

# Newsletter 10

## Contents

Welcome note  
Remedica worldwide  
Remedica people  
Foreign words in the  
Greek language

Our Products  
Health matters  
Remedica news  
Eco-friendly tips  
Corporate Social Responsibility  
A glimpse of Cyprus

## Welcome note

Dear Readers,

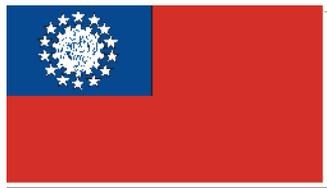
Welcome to the 10<sup>th</sup> edition of our Newsletter where we introduce our associates in Myanmar and the Head of the Analytical section of the R&D department, and report on popular foreign words in the Greek language. We also include some environmentally friendly advice on energy saving, in health matters we answer the question “how much is enough exercise?”, and also have lots of interesting articles in our Corporate Social Responsibility and Remedica News sections. Finally we present our new product Nifelat LA as well as the village of Kato Drys, which is the place of origin of the Pattihis family.



Charalambos Pattihis,  
Group Managing Director

## Remedica worldwide

### PHARMACEUTICAL PRODUCTS LTD, Myanmar



Pharmaceutical Products Ltd was established in August 1994. It is a family company whose main business is to represent Remedica in the local market.

Pharmaceutical Products Ltd has 18 sub-distributors in the main districts of Myanmar, all of them amongst the most prominent in the country. It has a staff of 30 in its main offices and 20 in the districts. The company is in the process of building a new eight and half story, earth-quake proof office block which will be equipped with the latest office facilities and a warehouse.

Pharmaceutical Products Ltd has an excellent working relationship with Remedica whose Chairman Mr. Chris Pattichis has visited Myanmar twice. The Managing Director of Pharmaceutical Products Ltd, Mr. Ram Dass Verma has also visited Remedica twice in order to strengthen the

Burma, officially the Union of Myanmar, is the largest country by geographical area in mainland Southeast Asia (Population 48.138.000). The country is bordered by The People's Republic of China on the north, Laos on the east, Thailand on the south-east, Bangladesh on the west, India on the north-west and the Bay of Bengal to the south-west with the Andaman Sea defining its southern periphery.

ties between the two companies and plan for the future. Together with Remedica Ltd, Pharmaceutical Products Ltd have been able to compete successfully in the local market despite the heavy competition provided by numerous Asian pharmaceutical companies.



# Remedica people

In this edition we present the Head of the Analytical Development Section of Remedica's R&D department Mrs. Maria Kallidou.



After completing her studies in Chemistry at Stockholm University, she began her career as an assistant in the Quality Control department of a pharmaceutical company, where she was later promoted to Head of the Quality Control section responsible for sterile products. She then worked for two years at the University of Kuwait and was responsible for Laboratory Assistants. We were then able to attract her back to the pharmaceutical industry and in 1997 became the Head of the Analytical Development Section of Remedica's R&D Department.

Remedica she has actively contributed to the company's development and has attended many training programs and seminars on Stability Studies, Bioequivalence Studies, European Standards and Laboratory Operation Systems, Valid Analytical Measurements Good Development Practice etc. She is also a registered Chemist and member of the Pan Cyprian Association of Chemists.

Mrs. Kallidou is a registered Qualified Person who has been in charge of batch release since 2002 and deputises for the Quality Assurance Manager in this respect. In her 13 years at

## Foreign words in the Greek language

In previous issues we explored the use for Greek words in the English language so we believe it is appropriate to reciprocate. There are quite a few of these and some are used "as is" whilst other have been modified to suit the local dialect.

There is also the joke that asks "How does one say "hello", "thank you", "sorry" and "OK" in Greek?" And the reply of course is Hello, thank you, sorry and OK since these words are commonly used in everyday Greek.

