect of Britain breakup and potentially a far larger drop in the value of the currency. With the actual result being "No" for independence, we did see the pound reverse those losses and strengthen across the board, touching a two-month high against the euro. With so much uncertainty in the markets for the euro and UK sectors, the US Dollar has been the main beneficiary, in part due to attention being focused elsewhere, but also with increased speculation that the Federal Reserve will increase interest rates sooner than many expect. Much of the data releases in the US have started to shed a positive light on the economy, and the Federal Reserve itself noted that investors have priced in a lower trajectory for interest rate rises than members of the Fed itself.

Looking ahead

With the Scottish referendum out of the way the euro will likely steal back the spotlight with attention focusing on the stimulus programme from the ECB. Although the size of the potential boost of €700 billion is huge it may not be enough to help Europe escape stagnation and so the ECB may also look to an unspoken policy of devaluing the euro in a bid to aid any potential recovery. Some analysts have predicted that this devaluing could be as much as 10%. The euro has also been

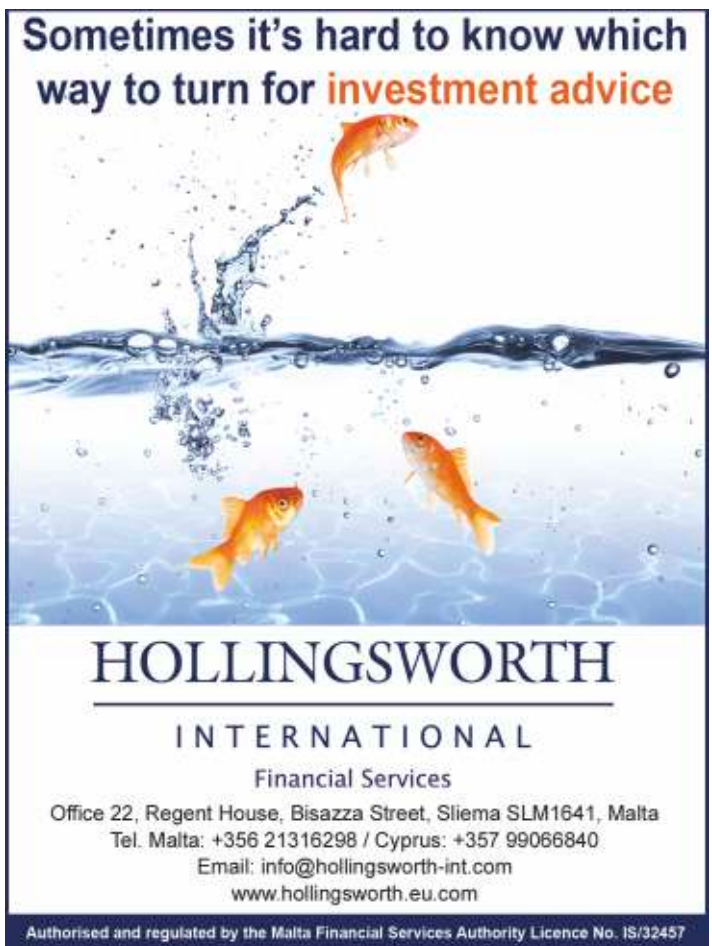
adversely affected by the continuing impact of sanctions placed both by the EU and US against Russia. Russia, by way of retaliation, has limited trading with the EU, causing losses to eurozone businesses and these factors give a current longer term view of a weaker euro.

Meanwhile the UK and US will continue their interest rate race and markets will look for further clues as to when any rise may happen. Bank of England governor, Mark Carney, has of late suggested that this could be as early as next spring so any further comments will be seized upon. The language used by the Federal Reserve is also likely to evolve at some point to reflect the data-dependent outlook. Although the Fed is unlikely to lay their cards on the table, investors frustrated by the lack of clarity may force some price action with markets favouring a stronger US Dollar moving forward.

For further information, you can call our Cypriot office on +44 357 2693 3164. Alternatively, contact Daniel Wray at our London office on +44 20 7989 0000. For the latest exchange rates, surveys, articles and market reports visit our website at www.fcexchange.co.uk.

