

Newsletter 27

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Welcome note

Welcome to the 27th issue of our Newsletter where we present our associates in Azerbaijan and our Assistant Production Manager.

In our Environmental Issues we report on the effects of the depletion of the ozone layer and in the ABC of Pharmacy we continue with the term "Validation".

In Corporate Social Responsibility Remedica's provision of a scholarship for a student on an MSc Management degree course, and the potential offer of employment in the Company for the successful candidate is described.

The main items under News is the participation in medical conferences. We also feature an article on "Kallikantzaro" (Christmas Goblins) and finally, we take a glimpse at the history of Cyprus wine.

Finally, may I wish you glad tidings for the Festive Season and a happy and healthy New Year. ■

Remedica Worldwide: MODERN FARM LTD, Azerbaijan



Azerbaijan, which should properly be referred to as the Republic of Azerbaijan, is a contiguous

transcontinental presidential republic in the Caucasus region, situated at the crossroads of Eastern Europe and Western Asia.

Azerbaijan - known as "The Land of Fire" - is a miraculous country with almost unlimited natural resources and with a long and historic cultural heritage, most notably in the fields of literature, music, architecture and visual arts. Azerbaijan occupies an area of 86.6 thousand square km of the south Caucasus and sits on the western shores of the world's biggest lake of Caspian Sea with a population of nearly 9 million people. The country has considerable mineral wealth and also has oil and gas reserves. At the beginning of the 20th century Azerbaijan supplied almost half of the world's oil and oil has remained central to the country's economy into the 21st century. Azerbaijan's victory in the Eurovision Song Contest in 2011 and the subsequent holding of the event in the capital city Baku in 2012 reminded the rest of the world of the existence of this wonderful country.

Modern Farm Ltd is an importing, marketing and wholesaling company dealing in human finished pharmaceutical products, food supplements and medical devices and was founded in 2003 by Dr. Vugar Eyvazov. The main strategy of the Company is to cooperate with European and American manufacturers and to import high quality & effective

products to the Azerbaijan market. Modern Farm Ltd, which has been granted exclusive rights to distribute some of Remedica's products, has its main office and warehouse in the capital and another three offices serve other regions of the country. By this arrangement and with 85 staff, 80% of Azerbaijan is covered.



Remedica Ltd and Modern Farm Ltd began their collaboration in 2005 and throughout the subsequent 9 years of smooth and growing rapport, considerable success was achieved in the Azerbaijan market. Furthermore, the signs indicate that continued growth is to be anticipated and both parties wish to express their gratitude and appreciation for the efforts of their partners. ■



The ABC of Pharmacy: Validation

Validation is a legal requirement which binds manufacturers of medicines like Remedica to demonstrate that:

- Every process, method and procedure has been developed correctly and consistently leads to the expected results;
- Every production unit, process support system, instrument and piece of equipment is fit for its intended purpose and always functions correctly.

In strict terms, Validation applies to processes (e.g. for production and cleaning) and it is normally preceded by the Qualification of the elements supporting these processes (e.g. production equipment, production units etc).

At Remedica, both Qualification and Validation are closely interlinked and best described as it follows:

- Facility Qualification aims at demonstrating that production units, warehouses, process support systems (e.g. ventilation – HVAC - water and compressed air systems) provide an environment which is appropriate for the production of medicines. Facility Qualification answers such a question as: are we certain the temperature within our finished product warehouse will never exceed a limit beyond which our products could degrade?
- Production Equipment Qualification establishes that a piece of equipment actually consistently does what it was designed to do. Typically: is our capping unit sealing bottles correctly with the child proof and tamper evidence features we have pre-defined?
- Process Validation provides the evidence that production processes consistently deliver products in

accordance with pre-defined quality specifications. For example, it provides evidence that Aremed[®] tablets will always contain the right quantity of active ingredient (Anastrozole).

-Cleaning Validation proves that production equipment can be cleaned satisfactorily and consistently. Typically: are we certain that, as we are about to compress a new batch of Capecitabine tablets, the tableting machine is not contaminated with dust, microorganisms or traces of any product previously compressed on this machine?