Below we present 100 foreign words widely used in everyday Greek:



Βίζα (visa)  
Βίλα (villa)  
Βίντεο (video)  
Γκάζι (gas)  
Γκαράζ (garage)  
Γκολ (goal)  
Εμπάργκο (embargo)  
Εξώστ (exhaust)  
Ιμπεριαλισμός (imperialism)  
Ιντερνέτ (internet)  
Κάμερα (camera)  
Καντίνα (canteen)  
Καρτέλ (cartel)  
Κασέτα (cassette)  
Κιόσκι (kiosk)  
Κλαμπ (club)  
Κοκτέιλ (cocktail)

Κομμουνισμός (communism)  
Κομπιούτερ (computer)  
Κομπρεσέρ (compressor)  
Κοντέινερ (container)  
Κοντραμπάντο (contraband)  
Κοντρόλ (control)  
Κρίκετ (cricket)  
Λάμπα (lamp)  
Λέιζερ (laser)  
Μάρκετινγκ (marketing)  
Μαρς (march)  
Μασάζ (massage)  
Ματς (match)  
Μοντέλο (Model)  
Μόντεμ (modem)  
Μοντέρνο (modern)  
Μοτοσικλέτα (motorcycle)  
Μπαρ (bar)  
Μπαταρία (battery)  
Μπίζνες (business)  
Ντάγκερ (dagger)  
Ντεπόζιτο (deposit or tank)  
Ντέρμπυ (Derby)  
Ντι-βι-ντι (DVD)  
Ντίλερ (dealer)  
Ντιζάιν (design)  
Ντιρεκτίβα (directive)  
Οντισιόν (Audition)  
Οφσάιντ (offside)

Πακέτο (packet)  
Πάρτι (party)  
Πέναλτι (penalty)  
Πέννα (pen)  
Πουρέ (puree)  
Προφεσόρος (professor)  
Ράγκμπι (rugby)  
Ρακέτα (racket)  
Ραντάρ (radar)  
Ρέφερι (referee)  
Ριμπάουντ (rebound)  
Ρομπότ (robot)  
Ρουκέτα (rocket)  
Σάις (size)  
Σεζόν (season)  
Σέντρα (centre)  
Σέξι (sexy)  
Σινεμά (cinema)  
Σι-ντι (CD)  
Σκι (ski)  
Σκουός (squash)  
Σόναρ (sonar)  
Σόου (show)  
Σοσιαλισμός (socialism)  
Σούπα (soup)  
Σουτ (shoot)  
Στυλ (style)  
Ταβέρνα (tavern)  
Τανκ (tank)

Τζάκετ (jacket)  
Τζακ ποτ (jackpot)  
Τζόκεϊ (jockey)  
Τζετ (jet)  
Τζόκιν (jogging)  
Τικ (tick)  
Τοπ (top)  
Τουρίστας (tourist)  
Τουρμπίνα (turbine)  
Τούρμπο (turbo)  
Τραμ (tram)  
Τσεκ (cheque)  
Τσιγάρο (cigarette)  
Φαβορί (favourite)  
Φάιλ (file)  
Φαξ (fax)  
Φάουλ (Foul)  
Φαστφούντ (fast food)  
Φιλμ (film)  
Φλας (flash)  
Φλατ (flat)  
Φόρμουλα (formula)  
Φρούτο (fruit)  
Χάμπουργκερ (hamburger)  
Χιούμορ (humour)  
Χίπις (hippies)

# Our Products-Nifelat LA

Remedica has recently launched Nifelat LA tablets which contain the active ingredient nifedipine.

Nifelat LA is mainly used for the treatment of high blood pressure (hypertension). Hypertension is an asymptomatic condition which if left untreated can have serious consequences such as strokes and heart attacks. When taken regularly, Nifelat LA helps to lower blood pressure and is also used for the prevention of angina attacks either as monotherapy or in combination with other medicines. Angina pectoris is a condition which manifests itself as chest pain or pressure discomfort when the heart is deprived of oxygen. Nifelat LA helps reduce the frequency of angina attacks by dilating blood vessels that supply blood to the heart.