Tax and benefit questions answered

My uncle is in the UK and is 100% owner of the shares in his company. He is thinking of coming to Cyprus permanently in



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November 2014. Is there any best time for him to do this, as the shares do have some value?
 Tom, Sea Caves

You may be aware that in the UK the sale of shares is subject to Capital gains tax. However, there is no Capital gains tax in the UK if you are not a UK resident. In Cyprus there is Capital gain tax only on gains arising from the sale of immovable property situated in Cyprus and shares in companies represented by immovable property situated in Cyprus. Therefore, the timing of the sale of his shares is critical. He needs to leave the UK before 5th April 2015, having agreed "a deal" but not having made it legally binding. The sale of the shares should be completed after 5th April 2015. The UK tax year runs from 6th April to 5th April. Therefore, he will be UK resident in the year to 5th April 2015 but will be non-resident in the UK for capital gain tax purposes from 6th April 2015. As the shares are to be legally sold say 10th April 2015 he will not be UK resident in the year the shares are sold and therefore there will be no UK Capital gains tax in the UK or Cyprus. Your brother must remain non-resident in the UK for five complete UK tax years.

If he becomes resident in the UK within five years then the UK gain will be chargeable to Capital gains tax in the tax year of his return. As all this is complicated I would suggest he seeks professional advice prior to him selling the shares. Clearly Read would be happy to have a meeting with him.

I have been living in Cyprus for four years in the same property and I am thinking of selling the property. What is the Capital gains tax position and are there any reliefs?
 Jenny, Peyia

The letter above confirms that in Cyprus Capital gains tax is chargeable on gains in respect of the sale of immovable property. The rate of the tax is 20%. There are allowances available for the disposal of principal private residence amounting to €85,500, disposal of agricultural land amounting to €25,650 and any other disposal of €17,100. These allowances can only be used once and any combination should not exceed €85,500. The allowance of €85,500 only applies where the owner has exclusively used the property for their own habitation for a total period of at least five years and situated on land not exceeding 1.5 hectare. The period of use of the residence does not necessarily have to be continuous.

The use may be interrupted, for example, during an absence overseas. The chargeable gain can be reduced by any capital losses made in the same year or from unrelieved capital losses brought forward from earlier years. As you have not lived there for five years you will only qualify for the €17,100 relief and therefore, I would advise you not to sell until you have exceeded the five years.

Written for Cyprus Living by Div Bedi, Clearly Read Limited, Certified Public Accountants & Registered Auditors, 18 Neofytou Nicolaidi Avenue, Paphos 8011 Mobile: 96795340 Office: 26811313. Free Initial Discussion

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Jonathan and Alex are back!

Many of you, I am sure, were previous customers of Jonathan Woodward and Alexander Marescu at the old salon next to the Sunset Bay hotel before they moved back to the UK last year.

Well, after just nine months in the West Midlands they decided they missed all their friends in Cyprus and a couple of months ago they sold up and now they are back with a brand new hair & nail salon in Peyia!

The salon is situated on the main road from Coral Bay to Peyia, next to the Clothing Lounge in the first parade of shops on the left before Ampelones Hall.

Alex spent some time redecorating the shop prior to Jonathan's arrival and now it is very contemporary and stylish with plenty of room for Jonathan's hair styling and Alex's nail studio.

The great news is that prices are the same as last year (see the advert for a list of services and prices) and the boys will be relaunching Paphos Parties in time for Christmas!

Jonathan and Alex have stocked the salon with all the latest beauty items such as Paul Mitchell hair products, bio-gel, shellac and CND acrylic nail accessories, all at value for money prices. So pop in and see them for an appointment soon.

Opening hours are Tuesday to Friday 9.30am to 5.00pm and Saturday 9.00am to 3.00pm. The number for appointments is 99161337.

Jonathan Woodward Hair & Nails, Peyia. Tel: 99161337

Dreamwater Lounge Paphos

We all like to experience full body massages, especially the feeling of relaxation and calmness after the experience. However, one downside is having to undress and shower afterwards, and another is the physical contact from another person which is off-putting for some people.

Well, for the first time in Cyprus, we have the Dreamwater Jet System which I have just experienced...and for me, this is the gold standard in the industry.

The Dreamwater Lounge is the showroom for the latest technology in dry-water massage beds. The Lounge featuring the Dreamwater beds is situated next to Paphos Computers on the Paphos to Coral Bay coast road before the Kissonerga traffic lights leading down to the Cynthiana Hotel.

