

Newsletter 15

Contents

Welcome note.
Feature Article.
Remedica people.
Health matters.
Eco-friendly tips.

Corporate Social Responsibility.
The ABC of Pharmacy.
Our Products.
Remedica news.
A glimpse of Cyprus.

Welcome note

Dear readers

Welcome to the 15th issue of our Newsletter which includes a feature article on the Greek Father Christmas, the Manager of our Purchasing Department and our product Levetiracetam.

We define Quality Assurance, articles on the use of wind power and epilepsy are also included. The other regular features such as the sections on Corporate Social Responsibility and Our News can also be found.

Finally, we take a glimpse at the beautiful village of Platres.

Season's Greetings to you all and a happy and healthy New Year.



Charalambos Pattihi,
Group Managing Director

Feature Article:

St. Basil (Basil the Great): the Greek “Father Christmas” or “Santa Claus”

Basil the Great: a truly great Scholar

Basil The Great was born in 330 AD in Caesarea of Cappadocia of the Byzantine Empire. He was the child of a rich family of landlords with a history of religious martyrdom. His father, also named Basil, was a teacher of rhetoric (modern day lawyer) in New Caesarea of Pontos. Young Basil was initiated into the traditions and values of the church by his mother Emmelia and his grandmother Makrina. Basil the Great studied first in Caesarea and then in Constantinople and Athens. His studies, which he completed with outstanding achievements, included philosophy, history, astronomy, geometry and medicine. In 356 AD he returned home and worked as a lawyer.

His inclination towards monastic life led him to visit the monasteries of Egypt in order to gain first hand knowledge about the life. On his return, he gave away his fortune to the poor and became an ascetic.

In 330 AD he was ordained as an Elder in Caesarea and began his public activities. He was elected Archbishop of Caesarea in 370 AD and soon came into conflict with state power that wanted to impose on the church the views of Arius. Although he was persecuted, wrongly accused and his life threatened, he faced all such difficulties with resolve and patience. In 372 AD he built “Basiliada” a huge complex of buildings which included a hospital, an old people's home, an orphanage, schools and a temple. Ascetic and content with very little, prone to disease and tired from continuous work, Basil the Great was





taken ill and died on the 31st December 378 AD. He was buried on the 1st January 379 AD and the Greek Orthodox Church honours his memory on the same day.

A scholar against a world of injustice.

Social life was always a central interest for Basil the Great. He considered man as the prime social existence and paid great attention to social relationships. He based his work on the ideal of social ownership i.e. whatever is owned by a person is also owned by his fellow human being. He also organised ascetic life in the area and saw in this the concentration of true Christian life.

Modern day St Basil

Today, St Basil is an internationally popularised version of Basil the Great, bringing presents to children and grown-ups who had been "good" during the year. He is a dominant figure in New Year and Christmas celebrations and his

well known appearance in a red uniform, white beard, always smiling and bearing a sack of gifts on a sledge towed by reindeer, is a popular hero of children around the world, even in non-Christian countries. He supposedly sets off from the North Pole on Christmas Eve to deliver presents to all the children on earth.

The term "Father Christmas" is used in translation in many countries and languages. "Father Christmas" (and in some cases "Baby Jesus") is used in the following countries or languages¹:

Afghanistan - "Baba Chaghaloo"
 Albania - "Babadimri"
 Australia - Best known as Santa Claus.
 Father Christmas and Saint Nick are also used.
 Austria - "Weihnachtsmann" (not "Nikolaus", who is celebrated on 6 December) Note: The Christkind (Christ-child) is the traditional gift bringer in most parts of Austria)
 Armenia - "Kaghand Papik"
 Azerbaijan - "Shakhta baba" (Şaxta baba)
 Bolivia - "Papa Noel"
 Bosnia and Herzegovina - "Deda Mraz"/Деда Мраз meaning "Grand Father Frost" (associated with New Year's Eve)
 Brazil - "Papai Noel"
 Bulgaria - "Dyado Koleda" (Дядо Коледа), earlier "Dyado Mraz" (Дядо Мраз)
 Canada - "Santa Claus", "Père Noël"
 Chile - "Viejito Pascuero"
 China - "Shengdan laoren" (Traditional Chinese: 聖誕老人, Simplified Chinese: 圣诞老人, Cantonese: "Sing Dan Lo Yan", literally "The Old Man of Christmas")
 Costa Rica - "Colacho" (from "San Nicolás"). Note: The "Niño dios" ("Child God", meaning Jesus) is the traditional gift bringer
 Croatia - "Djed Božićnjak", also "Djed Mraz"
 Czech Republic - "Ježíšek", which means "Infant-Jesus", is the traditional gift bringer in Czech Republic.
 Denmark - "Julemanden", meaning "The Yule Man" which is the Danish equivalent to Santa Claus. "Jul" is also often translated "Christmas".
 Ecuador - "Papa Noel"
 Egypt - "Baba Noël"
 Estonia - "Jõuluvana"
 Faroe Islands - "Jólamaður"
 Finland - Finnish: "Joulupukki", Swedish: "Julgubben"
 France and French Canada - "Père Noël", "Papa Noël"

Germany - "Weihnachtsmann" (not "Nikolaus", who is celebrated on December 6). Note: The Christkind (Christ-child) is the traditional gift bringer in Southern Germany.
 Greece / Cyprus - Άγιος Βασίλης ("Ayios Vasilis")
 Hungary - "Mikulás" or "Télapó" ("Winter Father")
 India - "Christmas Father", "Santa Claus"
 Iran - "Baba Noel"
 Iraq - "Baba Noel"
 Iceland - "Jólasveinar" or "Yule Lads"
 Indonesia - "Sinterklas"
 Ireland - Santy and Santa (Claus)
 Italy - "Babbo Natale" (traditional gift bringers are "Gesù Bambino" ("Child Jesus") on Christmas and/or Befana on January 6)
 Japan - サンタクロース (Romaji: "Santakurōsu")
 Kazakhstan - Колотун Бабай ("Father Frost")
 Korea - 산타 클로스 ("Santa Keulloseu")
 Latin - "Pater Natalis" or "Sanctus Nicholas"
 Latvia - "Ziemassvētku vecītis"
 Lebanon - "Papa Noël"
 Lithuania - "Kalėdų Senelis"
 FYROM - "Dedo Mraz" (Деда Мраз)
 Malta - "Christmas Father", "Father Christmas", "San Niklaw/San Nikola" ("Saint Nicholas"), "Santa Klaw" ("Santa Claus")
 Mexico - "El Niño Dios" ("Child God", meaning Jesus)
 Mongolia - "Ovliin ovgon" (Өвлийн өвгөн, which means "Grandfather Winter" and is associated predominantly with New Year's Eve)
 Netherlands and Flanders - "Kerstman" ("Christmas man")
 Norway - "Julenissen"
 Pakistan - "Christmas Baba"
 Peru - "Papá Noel"
 Philippines - "Santa Klaus"
 Poland - "Święty Mikołaj" (in the Wielkopolska region he is known as "Gwiazdor")
 Portugal - "Pai Natal"

Romania - "Moș Crăciun"
 Russia - "Ded Moroz" (Дед Мороз, which means "Grandfather Frost" and is associated predominantly with New Year's Eve)
 Sápmi - "Juovlastállu"
 Sardinia - "Babbu Nadale"
 Serbia - "Božić Bata" meaning Christmas Brother (Божји Бата; related with Christmas), "Deda Mraz" meaning Grandpa Frost (Деда Мраз; related with New Year's Eve)
 Sri Lanka - "Naththal Seeya"
 South Africa (Afrikaans) - "Vader Kersfees" or "Kersvader", "Father Christmas" or "Santa Claus"
 Spain and some of Spanish-speaking Latin America – "Papá Noel" ("Daddy or Father Christmas") or "San Nicolás" or "Santa Claus". The gift bringers are the Three Kings on 6 January
 Slovakia - "Ježiško" or "Dedo Mráz"
 Slovenia - "Božiček"
 Sweden - "Jultomten"
 Switzerland - "Samichlaus"
 Syria - "Baba Noel"
 Turkey - "Noel Baba" (Note: In Turkey Noel Baba is related with New Year's Eve instead of Christmas)
 Turkmenistan - "Aýaz baba"
 Ukraine - "Did Moroz" (Дід Мороз, associated with New Year's Eve) and "Sviatyj Mykolai" (Santa Claus), associated with St. Nicholas Day
 United Kingdom - "Father Christmas", "Santa (Claus)", "Daidain na Nollaig" (Gaelic), "Siôn Corn" (Welsh) and "Tas Nadelik" (Cornish)
 United States - "Santa Claus"
 Uzbekistan - "Qor bobo" (which means "Grandfather Snow", and is linked with New Year's Eve rather than Christmas.
 Vietnam - "Ông Già Noel" (which means "Old Man (of) Christmas"). ■