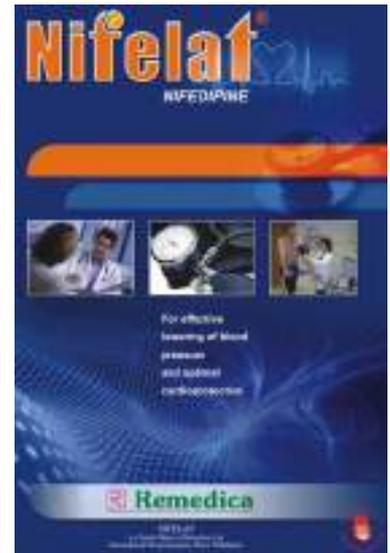
## Action of Nifelat LA

Nifedipine, the active ingredient of Nifelat LA tablets, belongs to a group of medicines called Calcium Channel Blockers. It works by slowing

down the movement of calcium through the muscle cells within the heart and the blood vessels. Calcium plays an important role in the contraction of muscle cells within the body and Nifelat LA prevents its action in the blood vessel walls to stop them contracting. The consequent relaxation of the blood vessel walls produces a reduction in blood pressure. In addition, the dilation of the blood vessels supplying the heart muscle allows more oxygen to be delivered to the heart. Dilation of peripheral vessels also reduces the load that the heart has to pump against thus relieving angina.

Nifelat LA tablets are formulated to provide a constant release of Nifedipine in the body release over 24 hours rendering the Nifelat LA tablets as an effective and convenient once-daily medication and improves patient compliance.

Nifelat LA is available as 30mg and 60mg Tablets.



## Literature:

Dollery, C, Nifedipine, in Therapeutic Drugs, CD-ROM Database Release 1.0 C. Dollery, Editor. 1999, Churchill Livingstone, Distributed by Harcourt Brace and Company Ltd. Edinburgh.

# Health matters- how much is enough exercise

The fitness of 10-year-old children is falling by 4.3% globally per decade. In a recent study in the UK it has been shown that between 1998 and 2008 this fall has been greater at 7% for boys and 9% for girls and the trend is similar in most developed countries. The test used to measure fitness was to count the number of 20m shuttle runs that the child could complete at a predetermined rate. Over the same period a significant increase in the number of children classified as overweight or obese was observed but in this group of children although the average weight of boys had increased, that of girls had not. It is probable that the decline was due to an increase in the amount of time devoted to sedentary pastimes rather than playing sport and taking exercise. It is current belief that it is fitness not fatness which is more important in preventing cardiovascular events such as heart attacks and strokes.

The observation that exercise could help prevent heart disease, cancer and diabetes was first made 60 years ago by Jeremy Morris who after the war was appointed medical director of the Medical Research Council's Social Medicine Unit of the UK. One of his first studies involved London Transport bus crews who manned the iconic red double-decker Routemaster buses: each bus had a driver who was seated for 90% of the shift and a ticket collector who would climb up and down as many as 750 steps per day. The drivers suffered more heart attacks but the link had to be substantiated with a study on postal workers which proved conclusively that postmen who delivered mail on foot or by bicycle suffered fewer heart attacks than colleagues whose jobs required them to sit all day. Morris believed that the link might be with weight but the trouser sizes of the London Transport staff showed that although the collectors were generally thinner, protection against heart attacks was not due to their thinness and even fatter ones were equally immune. In a later study with 18,000 civil servants he found that gardening was insufficient to prolong life and vigorous exercise (running, cycling, swimming) was required. Jeremy Morris exercised vigorously all his adult life and died aged 99: few



researchers can have personally benefited so much from their own work.

This begs the obvious question 'how much exercise do I need to do to keep fit?' There is no simple answer since both intensity and duration need to be considered. A report prepared for the American Institute of Medicine in 2002 stated that 'as part of a routine regimen to maintain cardiovascular health, we should all engage in 60 minutes of daily vigorous physical activity'. Several studies have shown that a 30-50% reduction in cardiovascular risk can be achieved by 20 minutes of regular moderate exercise which will make you warm or sweaty but only slightly out of breath and still capable of maintaining a conversation. The UK Chief Medical Officer has recommended that adults should do five 30 minute periods of moderate activity each week but these can be divided into shorter periods and some can be derived from normal activities such as walking to work. Weight control and reduction will need longer

periods and older people should continue to exercise as long as they are physically capable.

