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Lockdown

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CyprusScene.com

The real newspaper For people - By people

1st May 2020 to 7th May 2020 / Year 4 / Issue 125 - FREE to read or download

COVID-19

Despite many problems, the TRNC seems to be winning the battle against Coronavirus (COVID-19)

Stay Home - Stay Safe



Pages : 14/15

Girne Municipality News



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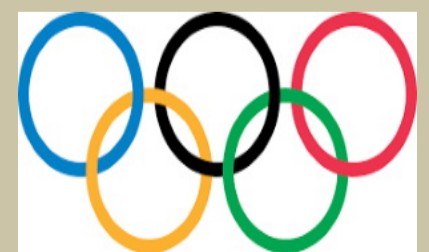
Lapta Pines Residents and friends help those in need



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Postponement of Olympic Games and the effect on athletes

By Ahmet Abdulaziz



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Animal Welfare



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1st to 7th May 2020

Prime Ministry Crisis Centre

KKTC RAKAMLARLA COVID-19 COVID-19 IN NUMBERS

30

NİSAN / APRIL
2020

18:00

BUGÜN / TODAY

Yapılan Test Sayısı Tests Conducted	1257
Pozitif Vaka Sayısı Positive Cases Confirmed	-
İyileşen Hasta Sayısı Patients Recovered	-
Yoğun Bakımdaki Hasta Sayısı Intensive Care Patients	-
Kaybedilen Hasta Sayısı Daily Deaths	-

TOPLAM / TOTAL

Toplam Yapılan Test Sayısı
Tests Conducted in Total **12.267**

Toplam Yerel Pozitif Vaka Sayısı
Local Positive Cases Confirmed in Total **77**

Toplam Pozitif Vaka Sayısı
Positive Cases Confirmed in Total **108**

Tedavisi Süren Hasta Sayısı
Patients Currently Receiving Treatment in Total **3**

Toplam Kaybedilen Hasta Sayısı
Total Deaths **4**

Toplam İyileşen Hasta Sayısı
Patients Recovered And Discharged in Total **101**



Minister of Health message for 1st May, Labour Day

CyprusScene.com

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Minister Pilli said in his message:

“A strong country in every field can be possible by working hand in hand with its labourers, producers, farmers, teachers, doctors and investors.

The thousands of employees in our country are of the greatest value for us.

On 1st May, which is the symbolic day of Labour and Struggle, this year the hundreds of healthcare professionals working with devotion will be at the forefront.

All of our healthcare workers are working hard to combat the COVID-19 outbreak and adding

days and nights to public health.

The most valuable asset of our country is undoubtedly labour. On this occasion of 1st May holiday, I would like to congratulate all those who produce healthcare and healthcare professionals, and wish

that our union of togetherness is always permanent.”

Ali Pilli
Minister of Health

Source (Turkish) :
TRNC Ministry of Health



1st to 7th May 2020

Frequently asked questions from British residents in North Cyprus

We have received the following information from the British High Commission in Nicosia which we are sharing for those readers who may have the same questions to ask.

Frequently Asked Questions from British residents in the north

UK IN CYPRUS - BRITISH HIGH COMMISSION NICOSIA
THURSDAY, 30 APRIL 2020

Flights

Q: I want to return to the UK but there are no commercial flights. How can I fly home?

A: Turkish and Pegasus Airlines have suspended their flights to the airport in the north. There are some repatriation flights available from Larnaca. If you are interested to get a seat on those flights, please send an email to ukincyprus@fco.gov.uk.

Q: I am a UK national residing in northern Cyprus. How can I return to my place of residence?

A: Most crossing points are closed to the public and Turkish Cypriot authorities don't allow any foreign nationals to cross to the north.

Lockdown measures

Q: Are the Turkish Cypriot authorities implementing lockdown measures?

A: Turkish Cypriot authorities are implementing a partial curfew until 4 May. People are only allowed to leave their homes for

essential shopping from markets and pharmacies as well as going to banks and operational government offices. Permits are not required for going to these places. However people need to travel to the shops that are closest to their residences.

Q: What if I want to go out for other essential reasons?

A: For any other urgent business people can ask the police for permission by sending a picture of their identification documents or passports and the reason for travel to the following WhatsApp numbers:

0548 811 0155

0548 811 0156

0548 811 0157

0548 811 0158

You can also apply online using the link shown below.

Permission applications can be made 06.00 – 18.00 during the working days and between 07.00 -13.00 on Saturdays.

Q: Are there any changes in working times of shops, banks etc?

A: Markets have to close daily at 20.00, banks and pharmacies will return to normal working hours from 4 May. There is a full curfew in place between 21.00 – 06.00 until 15 May.

Anyone violating the curfew can be arrested by the police or fined.

Q: Can I travel between districts?