¹. Wikipedia 8/2011

Remedica People

In this edition we wish to introduce our Purchasing Manager Mr. Seamus Collins.

Seamus, a native of Eire (Southern Ireland) began his studies in University College Cork where he read Biochemistry followed by a second degree in Applied Chemistry at Brunel University in London. It was here that he met his future wife Elena prompting his move to Cyprus.

He began work in Remedica in 1999 in the Quality Control Department where he held various positions including those of Senior Analyst and Calibration and Maintenance supervisor. He transferred to the Purchasing Department in 2005 and has held his current position since then.

He is a member of Remedica's strategic team and over the years he has attended various seminars and training courses concerning Good Laboratory Practice, Good Manufacturing Practice, Internal Audits, Process Validation and Auditing of Suppliers. Seamus is married to Elena and they have two children. ■



Health Matters - Epilepsy

Most of the general population identify individuals as being epileptic if they suffer fits, more properly referred to as seizures (from which the disease derives its name, the Greek word for seizure being epilepsy). These seizures can take a number of forms but it is the ones where the sufferer experiences involuntary body movements and mood changes which are the most obvious. Most fits last for short periods - anything from a few seconds to minutes - and the patient should not be diagnosed as being epileptic unless such episodes are recurrent.

An epileptic seizure is caused by changes in electrical signals within the brain which affects their routing and intensity but most significantly interferes with the passage of normal transport of information. An analogy of how the brain works can be drawn from an email system: a user can send an email to one person or millions of people as long as the appropriate addresses are used. When the wrong address or addresses are used the emails can be lost or go to unintended recipients, often with serious consequences. This is effectively what happens during seizures when electrical signals in the brain go to the wrong sites or sites and the magnitude of the seizure depends upon how much of the brain becomes involved. Fortunately, and unlike the email example, the brain has the capacity to right the problem unaided.

It is usual to classify seizures as either partial or generalised; in the case of the former the



electrical discharge remains localised within the brain and the patient may experience muscle contractions but may (complex partial) or may not (simple partial) lose consciousness. Once it is over the patient is usually unaware that it has ever occurred. When the electrical activity of the whole of the brain is disrupted then generalised seizures occur accompanied by immediate loss of consciousness and are classified as absence (petit mal), myoclonic, clonic, tonic, tonic-clonic (grand mal) and atonic. Ironically, whether the attack is partial or generalised, the patient may not realise that they have suffered an epileptic attack and, since in the interim they will be symptom-free, then diagnosis is often difficult and may never be achieved, especially when attacks are mild and widely spaced. The type of seizure can vary from loss of attention through convulsions to loss of consciousness and depends upon the region of the brain in which the electrical malfunction occurs. A person should not be diagnosed as epileptic after just one seizure since this occurs in about 5% of

the population whereas less than 1% are in fact epileptic. Onset usually occurs in childhood or in the elderly. Since there are so many forms of the condition they should really be referred to as epilepsies.