Before embarking on an exercise regimen you should take medical advice regarding the appropriate level of activity for your state of your health. It is important to start slowly and gradually build up to a level where you are being extended whilst remaining in your comfort zone. Some attention should also be given to diet: vitamin or mineral supplements may be required.

However, there is a very positive note on which to end. Evidence shows that people who have not been very active achieve much more immediate benefit from taking up activity than those who are already fit. Remember the old adage - the longest journey begins with a single step!

# Remedica News



## 1. European Drug Registration - specialised training seminar. (photo 1, 2)

The Cyprus Pharmaceutical Manufacturer's Association with Remedica as sponsor organised a specialised training seminar with participants from the State Authorities of Egypt and Cyprus on the topic of European Drug Registration - CTD/e-CTD Recognise regional requirements and handle differences. During the seminar, trainers from Germany presented the registration requirements in CTD (Common Technical Document) format according to ICH (International Conference on Harmonisation) Guidelines. Reference was also made to the adoption of the CTD by developing countries.

The presentation included information on the electronic means that allow not only the user to prepare applications more quickly in CTD but also government agencies to review such applications faster without the need for paper copies. Finally, a high ranking official from the Pharmaceutical Services of the Cyprus Ministry of Health elaborated on the legislation and regulations pertaining to the registration of pharmaceutical products and on the Rules and Guidance of Good Manufacturing Practice (GMP).

The way in which the Pharmaceutical Services successfully complied with EU legislation and how Cyprus achieved membership in the PIC/S (Pharmaceutical Inspection Cooperation Scheme) were explained: two facts that have given maximum credibility to the GMP certification issued by the Pharmaceutical Services making them acceptable by State Authorities



of all other EU Member States as well as by other PIC/S Members. Amongst others, the event was addressed by the Ambassador of Egypt in Cyprus, Mr. Ahmed Ibrahim Ragheb, Remedica Group Managing Director, Mr. Charalambos Pattihis and Senior Pharmacist of the Pharmaceutical Services, Mr. George Antoniou.

on electronic submission of registration applications

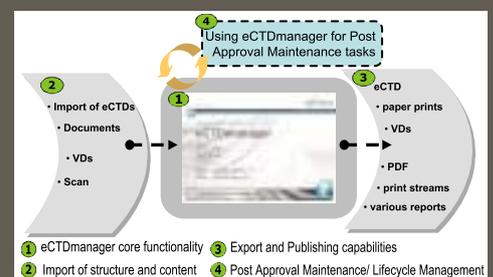
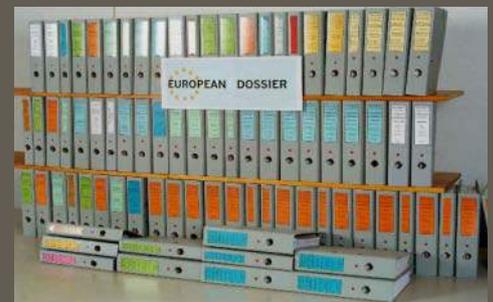
- Increase in productivity
- Cost reductions
- Quicker and better work completion
- Upgrading of low productivity posts
- Adoption of environmentally friendly practices (reduction in the use of paper)

## 2. e-CTD building tool and a document management system. (photo 3, 4, 5)

In line with new legislation as part of the company policy on the environment and continuous development, Remedica purchased two software systems: the so-called e-CTD building tool and a document management system (ECM). In conjunction, these two systems will contribute to the following:

- Modernisation of electronic document processing and information systems
- Compliance with upcoming legislation

With the introduction of ECM, the company aims to reduce paper consumption drastically by as much as 80% since most documents will be created, corrected and reviewed only in electronic format. Their subsequent archiving and use will also be done electronically. This policy will not only reduce the cost of paper purchased and the time required for filing/archiving and retrieving various but will also contribute significantly to the protection of the environment.