A: The travel ban between districts will be lifted on 4 May.

Healthcare

Q: What should I do if I am suffering from COVID-19 related symptoms?

A: If you have COVID-19 related symptoms, including high temperature and/or a new persistent cough, you should call the health authorities on 1102 or 0533 850 11 88 or 0548 850 11 88.

Under the standard procedure, people showing the symptoms are tested for Covid 19 and if they test positive, they are placed under quarantine at the Nalbantoglu general hospital Nicosia and start receiving treatment.

Q: What should I do in case of any other medical emergency?

A: For any other medical emergencies people should call the emergency helpline on 112.

Financial Assistance

Q: Are British nationals permanently residing in the

north entitled to any financial assistance?

A: Turkish Cypriot authorities have announced that employers are entitled to seek financial assistance for their employees in case their revenues drop because of COVID-19. Employees cannot seek for assistance on their own.

For more information go to UK in Cyprus: GOV.UK | [Facebook](#) | [Twitter](#) |

The office is open for telephone calls between 08:00 and 16:00 Monday to Friday on +357 22 861100.

***The public counters are open as follows:**

Alexander Pallis Street Office
09:00–15:30 Monday, Thursday & Friday.

Shakespeare House 09.30-13.00
Wednesday & Friday.



<https://permissions.gov.ct.tr/street>

1st to 7th May 2020

Payment of TRNC vehicle road tax online, it works!

By Margaret Sheard

After a great deal of effort and frustration I was eventually successful in renewing my vehicle road tax online, and couldn't believe how easy it was.

I was a bit lax in forwarding the details originally requested by SMS message last year to register, and did this during the lockdown period which made me think the details sent had not been registered in the system, although when I did register I received an SMS message confirming receipt. As my vehicle road tax was due on 1st April, I was very concerned that if I went out in my car and was stopped by police I would be in trouble for not having tax for my vehicle.

After numerous attempts to try and pay the tax online, I sent a comment on one of the links, to which I did not receive a reply. However, on another attempt I decided to follow the instructions and send an email, which I did on 23rd April and the same day I received a reply giving me exactly what I needed to insert in the information boxes. So once again I went into the online payment site and believe it or not, it worked, and I also received the special 10% discount given for April/May.

Road tax paid, receipt printed and I can now safely use my car, knowing that if I am stopped by the police I can show them that the tax has been paid.

I think a lot of the problem arises due to the passport number, which has to be prefixed with 'P', but as I have had 3 different passports since coming to live in North Cyprus, I did not know which passport number to use. When I received the reply from AKOS I was given the passport number to use, which in my case was the second one. Problem solved.

I would suggest that anyone having problems with paying their road tax online should contact akos@bub.gov.ct.tr by email and, as I experienced, they should receive the information to enable them to do this.



Trevor's Tips for TRNC vehicle road tax online.



By Trevor Hughes

I read Margaret Sheard's article about her experience of taxing her car so I decided to offer readers a Capital Insurance checklist for those who are wanting to pay online.

All applications should be made in the name of the first person entered on a logbook/koçan and have your credit card and passport at the ready.

- 1) It may only work if you registered your details by text to 1300 no later than July this year.
- 2) Go onto this website <https://bub.gov.ct.tr/en-us/>
- 3) Scroll down to see the AKOS online payment and click.
- 4) Follow the instructions, registration number, passport number (used when purchasing the vehicle) preceded by a letter P, date of registration, found on the front of the logbook and the verification code and submit
- 5) If that works it should bring up your car details, so you can follow this process anytime in the future, unless the Government changes the application procedure.
- 6) On the left-hand side of your application, the first option should be to pay tax and click.
- 7) The next page should show one line with all the details, when it's due and the cost. There is a tick box that you must complete, then click submit.

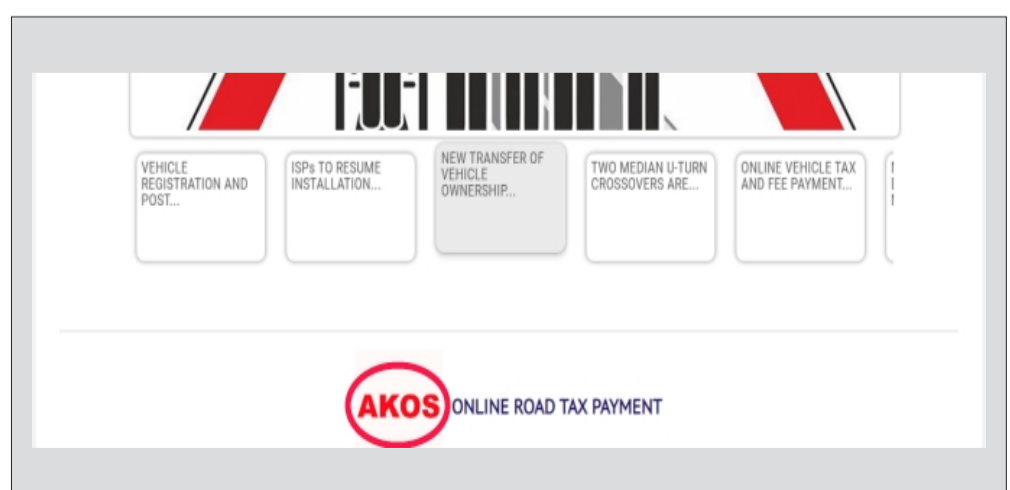
- 8) Enter your credit card details including the date of expiry and the three-digit security number found on the back of the card. Complete your payment details and if successful, it will inform you to print your receipt, you can also save a copy if you so wish.