Once the condition and its type have been diagnosed management and control by drug therapy is possible. The medicines that are used are known as anticonvulsants and there are at least 20 available as licensed medicines. The therapy selected is based upon the type of epilepsy, the age of the patient and, if possible, it is best if prevention of seizures can be achieved by the use of a single agent. It is only when this does not give adequate control that combination therapy should be considered. The first treatment other than the use of bromides was Phenobarbital which came into wide use after the First World War and was followed by the introduction of Phenytoin in 1953. Carbamazepine and Valproic Acid were marketed in 1965 and 1967 respectively and the latter has become the mostly widely used drug used to treat epilepsies throughout the world. Newer compounds such as Tiagabine and Levetiracetam were launched in the 1980s and are now available as generic products.

These agents may not just effect management and control of the condition but may also produce a cure in that a patient may eventually be able to cease taking medication: this applies to about 50% of sufferers. ■



Eco-friendly tips: Wind powered electricity generation

Wind power has always been a major energy source for mankind, used either for propelling sailing ships, grinding grain or pumping water from underground reserves.

Although some sources suggest that the use of wind power for generating electricity was developed on a small scale in the 1930's, yet it was the 1970's financial crisis which stimulated the serious consideration of wind power as a viable means of producing electricity.

Nowadays wind power is harnessed most for electricity production as it offers significant advantages over other non renewable energy sources. According to the Renewable Energy Policy Network for the 21st Century, wind power is the fastest growing energy source in a global perspective. It should be noted that data from the same source suggests that in 1996 the global capacity was 6.1 GW, whereas by 2010 the figure had risen to 198 GW. According to the World Wind Energy Association, China holds the global lead with an installed capacity of 44.7 GW followed by the United States with a capacity of 40.2 GW. Germany is the third biggest producer of wind generated electricity with an installed capacity of 27.2 GW.

The production of electricity via wind occurs by means of wind turbines and wind farms can be installed either onshore or offshore. A modern geared wind turbine has a production capacity of 2 MW, a rotor diameter of 80 m and it may utilise tower heights from 60 m up to 90 m. Its principle of operation is relatively simple comprising a bladed motor which extracts kinetic energy from the wind flowing through it. Then a gear box within the main body increases the rotational speed which then drives an electrical

generator located on the back of the main body. The generated electricity is then fed into within the electric power distribution system.

As previously, stated wind energy offers various advantages such as the fact that it is generated locally, does not use fuel and does not pollute the environment. In addition, the exploitation wind power offers the advantage of shifting the economy away from supplier dependency. Furthermore wind power is regarded by the European Union to be a major factor in the tackling of climate change, and it is expected to play a vital role in the electricity supply in the immediate future.

According to the European Wind Energy Association, in 2010 wind power provided the 15.7% of the European Union's electricity demands. Reports produced by the same source predict that in 2020 most of the EU member states there would be at least a three-fold increase in wind power capacity with an installed capacity of 230 GW compared with 84 GW at present.

From an economic perspective the fuel cost savings resulting from the production of electricity by wind power in the EU are predicted to reach the staggering figure of 87 billion euro. Finally by 2030, the EWEA predicts that wind power would contribute up to 28.5% of the total EU electricity demand with a 400 GW installed capacity of which 150 GW would be offshore. ■



Corporate Social responsibility

Remedica Cares

1. Remedica was once again sponsor of the charity football tournament organised by “So Easy Stores Ltd” and also took part with it's own football team. (photo 1)

The proceeds from the event went to the Cyprus Anti-leukemia Society, “Zoe”, and the fund, Childrens' Day of Love.



2. On the 29th September in Rome, a conference on Corporate Social Responsibility was held under the auspices of the European programme RIMED (Responsible Industries of the Mediterranean). (photo 3)

It's aim was the achievement of some of the targets set in the Lisbon Treaty with the purpose of encouraging the establishment of public policy by various countries to promote development strategies based on knowledge and innovation, sustainable development, and social cohesion. Remedica was selected to represent Cyprus in this programme to which companies and organisations from Mediterranean countries such as Spain, Italy, Malta, Greece and Cyprus sent delegates. During the conference, Remedica's Marketing manager Mr. Andreas Hadjipanayis presented an analysis of the company's Corporate Social Responsibility strategy and outlined its implementation in a number of areas.