Once the e-CTD building tool for the preparation and archiving of registration applications for pharmaceutical products is in place, Remedica's Registration Department will be able to create, submit and archive these applications (of average size 5,000 pages per application) electronically. This will make the company much more efficient in the complicated registration procedure (to obtain Marketing Authorisations) for its products in its various markets thereby increasing sales and profits. Also, with this system, the volume of paperwork that the company needs to use will be significantly reduced making Remedica an even "greener" company.

Finally, company personnel that today spend a large part of their time photocopying, printing and searching for information in paper archives will be trained on the use of the new systems and will become more efficient, since the time that will be available to them to devote to the planning and submission of applications will be increased by an estimated 30%. These systems will enable the company to plan registration submissions for other markets since such applications are more readily accepted when they are created by the e-CTD building tool. Such markets include other EU Member States like the United Kingdom, France, Germany etc., the USA, Canada and others.



**Αειφόρος Ανάπτυξη**  
Μια ακόμη εικονική πραγματικότητα  
ή  
μια πρόκληση άνευ προηγουμένου;

*Ομιλητής: Περιβαλλοντολόγος κ. Σοφριανός Κυριακίδης*




[www.juniorchamberlemesos.org](http://www.juniorchamberlemesos.org)



**Νεότερες εξελίξεις στην Ογκολογία**

1. Καρκίνος του μαστού (Δρ. Σίμος Μαλάς)  
2. Καρκίνος παχτός εντέρου (Δρ. Γεώργιο Ορφανό)

**Χώρος διεξαγωγής:** Πολιτιστικό κέντρο Λαυκή Ακρίτα, ΣΠΕ Μόρφου, οδός Λαοनीου Α' 232 Ζ  
**Ώρα:** 20.00

**Χορηγοί**  

**Χορηγός επικοινωνίας** 

Η εκδήλωση είναι ανοικτή για το κοινό



### 3. Wednesday Lectures. (photo 6, 7)

As part of its recently launched "Wednesday Lectures" programme, Remedica sponsored a lecture organised by the Limassol branch of the Junior Chamber International (JCI Lemosos). The topic of "Sustained Development: One more case of virtual reality or an unprecedented challenge?" emphasises the true concern by Remedica and the JCI regarding society and the environment. Remedica's Environmental Officer, Mr. Sofianos Kyriakides explained what sustained development is, the role it can play in our lives as well as ways by which each individual may actively participate in socioeconomic and environmental issues burdening our society. Present at the event were also the President of the Cyprus Junior Chamber (JCI Cyprus), the President of the Junior Chamber International (JCI Lemosos), members of non-profit organisations as well as members of the Remedica Volunteers Team.

### 4. Lecture on breast cancer and cancer of the colon. (photo 8, 9, 10)

Remedica sponsored a lecture by the Limassol branch of the Cyprus Association of Medical Representatives in collaboration with the Cyprus Oncology Association on the Latest Developments in Oncology. Dr. Simos Malas talked about Breast Cancer and Dr. George Orfanos on Cancer of the Colon. The lecture sparked the public's interest as cancer is a major cause of the death in Cyprus.

# Environmentally - friendly advice: Protect the climate by conserving energy

With the Climate Change Conference taking place in Copenhagen Denmark, the international community is waiting to be told of the new agreements concerning the tackling of Climate Change. Whatever the outcome of the negotiations, it should be made clear that no target can be achieved without the direct involvement of every single citizen of the planet. As a company situated on an island that is directly threatened by climate change, we at Remedica feel it part of our corporate social responsibility to suggest ten simple ways to make possible the involvement of everyone in the tackling of the problem without making drastic changes to our current lifestyle.



**1) Switch off the lights when you are not in need of them.** According to the European Environment Agency, by switching off five light bulbs when you don't need them you can save around 400 kg of CO<sub>2</sub> per annum.

**2) Cover your pots while cooking.** In this way you can reduce the amount of energy used. The method is extremely efficient for pressure cookers due to the fact that it can save 70% of the required energy.

**3) Do not leave electrical appliances on stand-by mode.** According to the European Environment Agency, when a TV set is switched on for 3 hours a day and remains in stand-by mode for the remaining 21 hours then an added 40% of energy is consumed.