-Analytical Method Validation verifies that the methods of analysis that we use can actually be relied upon: are our analytical methods for identification specific i.e. do they allow unequivocal identification and therefore bring the proof that *"this white powder is indeed Anastrozole and nothing else"*?

-Laboratory Instrument Qualification confirms that our analytical instruments (e.g. H.P.L.C,

G.C) work properly. Continuing from the previous example: is the N.I.R. probe we have just used to identify Anastrozole actually reliable?

-Microbiology Validation: in a similar way to Analytical Method Validation and Laboratory Instrument Qualification, it verifies the reliability of our microbiological methods of analysis and that incubators, autoclaves etc actually function correctly.

-Computer System Validation ultimately demonstrates that electronic data and transactions can be relied upon. For example: are we confident that our environment monitoring data are protected from being altered, securely backed up and archived?

Validation activities require time as well as in-depth technical expertise across many fields of science and engineering. At Remedica, this expertise is currently shared between the members of the Validation, Quality Control,



Engineering, I.T, Microbiology and R&D Analytical departments. The company relies on these technicians, analysts, engineers and scientists to demonstrate compliance and to contribute to the manufacture of products of impeccable quality. Like most aspects of quality assurance it takes time to do the job properly and the results are invisible. ■

Remedica News

1. Mr. Charalambos Pattihis was elected as Vice President - Industry.

We wholeheartedly congratulate our Group Managing director, Mr. Charalambos Pattihis who was elected as Vice President - Industry, of the Limassol Chamber of Commerce and Industry. We wish him every success in his future endeavours and in dealing with the challenges ahead during this period of economic and financial crisis.

2. Medical conferences. (photo 1)

Remedica's local sales team took the lead at medical conferences and day-events where participants (doctors and other healthcare professionals) had the opportunity to be briefed on Remedica's new and existing products.

3. Retirement of Stella Antoniou. (photo 2)

Stella Antoniou recently retired after 18 years of service with Remedica. She worked in the packaging department and with her meek character and professionalism which she exhibited throughout all of these years, she had won the appreciation and respect of both the company's management as well as that of her colleagues. In a moving ceremony in the company's refectory, Remedica's Management and other colleagues said their farewells and gave her commemorative presents. We wish her all the best for her retirement years.

4. The leading business publication of Cyprus, "IN BUSINESS" magazine recently published an interview with Remedica's Managing Director, Mr. Emiliios Savvides. (photo 3)

After describing the organisation's history from its founding in 1960 to the present time and its world-wide activities and technical operations, emphasised the sector's contribution to the Cyprus economy. ■



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Remedica people

In this issue we present our Assistant Production Manager, Mr. Giannos Ioannou.

In this edition we present our Assistant Production Manager, Mr. Giannos Ioannou. After being awarded his mechanical engineering degree from Greece he began his career as a Quality Control manager at Viochrom where he was also the responsible engineer for all the machines in the factory. In addition, he acted as assistant manager for the automatic colour-matching system and was the deputy of the Production Manager of the Company.

He began working for Remedica in 2005 as Personnel Manager, moving on to be supervisor of the Mixing Department and finally to his current position of Assistant Production Manager. In 2012 he became responsible for the organisation of production in the new Building 10

and for the transfer of production of products from Building 5. He also makes an important contribution to the development of new products. He was a major contributor to the design of Building 10 which received many compliments during inspections from organisations representing countries such as Japan, Brazil etc.

During his time at Remedica he has attended many seminars on pharmaceutical GMP, production management, first aid and safety and production. Giannos is a member of the Scientific and Technological Chamber of Cyprus (ETEK). He is married and has two sons. ■