The printed receipt should be kept in the car at all times whilst driving the vehicle.

If you are having problems paying your road tax online, contact

akos@bub.gov.ct.tr by email and, they should receive your information to enable them to do this.

Don't forget to have your printer ready and switched on.



1st to 7th May 2020

Efes Pilsen give 5 Tons of animal food to Girne Municipality

Efes Pilsen has given 5 tons of food for street animals to Girne Municipality.

Mayor of Girne Municipality Nidai Güngördü said: " *I would like to thank Efes Pilsen officials, who made a donation for our animal friends living on the streets at a very important time.*"

Güngördü stated that they are caring for stray animals during the Coronavirus epidemic and, "Our

teams are on duty for our friends on the street. We periodically leave food and water at the feeding points we have determined.

The food donation will begin to reach our animal friends as soon as possible."

STAY HOME, STAY SAFE

Source (Turkish) :
Girne Municipality



Girne Municipality - Medication and Market support for elderly

Girne Municipality Social Affairs Branch gives support with medication purchases within the framework of measures to protect individuals over the age of 65 living in the region due to the Coronavirus outbreak.

Monthly medicine supplies for citizens aged 65 and over who have chronic illnesses are taken from the hospital on Tuesday and Thursday.

In the information given by the Municipality of Girne, medication purchases are made from the hospital and the pharmacy within the scope of the services provided to citizens over 65 years of age living alone within the boundaries of the district, as well as members

over 65 who are registered in the Social Affairs Branch Second Spring Project. At the same time, there is staff support for market shopping for patients and elderly people living alone.

Girne Mayor Nidai Güngördü pointed out the importance of protecting individuals over the age of 65 who are in the risk group during the epidemic, while the food distribution for the needy is also ongoing.

Güngördü said, "We have sick elderly people living alone in their homes. It is very important for us to protect our elderly people during this period. They stay at home, and we take their medication to their door. At the

same time, our staff is helping our elderly patients and those who are unable to go to the pharmacy and market." Pointing out that this epidemic can be overcome together, Güngördü asked the

public to be sensitive and stay home. Güngördü finally wished everyone healthy days.

Source (Turkish):
Girne Municipality



1st to 7th May 2020

Postponement of the Olympic Games and the effect on athletes



By Ahmet Abdulaziz

The Olympic Games are a unique sports event, allowing hundreds and thousands of athletes world over to be able to compete. Once in four years, the Olympic Games, ever since its inception in 1896, has remained a focal point of interest of all athletes.

The year 2020 was the year of the Olympics. Tokyo was going to host the 2020 Olympic Games from 24th July until 9th August, but due to the Coronavirus pandemic, the event is **now scheduled to start on 23rd July until 8th August 2021**.

The postponement of the Olympics is a reality, since there was no other option. The organisers, financiers and all others who had been working hard and investing huge amounts in this organisation are bound to suffer loss, yet they still see chances of making their losses good in 2021.

However apart from all this, which I understand, what does the loss of one whole year mean to athletes.

Athletes do not come into limelight all of a sudden. It takes years and years of hard work for an athlete to rise to the required standard.

Every athlete who we see standing at the starting line of a race or any

sort of competition in the Olympics, usually have given their everything to reach that goal.

The training of an athlete usually starts at a very young age. The coaches teach the rules of the game, and put him/her through a very strict discipline, for a long period of time.

The celebrated athletes, that we usually see, do not have much time for themselves or their families and friends during their career. Their lives usually remain restricted to their home and the track. They cannot eat what they like. They have to go through a strict programme of food intake. Leading a life with all these strict disciplines is not easy.

It is just personal devotion of each and every athlete, that makes him/her accept all of this. At the same time it is also not easy for almost all of them to maintain the high quality of their performance



Photo by Pixabay on Pexels.com

all the time. Their performances pass through ups and downs, due to various reasons. They pass through emotional impacts, which affects their performance in the field.