**4) Use the air conditioning unit with care or keep cool with a fan.** It should be noted that an average air conditioning unit operates at 1,000 Watts and emits 650 gr. of CO<sub>2</sub> per hour and costing around 0.10 euro.

**5) Reduce the temperature of any heating system by just 1°C.** In this simple way a 5% of your energy consumption can be saved.

**6) Adjust the temperature of your refrigerator.** The recommended temperature for a refrigerator is between 1-4°C and the freezer should be set at -18°C. It should be noted that each degree below the recommended temperatures would not make a difference to the food preservation but it would make a difference in energy consumption by decreasing it by 5%.

**7) Switch to energy-efficient light bulbs.** According to the European Environment Agency by replacing a normal light bulb with an efficient one a reduction of 400 kg CO<sub>2</sub> emissions could be achieved during its lifetime.

**8) Take advantage of the natural illumination.** In this way you can reduce the time when the artificial illumination is in operation.

**9) Switch to LED bulbs.** This technology offers a lifespan of up to 100,000 hours with very little energy consumption and hence reduced emissions and pollution.

**10) Replace your old PC monitor with a more efficient LCD one.** Data acquired by the European Environment Agency suggests that by using an LCD monitor 8 hours per day a staggering 100,000 W could be saved a year.



# Corporate Social Responsibility

## Remedica cares

### 1. World Blood Donor Day. (photo 1,2)

On 14<sup>th</sup> June, which was World Blood Donor Day, Remedica Volunteers organised a blood donation session on site. Thanks to the positive response of Remedica personnel, many units of blood were collected for the Blood Bank of the Limassol General Hospital. On that day, Remedica posted on its in-house electronic screens the message:

**YOU SAVED THEM! BRAVO! Millions of people owe their lives to people they will never meet.**

It is worth mentioning that according to published data, 60,000 units are needed for every million inhabitants.

### 2. 3<sup>rd</sup> Conference on Corporate Social and Environmental Responsibility. (photo 3, 8, 9)

A very successful 3<sup>rd</sup> Conference on Corporate Social and Environmental Responsibility was recently organised in Nicosia and Remedica was a sponsor. Distinguished speakers from Cyprus and abroad analysed the environmental and social practices implemented in their organisations. During a panel discussion on the topic of "Current Corporate Social and Environmental Responsibility in the context of modern Cyprus", Remedica's Marketing Manager, Andreas Hadjipanayis, presented the various company programmes on social responsibility and stressed, amongst other points, the importance of the Remedica Volunteers Team in the implementation of tasks aimed towards a healthier world. He also mentioned Remedica's environmental program and elaborated on issues like recycling, the development of environmental culture, as well as the company's contribution in reducing carbon dioxide emissions by 15% by 2020.

### 3. Graduation ceremony of KES College. (photo 4)

During the graduation ceremony of KES College for the academic year 2009-2010, the two top-ranking



graduates of the Medical representative course were presented by Remedica's Marketing Manager, Andreas Hadjipanayis, with the Remedica prize and an employment contract with the company. In the context of Remedica's social contribution and efforts to promote education and health in Cyprus, the company offers employment contracts to the two graduates of the Medical representative course with the best marks as well as a monetary prize.

### 4. New era in public transportation. (photo 5, 6, 7)

On the 5<sup>th</sup> July, the revamped Cyprus public transport scheme was unveiled. With the gradual and complete replacement of buses with environmentally-friendly models and an increase of bus-stop locations by 50%, Cyprus has entered a new age in public transport. Remedica, as a green company, has embraced this new age and has created an internal promotional campaign on the use of public transport. Specifically, a short presentation has been created on "PowerPoint" with the title "Think Green – Take the bus!" where interested parties can also find contact details and data on routes, bus-stop locations etc. In this way, Remedica wishes to contribute more emphatically towards the reduction of carbon dioxide emissions into the atmosphere by an equivalent reduction in the use of private cars and as such, to the improvement of the quality of life of society.



### 5. Recycled paper for Newsletter.

As was the case with the previous issue, this Newsletter is being printed on recycled paper in order to adhere to our environmental policy. Although more expensive, the use of recycled paper saves many trees from logging and helps conserve the forests for future generations.