3. For the 4th year running, Remedica Volunteers participated in the activities that were held as part of the Radiomathon. (photo 2)

Their contribution in raising funds was significant both in the “Festival of Love” as well as in the road-side



collections. Remedica also contributed financially to the Radiomathon with a generous donation. Each year, via the Radiomathon, an international community sense of love and social contribution is created towards our fellow human beings with special needs. The participation of Remedica Volunteers is not only an indication of their sensitivity and humanitarianism but also a good example in aiding people in need.

4. It was with great success that a charity event was held by the practice of Oral and Maxillofacial Surgeon Dr. Zoe Nicolaou on 7th October.

The event was under the auspices of Limassol's Mayor Mr. Andreas Christou, whilst the popular Cypriot artist Michalis Hadjiyannis sung his latest hits. Remedica sponsored the event from which the net proceeds of the evening went to the association “Make a Wish” which helps children with cancer and related blood ailments.

5. World AIDS day. (photo 4, 5)

Remedica sponsored this year's World AIDS day event organised by the Cyprus Red Cross (Youth Section) in order to raise awareness and show support for people living with HIV. In addition, a torch march, attended by the Ministers of Health and Education, the Mayor of Nicosia and the President of the Cyprus Red Cross Society crossed Nicosia and ended at Eleftheria Square where they placed a huge poster, with the HIV/AIDS red ribbon. ■



The ABC of Pharmacy: Quality Assurance



The holder of a Manufacturing Authorisation must manufacture medicinal products so as to ensure that they are fit for their intended use, comply with the requirements of the Marketing Authorisation and do not place patients at risk due to inadequate safety, quality or efficacy. The attainment of this quality objective is the responsibility of senior management and requires the participation and commitment by staff in many different departments and at all levels within the company, by the company's suppliers and by distributors. To achieve the quality objective reliably there must be a comprehensively designed and correctly implemented system of Quality Assurance incorporating Good Manufacturing Practice and thus Quality Control. It should be fully documented and its effectiveness monitored. All parts of the Quality Assurance system should be adequately resourced with competent personnel, and suitable and sufficient premises, equipment and facilities. There are additional legal responsibilities for the holder of the Manufacturing Authorisation and for the Qualified Person(s).

1.1. The basic concepts of Quality Assurance, Good Manufacturing Practice and Quality Control are inter-related. They will be described in this series of articles in order to emphasise their relationships and their fundamental importance to the production and control of medicinal products.

Quality Assurance

1.2. Quality Assurance is a wide ranging concept which covers all matters which individually or collectively influence the quality of a product. It is the sum total of the organised arrangements made with the object of ensuring that medicinal products are of the quality required for their intended use. Quality Assurance therefore incorporates Good Manufacturing Practice plus other factors outside the scope of the Guide.

The system of Quality Assurance appropriate for the manufacture of medicinal products should ensure that:



i. Medicinal products are designed and developed in a way that takes account of the requirements of Good Manufacturing Practice and Good Laboratory Practice;

ii. Production and control operations are clearly specified and Good Manufacturing Practice adopted;

iii. Managerial responsibilities are clearly specified;

iv. Arrangements are made for the manufacture, supply and use of the correct starting and packaging materials;

v. All necessary controls on intermediate products, and any other in-process controls and validations are carried out;

vi. The finished product is correctly processed and checked, according to the defined procedures;

vii. Medicinal products are not sold or supplied before a Qualified Person has certified that each production batch has been produced and controlled in accordance with the requirements of the Marketing Authorisation and any other regulations relevant to the production, control and release of medicinal products;

viii. Satisfactory arrangements exist to ensure, as far as possible, that the medicinal products are stored, distributed and subsequently handled so that quality is maintained throughout their shelf life;

ix. There is a procedure for self-inspection and/or quality audit which regularly appraises the effectiveness and applicability of the Quality Assurance system. ■

Our Products - Levetiracetam

Levetiracetam has been recently registered in the pharmaceutical form of film-coated tablets (250mg, 500mg, 750mg and 1000mg) in a number of European countries through a decentralised procedure. Remedica Ltd. holds the marketing authorisation of Levetiracetam tablets in Cyprus under the trade name Quetra.