The part that a coach plays in the life of an athlete is also very important. The coach is the person who plans and executes daily routines of the athlete with a long term ultimate goal in mind. The coach thus charts out a long term plan, keeping in view one or more particular events in mind. He executes the plan in such a way that the athlete would reach the topmost performance stage on one particular date in one particular sports event.

With all this background, it is not difficult to understand the extent to which the athlete's the world over would find themselves affected, due to postponement of the Olympics. They have been training hard for this particular event. They are still training, but obviously all of their earlier plans now need to be altered.

However, the most important point is that there would be many upcoming athletes for whom this postponement has come as a blessing in disguise. They now have got sufficient time to train

harder, to reach their peak by July 2021.

But the other side of the story is also important. There must be many athletes who will find it difficult to maintain their peak which they have reached in the year 2020. Most of these would make way for new entrants and upcoming young athletes in the Olympic Games 2021.

Thus, the results of the Tokyo Olympics in 2021 will be much different from what they would have been in the year 2020.

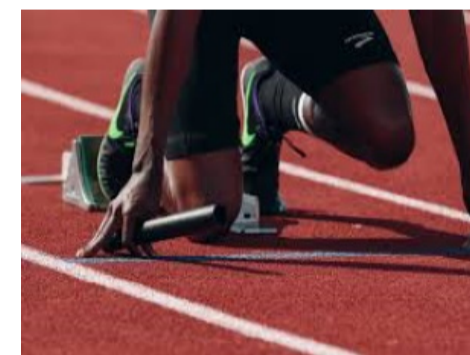
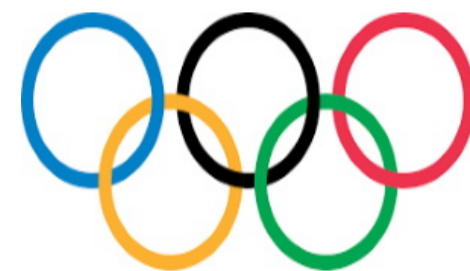


Photo by Andrea Piacquadio on Pexels.com

1st to 7th May 2020



KAR - News Update



We have over 300 vulnerable dogs and cats at the centre needing:

- Food
- Medicine
- Water (we have no mains water, it has to be purchased via tanker)

We are now completely reliant on donations from you all. All our shops and market stalls are closed, our fundraising events, suspended. Please, please help us to maintain care for them all. You can pay directly into our bank, via the donate button on our website. You can sponsor one or more of our dogs or cats for £10 per month. (email the office for the sponsorship form - kartrnc@gmail.com). **Please don't forget us.**
<https://www.kartrnc.org/how-can-i-help-kar/donate/>



As you know, we don't have a mains water supply at the centre, so we have to purchase tanker water. We average 4 deliveries a week at **300TL (£40) per delivery. So that is 1200TL (£160) PER WEEK on water.** Please consider buying us a water delivery at £40. Donate via our website. Please don't forget us. We need you now more than ever.
<https://www.kartrnc.org/how-can-i-help-kar/donate/>



With over 40 cats at the centre, we are at capacity, so some good news for one inmate. We work hard to re-home the cats and kittens and give them a chance of life outside a cattery environment.



Please continue to support the work we do.

Good morning world. We have asked you for everything, money, food, water. Now we ask if you can help in another way. Please go to our page on **Trip Advisor** and write us a review. Keeping us at the top of '**Kyrenia Attractions**' will help us greatly with visitors once this nightmare is over. Please follow the link and just leave us a short review.
https://www.tripadvisor.com/Attraction_Review-g190378-d1217...



This is Midge. Dumped at the centre a couple of weeks before lockdown. Jack Russell cross, less than a year old. Health checked and vaccinated.



He doesn't deserve a life in a compound, help him to find a loving home.

Help us to be able to keep helping him and others.

As we enter the final week of April, Elaine is back with a new video. This group of 8 month old puppies face a lifetime of shelter life. Please consider homing a shelter puppy or older dog wherever you are in the world. These puppies did not and do not deserve this life. Rescue. Adopt. Sponsor.



Help us to help them.

1st to 7th May 2020



KAR - News Update



We recently received a wonderful donation from Cariene who lives in Holland . Carien is well known to KAR and here is how

Sid came into the centre in 2013/2014 - he arrived in the back of a car unwanted and discarded like rubbish All along Sid was nervous of people he didn't know – we don't know what happened to make him like that but could only guess! After a while he became more trusting of the staff and volunteers at the Centre but his nervousness meant that he was often overlooked by visitors looking to adopt a dog.

Cariene sponsored him for a number of years and received news about him and updates. Then decided that the time was right and that she could offer him a home. She came over (from Netherlands) to spend some time with him, and to adopt him, but it was during the dreadful distemper outbreak so she couldn't take him for walks.