# A glimpse of Cyprus: Kato Drys

The beautiful village of Kato Drys is built at an altitude of about 500 meters above sea level between hill and deep valleys separated by the river of St. Menas. It lies between the three main Cypriot cities of Larnaca, Nicosia and Limassol and shares borders with the villages of Lefkara and Vavla. The beautiful Governor's Beach is only 25Km away. The village's origins are however lost in the depth of time.

One version on how it got its name states that it was from the many oaks (Drys) found in the village.

According to popular folklore the settlements of Rigena and Piskopeana were situated on the hillside around the village. However, as they were made up of relatively few people and were victims of frequent looting and murderous attacks by the Saracens, they descended and formed Kato Drys in order to be part of a larger group that would be more difficult for the Saracens to attack and kill.

The village continued to exist under the same name during the Frankish era and is marked as Catodi. Some researchers consider it possible that the village is associated with the village Kakotrygiti, mentioned by Vustronius, which together with the villages of Vavla, Kornokepo, Lymbia and Arsos of Mesaoria, had been given by the then King of Cyprus Jacob II to the nobleman Maurizio De Costanzo, when he became Admiral of Cyprus. It is also mentioned that the village was presented to another nobleman, Fabrizio Gentile, father of Gabriel Gentile, who was doctor to the King of Cyprus, Jacob II (1460-1473), however according to historian De Mas Latri, it later became the property of the King again.

During the first population census of Cyprus by the British in 1881, the village had 345 inhabitants whereas by 1946 the number had

risen to 536. Subsequently Kato Drys began to decline as a result of a wave of migration to the cities that plagued the countryside such that today there only 130 permanent inhabitants.

Kato Drys, with its stone-built houses and three beautiful neo-classical buildings was once referred to as "Little Paris".

## Prominent children of Kato Drys

However, the migration to the cities also had a positive side. Expatriates, who by nature were active and progressive people, prospered and achieved great things wherever they settled shining a bright light on their place of birth.

The Pattihis family for instance, has excelled in many areas of modern life: Nicos Pattihis, who served as judge, Mayor of Limassol and Agriculture Minister, by his generous donations enabled the completion of many projects in Limassol and Larnaca; Nicos and Christoforos Pattihis, founders of Phileleftheros, the largest news group in Cyprus; Chris Pattichis, founder of Remedica.

Another worthy child of Kato Drys was Argyros Stakis, whom the Queen of England, in appreciation of his business achievements in the United Kingdom, knighted to Sir Reo Stakis. As a Great Benefactor of the village, amongst other projects, he transported water to the community and erected the Community Building and the Stakis Infirmary.

## St. Neophytos the recluse, Kato Dry's pride

However, Kato Dry's pride is St. Neophytos, who is reported to have grown up there. According to popular folklore his house is still somewhere in the village, although no one knows exactly where.

## Occupations

The inhabitants are occupied to a very small extent with agriculture and animal grazing. In recent years large areas of land have been turned into vineyards by the planting of various types of grape and many inhabitants are employed in them. Many are also occupied in the renovation of old houses and the building of new ones. In Kato Drys the famous Lefkara lace is also produced.

## Village churches

The old village church is devoted to Panayia Eleousa (Mary the Merciful) dating back to the 16<sup>th</sup> century and has recently been renovated by the Antiquities Department of the Cyprus Government. Several murals still survive in its interior. The largest church in the village is devoted to St. Charalambos and was built in 1897. St. Charalambos is the patron saint of the community. In the village there are three shrines; one to St. Neophytos built in 1923 from donations by the community, one to St. George and one to Prodromos the Holy.

## Folk Art Museum

This museum is housed in a traditional building belonging to the descendants of Gabriel and Eleni Papachristoforou. The house is a classical example of local architecture from the 19<sup>th</sup> century that offers visitors an idea what a traditional rural household looked like.

It is possible for visitors to stay in the village in two agro tourism houses and to taste the genuine Cyprus delicacies and the famous dish "Kato Drys ttavas" at the Platanos Tavern located in the square of the same name.