The active pharmaceutical ingredient Levetiracetam is a pyrrolidone derivative, chemically unrelated to any existing antiepileptic agent. Its indication is for as monotherapy in the treatment of partial onset seizures, with or without secondary generalisation, in patients from 16 years of age with newly diagnosed epilepsy.

Levetiracetam is also indicated as adjunctive therapy:

- in the treatment of partial onset seizures, with or without secondary generalisation, in adults, children and infants from 1 month of age with epilepsy.
- in the treatment of myoclonic seizures in adults and adolescents from 12 years of age

with juvenile myoclonic epilepsy.

- in the treatment of primary generalised tonic-clonic seizures in adults and adolescents from 12 years of age with Idiopathic generalised epilepsy.

The mechanism of action of levetiracetam still remains to be fully elucidated but appears to be different from the mechanisms of current antiepileptic medicinal products. *In vitro* and *in vivo* experiments suggest that levetiracetam does not alter basic cell characteristics and normal neurotransmission. *In vitro* studies have shown that levetiracetam affects intraneuronal Ca^{2+} levels by partial inhibition of N-type Ca^{2+} currents and by reducing the release of Ca^{2+} from intraneuronal stores. In addition it partially reverses the reduction in GABA- and glycine-gated currents induced by zinc and β -carbolines. Furthermore, *in vitro* have shown that Levetiracetam binds to a specific site in rodent brain tissue.

This binding site is the synaptic vesicle protein 2A, believed to be involved in vesicle fusion

and neurotransmitter exocytosis. Levetiracetam and related analogues show a rank order of affinity of binding to this site which correlates with the potency of their anti-seizure protection in the mouse audiogenic model of epilepsy. This finding suggests that the interaction between Levetiracetam and the synaptic vesicle protein 2A may, in part at least, explain the antiepileptic mechanism of action of the medicinal product.

Levetiracetam is rapidly absorbed after oral administration and the extent of absorption is dose-independent and is not altered by food. It is not extensively metabolised in humans in which the major metabolic pathway (24% of the dose) is via an enzymatic hydrolysis of the acetamide group. The plasma half-life in adults is 7 ± 1 hours and is independent of dose, route of administration or repeated administration. ■

Remedica News

1. Remedica's Marketing Manager, Mr. Andreas Hadjipanayis has been appointed a Member of the Central Committee of the Cyprus Red Cross (Youth Section) whose aims and targets are : -

- (a) the protection of life and health,
- (b) the offer of help to those who need it,
- (c) the promotion of a sense of social solidarity between young people,
- (d) the protection and enhancement of the natural environment and
- (e) the promotion of a spirit of understanding and friendship between the people of various countries.

2. Cyprus - Greece Chemistry Conference. (photo 1)

As part of Chemistry Year 2011, the 11th Cyprus - Greece Chemistry Conference was held with great success having as its main theme Chemistry's contribution to human civilisation - past and present. Remedica sponsored the event, contributing to the efforts of the Pancyprian Union of Chemists.

3. Remedica's local sales team attended 4 conferences where participants (doctors and other health care professionals) had the opportunity to be briefed on new and existing Remedica products. (photo 2, 3)

The conferences were the Pancyprian Podiatric Conference, the 10th Greece-Cyprus Surgical Conference, the 14th Pancyprian Paediatric Conference as well as the Dermatological Conference of the Cyprus Dermatology Association. ■



1



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A glimpse of Cyprus: Platres

A mountain resort with an “aristocratic” history

“The nightingales won’t let you sleep in Platres” (from the 1953 poem “Eleni” by Nobel Prize winner George Seferis).

Platres is one of the most scenic villages of Cyprus and probably the most cosmopolitan: it is situated in the Troodos mountain range at an altitude of 1200 meters, 39 Km north of Limassol. It could be described as the “capital” of Troodos and mountain villages. The proof that it is an old village lies in the fact that it is recorded as one of 119 villages in the Limassol district that existed during the Lusignian (Frankish) period (1192 – 1489 AD) and the Venetian period (1489 – 1571 AD). It is located in the foothills of Troodos and is renowned for its unique climate which is dry during the summer with little or no humidity and with average temperatures well below those of the coastal cities such as Limassol.