Not wanting him to lose out on the chance of a home – because of the distemper restrictions – staff used to take him into the portakabin and Cariene would sit in there and simply talk to him. He wouldn't go near her at all during that time but she didn't give up on him – she had grown to love him and knew that, given time, he would feel the same about her. She spent all of her holiday talking to Sid up at the Center. She decided, at the end of her trip, that despite his still apparent distrust/nervousness of her she still wanted him to be "her" dog and so all of the adoption and travel paperwork were signed and his EU travel preps began.

When Sid was ready for travel, she came over about a week before, again to spend time with him. She was the perfect person for him, she was so patient. After a couple of visits, he got used to her voice and began to wag his tail when he heard her voice as she arrived at the Centre – he was also, by then, happy to go for walks with her.

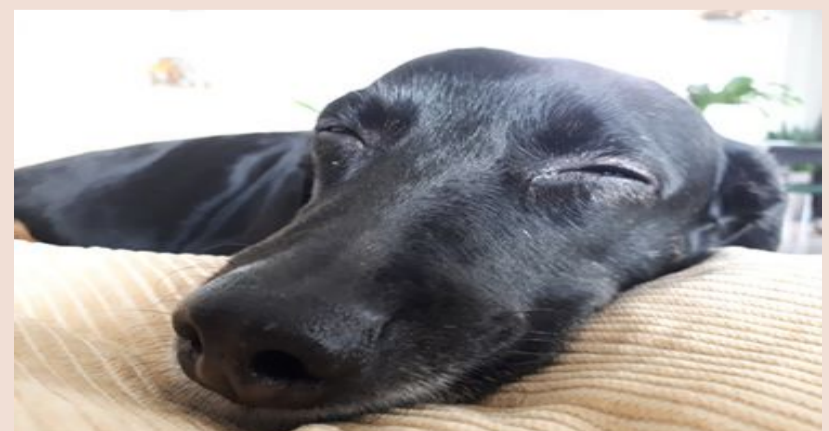
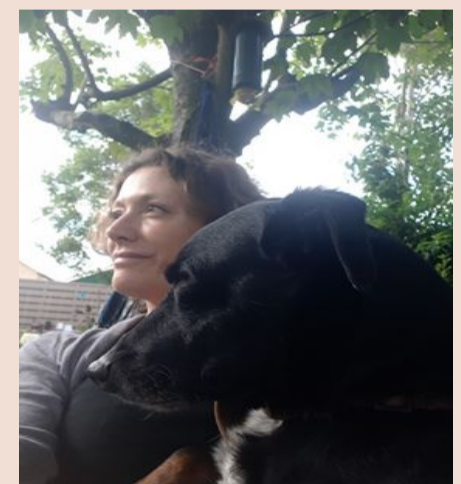
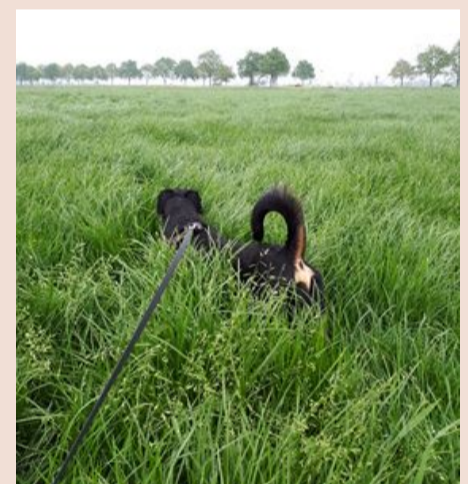
They also spent time together in the exercise area, again she would just sit and talk to him. But he still wouldn't physically let her near him. Until about the 4th/5th day when he let her stroke him - it was a lovely moment (and a great relief to us all!!) By the time he flew to Holland, he trusted her.

It just goes to show that patience and the right person was a good combination for Sid - the same as it is with any Rescue dog/cat.

Cariene recently told us " I still have to be patient with him, but in return I get a lot of love from Sid."

As you can see from the photos – they are a match made in TRNC. Happy Days Cariene and Sid and THANK YOU for your very kind donation - from all your friends at KAR.

If you feel that you can help us by sponsoring one of our cats and dogs - please email our office kartnc@gmail.com - they all need someone, apart from us, to care about them.



1st to 7th May 2020

Lapta Pines - residents and friends help those in need

Day by day we are receiving great news of the communities and people pulling together and finding ways of helping others in need during the Coronavirus controls and lockdowns and long may this continue.

Readers mail...

From the Residents and friends of Lapta Pines....

As the lockdown started here in the TRNC, for some life didn't change that much. The lunches and social get togethers were on hold but financially for many, it was life as normal. But the residents at the Pines realised that there were those in our community that would be seriously affected and would need help and they wanted to do something to help. Emails and messages were sent and before long the offers of support were pouring in. With the help of friends in the local community and the local Mukhtar, families that were slipping through the cracks elsewhere were found and the food parcels were organised and delivered.