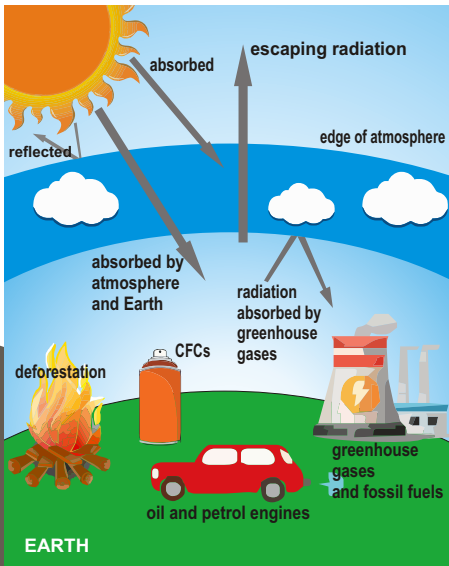
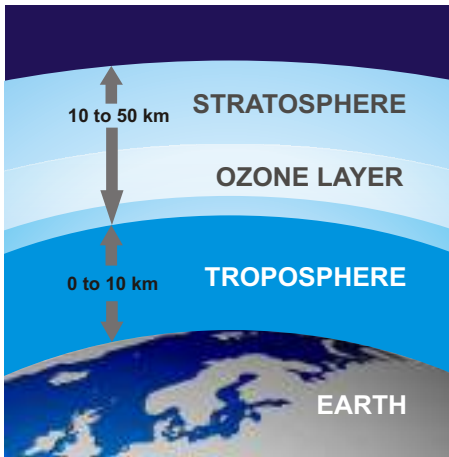
Environmental Issues:

Ozone depletion

Ozone depletion refers to the reduction of the ozone's concentration in the stratosphere caused by industrial and commercial activities. It is worth mentioning that it is considered to be one of the most challenging environmental issues ever tackled. Ozone is a molecule composed of three atoms of oxygen and is found in the natural world as a gas. Although ozone is considered to be a strong oxidising agent and thus harmful to human health, it plays a vital role for sustaining life on our planet, due to its beneficial presence in the stratosphere.

This is due to the fact that, its presence in high concentrations in the stratosphere forms the so-called ozone layer. This layer of gas has the ability to absorb most of the ultraviolet radiation from sunlight, thus preventing it from entering the earth's biosphere. As NASA's Earth Observatory has suggested, overexposure to ultraviolet radiation damages biological tissues, producing anything from sunburn to severe illnesses like skin cancer and cataracts. Moreover, an increased level of ultraviolet radiation interferes with the process of photosynthesis in terrestrial plant species as well as the productivity of phytoplankton found in marine and aquatic ecosystems.

However, why is it that an ozone layer which is located at an altitude between nineteen and thirty kilometres above the surface of the Earth can be affected by the activities of mankind? The answer lies in the wide use of man-made chemical compounds, which when emitted into the atmosphere, have the ability to react with and destroy ozone molecules. As a result, the ozone layer becomes depleted, leading to an ever-increasing proportion of sunlight's ultraviolet radiation passing through to reach the earth.

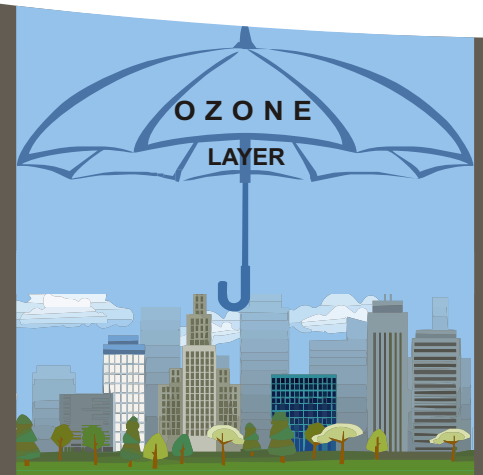


According to the Directorate-General for Climate Action of the European Commission, ozone depleting substances have been widely used in industrial and commercial applications as refrigerants in refrigerators and air conditioners as well as aerosol propellants and solvents. Substances such as chlorofluorocarbons (CFCs), hydrochlorofluorocarbons (HCFCs), halons, carbon tetrachloride and methyl bromide are considered to be the most widely used substances that can deplete the ozone layer.

In order to tackle this challenging global issue, in 1987 the international community established the Montreal Protocol, in which restrictions and limitations on the production and consumption of ozone depleting substances were introduced. Since the implementation of the Montreal Protocol, ozone depleting substances have gradually been replaced with substances which do not harm the stratospheric ozone.