When the English took over Cyprus in 1878 they discovered the natural beauty of Platres and the community’s development as a tourist attraction began.

Since 1890 Cypriot expatriates living in Egypt came to see this “paradise on earth” and began building luxury villas with all the comforts of the age, previously unknown in Cyprus, and hotels and holiday soon followed. Some Egyptians also leased plots of land where they built houses, stayed for 20 years and then handed them over to the land owners. The construction of hotels in Platres acted as the focus for the first tourists to visit Cyprus. The first hotel built in Platres was “The Cold Waters” in 1900 followed by the “Grand Hotel” in 1905, “Pausilipon” in 1912, “Helvetia” in 1915, “Monte Carlo” in 1920 and “Forest Park” in 1936. All the celebrities that came to Cyprus visited Platres and stayed these beautiful hotels. Amongst them King Farouk of Egypt, Nobel prize winner George Seferis, the famous writer Daphne Du Maurier, Princess Mary of England, Princess Irene of Greece, the Prime Minister of Malta

Mr. Midof, the Chancellor of West Germany Willy Brandt, the Prime Minister of India Indira Ghandi, actor Telly Savallas, all the Presidents of Cyprus and many more.

During the Cyprus uprising (1955 – 59) Platres became a camp for the English Army and the hotels were commandeered by the military authorities and the village was turned into a district command post. There was also the infamous Platres Detainment centre where hundreds of local people were held and brutally interrogated.

Over the years the village has experienced many rises and falls in its population. In 1881 there were only 100 inhabitants and this number rose to 502 in 1946 only to fall to 442 in 1986. Today Platres has 250 permanent residents but in the summer months and especially August, the number goes up to 15,000. There are many grand villas belonging to famous people such as politicians but also to ordinary citizens who long not only for precious moments of relaxation and inspiration but also for alternative forms of recreation.

The people of the village are occupied mainly by tourism (hotels, restaurants, clubs, souvenir shops etc.) whilst a smaller number grow a variety of fruits. Some inhabitants of Platres and neighbouring villages work in the local office of agencies and companies like the Cyprus Telecommunications Authority, the Cyprus Electricity Authority, the post office, banks and Co-op branches, the Cyprus Tourism Organisation, the police force, the Forestry Department, the fire service, the rural health centre, the public district nursery, camping sites etc.

Other sights

In the village, one can admire examples of local architecture such the Rural Health Centre, the offices of the local council, the

offices of the Cyprus Electricity Authority and the building housing the old market. There are also green squares, parks, hero memorials and the George Seferis Cultural Centre. Nearby, about 2 Km from the village, visitors can take a tour of the famous Lambouri wine factory and sample their excellent wines.

Nature

The Caledonian and Millomeri waterfalls are one of the tallest (12 and 15 metres high) in Cyprus and can be accessed via three nature trails in the area. The Cold River, the unique flora and fauna as well as the area of St. Irene complete the puzzle that is the unique “green” spot called Platres.

Events

Due to the village’s importance and its cosmopolitan character, many events are organised there including the World Rally Championship, the Cultural Month of Mountain Resorts, the historic car rally, sports tournaments (football, tennis etc.), exhibitions, seminars, cultural and other events.

Temples

In addition, visitors can visit the holy temple of Panayia Faneromeni (Holy Mother, the visible), the church of Panayia Iamatikis (Holy Mother, the healer), St. Nicolas Church as well as the monastery of Timios Prodromos in Mesa Potamos (Inner River).

Sports

Due to the climate in Platres a sports centre has been constructed in the evergreen forest. The ground has pitches or courts for football, mini-football, basket ball, tennis, volleyball, handball as well as a gymnasium. Apart from being used during the various sporting events, the centre offers professional athletes and teams from Cyprus and abroad facilities at which they train before international games and meetings. ■



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