The charming receptionist greets you to explain the system, which includes a video demonstration should you wish it. Once you are happy, you are led to the treatment area where you can choose the environment to be in...a rainforest next to a waterfall or

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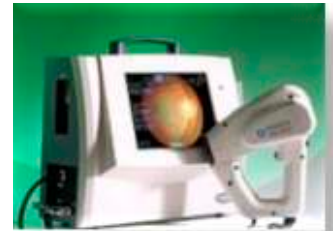
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underwater looking up to the sky!

The water beds are heated to 32 degrees centigrade and before you lie down (fully clothed!) various settings are input into the computer display based on your height, the speed of the jets, and timing.

Just 20 minutes of the treatment is equivalent to a one hour full body massage.

As the treatment starts, two high pressure jets set in the 330 litres of water on which you are lying, begin to massage you from your head right down to the backs of your legs.

The treatments are a combination of state-of-the-art technology linked to Windows based software which can allow the system to concentrate on specific areas of the body - ideal if you have a particular problem or injury.

I finished my 20 minute treatment feeling totally relaxed and reinvigorated.

Talking to Dimitris, the owner, afterwards he explained that Dreamwater was conceived in Germany and he now has sole rights for the concept for the whole of Cyprus.

The beds are also available for installation in customers' homes, spas, hairdressing salons, gyms, etc. as an addition to or replacement of Jacuzzis, with a full service & warranty support.

Benefits

The theory behind the dry-water massage treatment is that it:

- Releases endorphins
- Reduces stress
- Soothes tight muscles
- Relieves back pain
- Improves circulation

I would wholeheartedly encourage you to try this innovative massage system at Dreamwater Lounge Paphos, and for a limited time they are offering a 20 minute session for just €20. Enjoy!

Written for Cyprus Living by John McCafferty

Dreamwater Lounge Paphos, Shop 3, Efstathiou Plaza, 45 Chrysoneras Ave, Kissonerga (Paphos to Coral Bay coast road). Tel: 26940842 Email: dreamwaterloungecy@icloud.com Web: www.dreamwaterlounge.com Facebook page - dreamwaterloungespa

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The FUNCTIONS

- 1 user height
- 2 massage pattern
- 3 massage zone
- 4 massage speed
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Why do dogs need massage?

For much the same reasons humans do!

Massage therapy is different from the normal 'strokes' and tummy rubs you give your dog. Dog massage (Canine Physical Therapy) is a rapidly developing service in the UK and now in Cyprus your dog can have their very own personal massage therapist - whether they need help with general aches and strains, or for more serious issues like injury rehabilitation, and prevention. (Massage therapy does not replace appropriate veterinary treatment - your therapist will advise you further.)

Dog massage can also develop confidence and rebuild the bonding process - touch is a vital part of imprinting - a process every pup's mother does at birth. Massage can also help to diminish and eventually extinguish negative associations to touch remaining in dogs' memories - this can be fundamentally life changing, particularly with rescue dogs.

In addition, some breed lines lead to dogs having an unnoticed altered gait and therefore muscle stress/strain may be more prevalent on one side of their body than the other. Massage therapy can help identify this problem and improve posture and balance. Finally, just like with humans massage can help your dog to relax and chill out - excitable dogs are often calmed by routine massage sessions.

Let's take a walk through a sample massage therapy which is usually undertaken in your dog's home environment where (s)he feels safe.



Compiling a complete history of your dog's health and behaviour is the first step in our initial assessment. Each massage therapy is individually tailored to your dog's requirement and may last 30-60 minutes, though time needs to be allowed for your dog to become familiar with the techniques used and our first assessment will probably take 1-2 hours.

Your therapist will give all the reassurance needed to maintain a calm and relaxed atmosphere. You are welcome to remain with

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your dog, however we ask you to keep quiet to minimize any distractions and to just watch the wonder of massage therapy do its work.

All massage therapy is undertaken with the dog off lead so that at all times your dog is free to move should (s)he choose to do so. We play background classical music, demonstrated in research studies as the type of music dogs find most relaxing (though how the dogs voted we are not quite sure!).

Owners and dogs are welcome to choose which massage oil they feel will be of most benefit.

Dog paw massage is often a favourite ending to the massage session. I guess having four doesn't lessen the impact of aching feet at the end of a long day!

Developing the art of dog massage during my training as a Guide Dog puppy trainer in the UK (where having a happy relaxed dog was fundamental to our training techniques), I have found dogs love massage at least as much as their owners, if not more, and we all appreciate that a chilled dog = a chilled owner.