According to the Directorate-General for Climate Action of the European Commission, since 1987, the global consumption of ozone depleting substances has been reduced by 98%. As a result, the concentration of ozone depleting substances in the atmosphere has been reduced drastically allowing the ozone layer to recover.

Although ozone layer has not yet fully recovered, its gradual improvement illustrates that global environmental issues could be tackled effectively, once the international community accepts the challenge and becomes willing to take action. ■



Corporate Social Responsibility: Remedica Cares

1. Radiomathon. (photo 1)

For the seventh year running Remedica volunteers took part in the activities of the Radiomathon and the Company also contributed financially towards the charity bazaar organised to raise funds.

2. Donation to the Pattihis Senior Citizens' Centre. (photo 2, 3)

Once again, Remedica has sponsored this Centre which is unique in its kind in Cyprus and for 14 years has made a valuable contribution to senior citizens of Limassol. Its main aim is to provide entertainment and a variety of other services to its members in order that they may be helped to become more active citizens.

3. Christmas fund-raiser by the Cyprus Association of Cancer Patients and Friends (PASYKAF). (photo 4, 5)

Remedica sponsored the Christmas fund-raiser organised by the Cyprus Association of Cancer Patients and Friends (PASYKAF) held in Limassol. The proceeds will help the Association's efforts to continue to provide its free-of-charge services which include domiciliary nursing and relief care, social support, physiotherapy, a clinic for lymphedema, day care centres and patient transportation.

4. Remedica announces scholarship 2015/16.

Remedica is pleased to announce the endowment of the **Pattihis Family Scholarship** for the MSc Management Degree in the Department of Management Science and Innovation at University College London (UCL), UK. As well as covering the fees totalling £14,250, the Scholarship includes the potential offer of employment with Remedica, subject to successful completion of the degree. It is hoped that the successful candidate will develop and progress their career in management with Remedica, but this is not a binding obligation.

Interested candidates should visit the following web page:

<https://www.msi.ucl.ac.uk/msc-management>.

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 **Remedica**



Christmas Traditions:

Kallikantzaroi, or, the Christmas Goblins



The tradition of the Christmas goblins, or Kallikantzaroi as they are widely referred to in Greece and Cyprus, dates back many years. In many towns and villages of both countries, the goblins are heavily associated with the festive period of Christmas.

However, there are numerous and often quite differing views concerning the origin of the story of the Christmas goblins. While some argue that the present-day depiction and belief in the goblins comes from ancient Greek mythology and is inspired by the figures of Satyrs, Centaurs or the god Pan, other sources suggest that this tradition derives from ancient Greek and Roman festivities like the Roman festival Saturnalia, which took place every December. Many different views are also expressed on the origin of the name attributed to the goblins, since the word "Kallikantzaros" may constitute a derivative of Turkish words or a derivative of the Greek words for "good" and "centaur."



According to tradition, the Christmas goblins dwell underground and spend almost the entire duration of each year sawing the tree on which Earth is supported. Every Christmas, when they have come close to finishing their sinister work, they crawl up to the surface. While some sources suggest that they do so in order to celebrate their accomplishment in advance, others argue that they visit this world out of the fear that earth will crumble and kill them. Although the Christmas goblins are depicted by some as dwarfs, others believe that they are tall and dishevelled, with short hair, red eyes, ape-like hands, teeth and claws and legs similar to those of a donkey.

During their stay in this world, the Christmas goblins are said to reside in mills, bridges and riverbanks, where they spend each night waiting for passers-by to tease. According to tradition, they

also visit the houses of nearby villages, gaining entrance through chimneys in order to find food and cause damage to each household. While it is generally believed that the goblins can only tease, annoy or frighten humans without causing any great harm, to this day many people continue to place pieces of pork, sausage or sweet homemade treats known as "xerotigana" on the roofs of their houses in order to drive the goblins away.

The Christmas goblins stay in this world for twelve days. On the day of the Epiphany, they are driven away by the blessing of the waters and go back below the earth. There, they take up sawing the tree once more after realising that it has healed in their absence. For many, the Christmas tree that is put up in each household symbolises this very integrity, divine power and protection of the Christian faith.