In the last two weeks friends and residents many of whom are in the UK and are unable to help in any other way and alongside the friends in the expat community here have sent more than 17,000TL to be spent on food.

To date more than 150 food parcels have been delivered with at least 100 more planned in the coming days and weeks.

It is truly inspiring to see people pull together in times like these and recognise that the support will need to be ongoing until life gets back to some kind of normality. With that in mind, the friends and residents here at the Pines are committed to continuing that help and support for as long as possible.

There are many people in the community trying to do their bit to help and whether it is sending money to charities, donating food or even just sharing a post on Facebook every little bit really does help as unfortunately there is no quick fix to this problem.



1st to 7th May 2020

23rd April Music enjoyed by Girne residents from balconies

Girne Municipality Sightseeing Bus travelled the streets of Girne and brought the joy of 23rd April National Sovereignty and Children's Day to the people in their homes with music and speeches.

In the information given from Girne Municipality, the event started at 14:00pm in Kordonboyu with a moment of silence in front of the Atatürk Monument. Here, red and white balloons were launched into the sky. Later, Girne Municipality Mayor Nidai Güngördü and Girne Municipality Children's Council President, Zehra Bilge Bayram greeted the children and the public by travelling the streets of the city with an open sightseeing bus decorated with flags and balloons for the 23rd April National Sovereignty and Children's Day broadcasting children's songs, while the city residents and children joined in with the songs from their balconies decorated with flags.

Girne Mayor Nidai Güngördü, said the 100th anniversary of the Turkish Grand National Assembly

was being celebrated and due to the COVID-19 outbreak the National Sovereignty Day and Children's Day this year was being celebrated in homes. Güngördü noted that the city tour was made in Girne and its affiliated villages in the afternoon with the Municipal sightseeing bus, accompanied by children's songs, and he reminded that the necessary way to protect the society from the virus is to Stay Healthy and Stay Home.

Güngördü, noted that the Turkish Grand National Assembly is an important day and once again was celebrated with a respectful bow in front of the Great Leader Atatürk memorial, who has given this day to the world's children.

Given that this year was celebrated differently, Güngördü emphasised that there was no reduction in the enthusiasm of the adults for the 23rd of April Day, and that it will continue to be celebrated in the coming years after the virus threat ends.

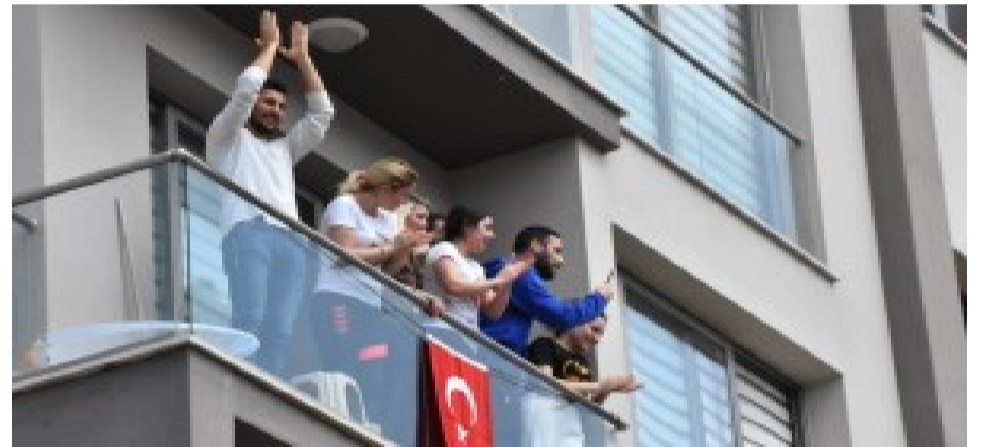
Celebrating the feast of all children, Güngördü asked the

families to stay in their homes for healthier days and not disrupt their children's education.

Zehra Bilge Bayram, the President of the Children's Council of Girne Municipality, also celebrated the 23rd April National Sovereignty and Children's Day, and said although this year was celebrated a

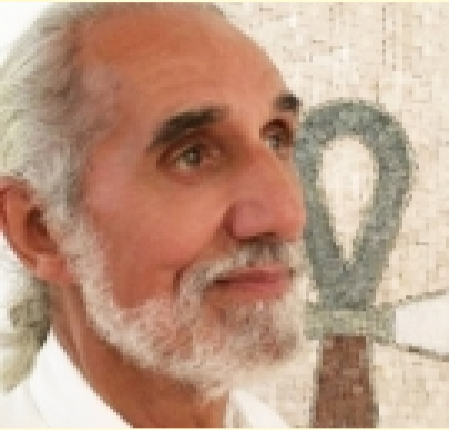
little differently due to the epidemic, there was no decrease in the enthusiasm for 23rd April, Bayram also asked everyone to Stay Safe and healthy in their homes in preparation for good days to come.