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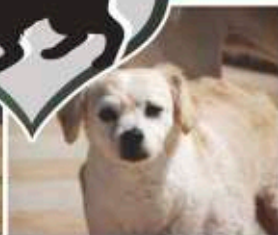
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Paphos Classic Vehicles Club

Paphos Classic Vehicle Club is a group of people who either own or appreciate classic vehicles; both two and four wheeled, and enjoy getting together, using and discussing them. We usually hold our monthly Socials at the Ayios Epiphanius Taverna in Anarita on the third Saturday of the month at 16:00 hrs. Not all members actually own a classic vehicle, and some that do are in the process of restoring them and use their 'modern' vehicles in the meantime. September really started at the end of August when we had a 'Kleftico' night on 29th at Matthew's Taverna in Nata. This was a most enjoyable evening, with a surprising number of members turning out to enjoy their chicken or lamb, on what was a very sticky and humid night. September is traditionally one of our biggest months with the static display we have at the Episkopi Garrison Fete, which this year was held on 20th, a little later in the month than usual. Photographs of the event will appear in next month's magazine article. The turn-out included 14 vehicles from our own Club, plus other vehicles from The Volkswagon Club, also from Nicosia and Limassol Clubs, making a very good display. As usual, it was a great day out, much enjoyed by all who participated. October's events will include a Run-Out on 5th (details will be on the website and the FaceBook page) plus the normal monthly meeting on 18th.

Contact us on e-mail address: paphclassics@gmail.com Tel: 99791872 or view our Facebook page: www.facebook.com/Paphclassics and Website: www.paphoscvc.com for regular updates and details of events.

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BRAIN SQUEEZERS

Enjoy a collection of brain squeezing challenges ...and many thanks to Alfred Abraham Hammer & Co. for sponsoring this month's prizes

Brain Squeezers - Sudoku

The Japanese puzzle is the most exciting introduction to the world of puzzles since the invention of the crossword.

Try our sudoku puzzle - target time 10-12 minutes.

5					3			7
		6			5			
			2				9	
7	4		8		9	2		
				1				
		3	5		4		1	6
	9				2			
			7		1			
8			1					4

Answer page 68

Try this month's Brain Squeezers Sudoku competition

2		4			5	8		3
	5				3		9	
1								5
3	9		4		6			
				2				
			5		8		6	1
9								8
	4		8				5	
5		8	7			4		9

This month's prize is €25

Identify the 4 shaded numbers and then just email the answer to info@cyliving.com or fax 26936295 (with your contact details). Send your entry by Wednesday 22nd October 2014. The winning entry will be drawn out of the hat.

Answer in next month's issue also on our Facebook page "Cyprus Living Magazine".

Brain Squeezers Anagram Crossword competition 'name that place'

Across

- Small flute (7)
- Mixed party drink (5)
- Sugary (5)
- One with unrealistic ambitions (7)
- Coal container (7)
- Spanish "friend" (5)
- Nervous pressure (6)
- Become a member again (6)
- In a slow tempo (music) (5)
- Ballroom dance (3-4)
- Isolated (7)
- Hot contempt (5)
- Man-made fabric (5)
- Hesitates (7)

Down

- Soldier's stations (5)
- Squares with alternate shades (7)
- Group of eight (5)
- No Country for _____, Oscar-winning thriller (3,3)
- Come before (7)
- Dark rain clouds (5)
- Spear-like missile (7)
- Hit for Destiny's Child (7)
- Bloated (7)
- Result (7)
- Hoarded (6)
- Corroded (5)
- Beginning (5)
- Flat-bottomed boats (5)

1		2		3		4		5		6		7
8						9						
10								11				
												13
12				13			14		15			
							16					
17		18					19		20			21
22									23			
24							25					

Answer in next month's issue also on our Facebook page "Cyprus Living Magazine".

This month's Brain Squeezers Anagram Crossword competition is a City or Town in the UK.

First complete the crossword, then take the letters in the marked boxes and re-arrange them to make the name of a city or town in the UK.

To enter, just email your answer to info@cyliving.com or fax 26936295 (with your contact details).

We must receive your entry before Wednesday 22nd October 2014. The winning entry will be drawn out of the hat.

This month's prize is €25. Best of luck!