Sources:
<http://en.wikipedia.org/wiki/Kallikantzaros>
<http://el.wikipedia.org/wiki/Καλικάντζαροι>
http://users.sch.gr/aiasgr/Hthi_kai_ethima/Xristougenniatika_ethima/Oi_kalikantzaroi.htm



A glimpse of Cyprus:

Wine in Cyprus: A 5500-year Tradition.

According to folklore, Cyprus is the birthplace of wine-making. Until recently, evidence showed that the production of wine on the island began around 2000 BC, but excavations which took place in the village of Erimi in the 1930s brought to light a number of containers used by the early inhabitants to store wine which dated back 5500 years. These containers confirmed that the Cypriots were producing wine up to 1500 years before the Ancient Greeks.

References which associate Cyprus with the wine-making tradition can be found in mythology and folklore, history and literature. Often referred to as the home of Dionysus, better known as Bacchus, the god of wine, the island is believed to be the birthplace of "Cyprus Nama", the oldest known wine in history and which worshippers of Aphrodite consumed during celebrations dedicated to the goddess of beauty. The wine produced in Cyprus also finds praise in Homer's epics as well as in numerous other early texts, which often refer to the island as 'Evinos', that is, the place of good wine. Later texts also make reference to Cyprus wine, with Shakespeare's Mark Anthony telling Cleopatra, 'your sweetness my love is equal to Cyprus nama', while upon his departure from the island, Richard the Lionheart is believed to have said that he 'must return to Cyprus, if only to taste this wine again'. In the 13th Century, King Philippe of France praised local wine as the 'Apostle of Wines', whereas three centuries later Sultan Selim told his generals that they should capture the country if only because of its wine: 'within this island', he is believed to have said, 'there is a treasure which only the king of kings is worthy of possessing'.

There are a number of villages on the sun-kissed southern slopes of the Troodos mountains in the Limassol region which have become famous for the production of wine. Known locally as 'Krassochoia', or Wine Villages, they include Omodos, Arsos, Foini, Vasa, Lofou, Lania and



Koilani, among others. The wineries here produce both red and white wines that are often awarded prizes at international exhibitions for their excellent taste and quality. Perhaps the most popular wine produced on the island is Commandaria, a sweet wine that dates back centuries and owes its name to the Knights of the Order of St John of Jerusalem, who arrived here during the period of the Crusades and christened the surrounding region "Commanderie".

The tradition of wine-making on the island is still widely celebrated today. First organised in 1961, the Cyprus Wine Festival has gradually become an established event held annually in the Municipal Gardens of Limassol. Locals and tourists visit the festival each year to taste the products of each winery and to celebrate the island's rich tradition and culture with the motto 'Drink wine, it gives you life!' Regarded

almost as a revival of ancient festivals of worship in honour of god Dionysus and goddess Aphrodite, the festival boasts an annual attendance in excess of 100,000 visitors that are introduced to both the big wine cooperatives and the smaller independent producers that offer free tasting of their products. The annual Commandaria Festival offers another opportunity to taste this famous sweet wine, taking place in the villages of the Kourris Valley every July.

While there is a considerable consumption of wines in Cyprus by both locals and tourists, large quantities of wine are also exported annually to a number of European countries which include Great Britain, France and Russia. For example, in 2004, Germany alone imported 1,000,000 litres of Cyprus wine.

Sources:

<http://en.wikipedia.org/wiki/Limassol>

<http://www.aboutcyprus.org.cy/>

<http://www.visitcyprus.com>

<http://www.visitpafos.org.cy/Wineries.aspx> ■



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Applications:

Interested candidates should visit the following web page:

www.msi.ucl.ac.uk/msc-management

It is strongly recommended that applications for admission are submitted
no later than four weeks before the scholarship deadline of 1st April 2015.

Remedica is a European-based (Cyprus) group specialising in the development,
production and marketing of high quality, safe and efficacious pharmaceutical
products and is dedicated towards a healthier world.

Remedica's 450+ products are marketed in over 100 countries
(Europe, Asia, Africa, Australasia, South America, and North America).