Source (Turkish) :
Girne Municipality



1st to 7th May 2020

Poets Corner



Poem by Nick Vye - Sanctuary

CHALLENGING TIMES

The whole world is in a mess,
This is a challenging time,
Will we all pass this present test,
Or is it, just a lesson of another kind,

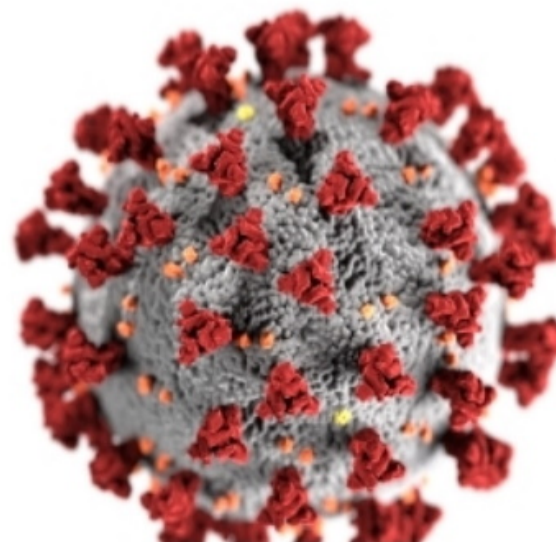
Everything is upside down,
We are all being kept apart,
So quiet you can't hear a sound,
Like we're all in the dark,

We need now to see the light,
No more doing it, our own way,

Otherwise we'll lose the fight,
And might not live another day,

Is this another wake up call,
Hope we heed it and aren't deaf,
Now are backs are against the wall,
Facing the plight of future death,

So this challenge is very true,
Not fake news and not a lie,
It appeared right out of the blue,
And left so many, people to die ...



1st to 7th May 2020



Hope 4 Pets - News Update



News from Elizabeth Stowell - H4P Admin Team 27th April 2020.

This is Hope 4 Pets first Newsletter, this one just outlines some of the things we have done in 2019. We are aiming to do one every 3 months from now on.

NEWSLETTER
HOPE 4 PETS NORTH CYPRUS

ISSUE 1
APRIL, 2020
PAGE 1

Introduction

Welcome to our first Newsletter of 2020, with the warmest of wishes to all our readers as we have decided to concentrate on positive news relating to H4P in 2020.

Doing what we do best

Hope 4 Pets has continued to help the most vulnerable of North Cyprus with our continued support. We have spent a great deal of time in the month of December, taking care of our animals, ensuring they are safe, happy, and healthy. We also have a lot of work to do in the coming months, ensuring we can continue to help our animals in the best way possible.

Fundraising

At Hope 4 Pets we have a lot of fundraising events planned for the year ahead. We have already had a successful Christmas fundraising event, and we are looking forward to more events in the future. We have also had a lot of support from our members and volunteers, which has helped us to raise a lot of money for our animals.

NEWSLETTER
HOPE 4 PETS NORTH CYPRUS

ISSUE 1
APRIL, 2020
PAGE 2

A day in the life of Hope 4 Pets

The H4P and H4P staff have been working hard to ensure that our animals are safe and happy. We have a lot of work to do in the coming months, ensuring we can continue to help our animals in the best way possible.

Frequently asked Questions

Q: How do I get involved?
A: You can get involved in many ways, from volunteering to fundraising. We have a lot of opportunities for you to get involved, and we would love to hear from you.

Membership

Membership at Hope 4 Pets is open to all who are interested in helping animals. We have a lot of benefits for our members, and we would love to have you as a member.

NEWSLETTER
HOPE 4 PETS NORTH CYPRUS

ISSUE 1
APRIL, 2020
PAGE 3

Volunteers Needed

- Foster homes short & long term
- Volunteers with cars to ferry animals to and from vets
- Volunteers to take medication to sick animals
- Volunteers with large vans to take crates to the airport as and when needed

And finally.....

Help animals today... become a volunteer!