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WHAT'S ON

Friends Hospice Support Group Paphos Fashion Show & Dinner 13th October at King Solomon's Restaurant, Peyia. €14 per person starting at 7pm. For more information call Judy 97637479

Friends Hospice Support Group Paphos Coffee Morning at our Kato Paphos shop 18th October.

Enter The Twilight Zone at Vatouthkia Restaurant near Tala, Friday 31st October Halloween. Don Steven's comedy stage hypnosis show. For more information call 96818066. www.kendallandmorrelli.com

Friends Hospice Support Group Paphos East-West Charity Bike Ride. 14th -16th November. Call:

Julian Buckland 96575062

Murder Mystery Halloween Gala Event - Saturday 1st November, Antara Palace, Polis. 7pm for welcome drink, 3-course gala dinner with menu choice. Murder mystery event with professional UK actor, after dinner entertainment with Melissa Williams. €60. For more information & tickets Tel: 99387311 or email mail@in-any-event.biz or see our website www.in-any-event.biz

Christmas Bazaar, Kamares Club, Tala, Saturday 15th November 10.am-5pm For more information call 99387311 or email mail@in-any-event.biz

Cyprus Samaritans Dinner Dance & Cabaret - Saturday 1st November at Gustoso Restaurant, Tombs of the Kings Rd, Paphos. 7.30pm for 8pm dinner, 9.30pm cabaret, live entertainment with Matthew Edmonson. Tickets €20 (inc 4-course buffet meal). For more information & bookings, call 99905624

Paphiakos & CCP Christmas Shopping Trip to Nicosia - Thursday 20th November 07:30-18:00. Tickets €15 per person. For more information or to reserve your ticket. call Joy 99249497 or 26946461

Barry White Tribute shows Friday 21st - Monday 24th November. For more information call 96818066. www.kendallandmorrelli.com

Coffee Morning & Raffle, Elizabeth Dooley invites you to join her to raise funds for Cancer Patients Support Group, Paphos. Thursday 27th November 10am-12pm, suite 112 (1st floor) Globe Business Centre (next to Evangelismos Hotel)

Paphiakos & CCP Christmas Dinner & Dance AT 5th Floor Restaurant – Saturday 29th November. Live entertainment, gala buffet. Tickets €30 per person, bookings confirmed by 7th November will pay only €28. For more information

or to reserve your ticket. Tel Joy 99249497 or 26946461

British Guiding in Paphos - we are part of Girlguiding UK and follow the same great programme of activities and adventures as UK Guiding and wear the same modern uniform. Units meet on Wednesdays at the Latin Community Hall, Tombs of the Kings Road, Rainbows 5-7 years 3.30pm-4.45pm, Brownies 7-10 years 5pm-6.15pm and Guides 10-14 years 6pm-8pm. All Units have places so please come and join us. Further information, phone Michele Cook on 99172549

Cyprus Samaritans Drop In Centre. Between 10am & 1pm every Thursday at their Listening Centre in Chlorakas. The address is 13 Georgiou Griva Digeni Street, Chlorakas.

Farmer's Market in Pano Akourdaleia Herb Garden on Sunday 2nd November 10am-2pm. Local, natural, homemade. Supporting your local community by buying directly from the producers, Coffee shop on site. Great social atmosphere! For more details visit www.facebook.com/groups/heavenonearthherbal or contact 96425879/99993412

Steni Farmers and Crafters Market 3rd Sunday of every month from 10am to 2pm - next one is 19th October. For more info, call Catherine 99104622. Location: Steni Village Museum grounds. Refreshments 'Watermill' Café.

Stroumpi Craft Fair & Farmers' Market second Sunday each month, from 10am-2pm. Located in main square behind the church. Large number of stalls with great variety of local produce and hand-crafted goods. Lots to see and buy, so come and join us for a great Sunday morning. To book a pitch or for more information, please call Natural Choice on 97839295

Emba Indoor Market - every Friday, Saturday & Sunday 8am-2pm For more information, call Lee

96533839

Zumba - Ditch the workout, join the party! Tuesday & Thursday 11am Polis Gardens, Limnour Street, Polis. Call Sue 99334798

Cyprus Samaritans provides emotional support to people experiencing grief, distress or despair. Call Freephone 8000 7773 between 4pm - midnight every day or email confidential@cyprussamaritans.org

Paphos Bereavement Support Group - saying goodbye

If you have suffered a death either recently or in the past, you are welcome to come along to support group. You can listen and/or share your feelings with other bereaved people in a safe and confidential environment. The group meets on the 1st Monday of each month from 2pm-4pm at the Cyprus Samaritans Centre, 13 Georgiou Griva Digeni Street, Chloraka (near Papantoniou). Individual counsellor meetings can also be arranged. For further info, call Sally 99312662, Margarita 99224147 or Rita 99175510

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Sudoku solution

5	1	9	6	8	3	4	2	7
4	2	6	9	7	5	3	8	1
3	7	8	2	4	1	6	9	5
7	4	1	8	6	9	2	5	3
2	6	5	3	1	7	8	4	9
9	8	3	5	2	4	7	1	6
1	9	7	4	3	2	5	6	8
6	5	4	7	9	8	1	3	2
8	3	2	1	5	6	9	7	4

Brain Squeezers - Competition Winners

September Sudoku competition

4	1	7	5	9	3	8	6	2
9	5	3	2	6	8	1	7	4
8	6	2	7	1	4	3	5	9
6	7	9	3	4	1	2	8	5
3	8	1	6	5	2	9	4	7
2	4	5	8	7	9	6	1	3
7	2	8	1	3	5	4	9	6
5	3	4	9	8	6	7	2	1
1	9	6	4	2	7	5	3	8

Answer: 8 8 2 8

Winner: Peter Cobbin, Droushia

September Anagram Crossword competition

G	A	S	H	H	A	L	L	M	A	R	K
U	E	N	G	E	M	N					
I	M	P	R	O	V	E	M	A	M	B	O
L	I	T	N	U	O	B					
T	I	A	R	A	D	A	R	I	N	G	
I	T	A	I	D							
L	O	C	K	E	R	C	A	N	A	D	A
Y	A	G	L	M							
S	I	E	S	T	A	C	L	A	S	P	
F	M	I	N	O	A	N					
O	V	A	T	E	D	I	V	U	L	G	E
N	N	V	H	E	T	S					
D	Y	S	L	E	X	I	A	N	O	U	S

Anagram solution: Catterick

Winner: Kevin Rollinson

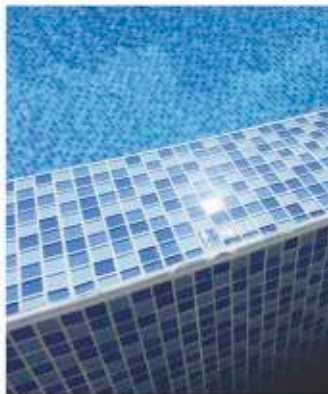
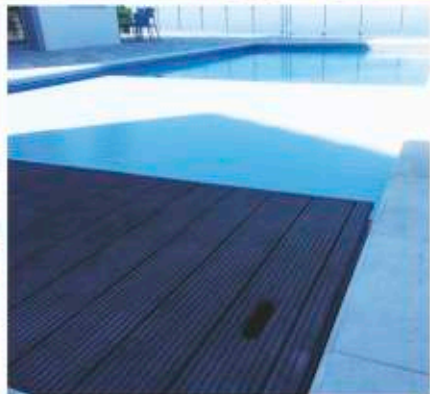
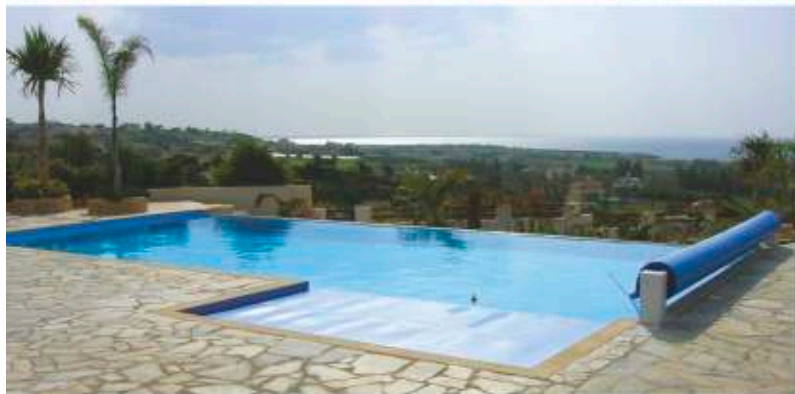
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