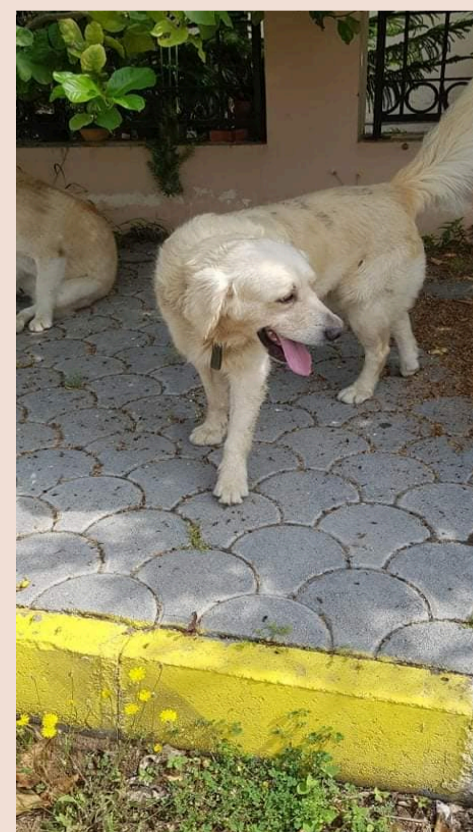
To read the newsletter the link is : <https://cyprusscene.com/wp-content/uploads/2020/04/news-letter-H4P-april-2020-3.pdf>

Post by Stephanie Harrison-Croft 27th April

Does this dog belong to you or do you know the owner?

Ozankoy/Bellapais area?

Male wearing a dark green collar and is friendly but tracking a small bitch in the picture who appears to be in season!



1st to 7th May 2020

TRNC State Hospital has superior Intensive Care Service

Minister of Health Ali Pilli visited the fire damaged units of Burhan Nalbantoğlu State Hospital and made statements about the latest condition of the hospital.

During his visit, Pilli was accompanied by hospital officials, as well as the Mapfree Insurance Company Directors Alişan Oşan and Ömer Şan.

Pilli said there will be a very superior Intensive Care service at the hospital with 170 breathing devices. He also said that while the Ministry of Health was preparing for a pandemic as of December 2019, one of the biggest fires in Cyprus was experienced at the hospital and services were damaged and the hospital was completely inoperable.

Pilli said that all units of the ruling/opposition Government, Institutions and Municipalities supported the Ministry on both fire and COVID-19 issues, and since 9th March, they struggled with COVID-19 while also making an intense effort to open the hospital for the use of other sick people.

Minister of Health Ali Pilli expressed his gratitude to all the healthcare professionals who had worked during this process.

Chief Physician Adil Özyılkan stated that the hospital, which was opened in 1978, was damaged after an unfortunate fire 2 months ago, and that the damage at the hospital has now been made good and was in a stronger state. Özyılkan said, "The hospital became unusable due to the fire in the Cardiovascular, Surgery and Intensive Care units, and most of the damage was rectified and heart operations were resumed."

Mapfree Insurance Director Alişan Oşan stated that after the unfortunate fire that occurred on February 28, they wanted to work quickly and get the hospital up and running despite all the difficulties, and that they did their best to deal with the pandemic process in particular.

Oşan said "We have made our hospital much better than before", saying that they have achieved a good success both from the municipality with their efforts, and

thanked all healthcare professionals, press members, municipalities, security forces, police and everyone taking an active role in the field.

Minister of Health, Ali Pilli, stated that Burhan Nalbantoğlu State Hospital was the flagship of Lefkoşa and after the unfortunate fire disaster the KVC service and operating room have been restored and have become better than before.

Giving information that there were other services which were affected by smoke damage, Pilli noted that they acted swiftly, with everyone giving help to the Ministry of Health, and the damage at the hospital was dealt with in a short time.

He also emphasised that the hospital's deficiencies will continue to be fulfilled and thanked everyone who helped in this process.



1st to 7th May 2020

continued

State Hospital - Intensive Care Service

Minister Pilli also said: “When COVID-19 began to appear in the world in December 2019, as we were preparing for the pandemic, a major fire occurred in the biggest hospital in the TRNC on 28th February 2020, and the Intensive Care, KVC, both the service and operating room, were completely out of function and other services were damaged.

After February 28, we quickly recovered from the damage and we started fighting COVID-19 and at the same time we were trying to make our hospital better than before. Our hospital has become better as compared to the past and we will continue to work and complete the deficiencies of our hospital.

All of our healthcare professionals, the Government, the Opposition and Prime Minister Ersin Tatar were by our side supporting us to improve our health services. Thank you very much to everyone.”

Pilli stated that when the hospital was declared as a pandemic hospital it was better than ever before, and it will be taken further, the respirators have been increased from 36 to 54, 105 are on the way, and a very high intensive care service will be reached with the achievement of 170 by the end of April.

Stating that the controls of everyone entering and exiting the hospital are made in the most meticulous way, Pilli also asked the public to keep the visitors to a minimum number.

Pilli said that the COVID-19 virus has not left the country, and that the necessary precautions should not be ignored, there may be unknown cases, and by paying attention to social distancing, paying attention to hygiene rules, wearing a mask and distancing from patients, the virus should be contained until a vaccine is found.

Stating that the business also has an economic and social dimension, Pilli stated that at the beginning of May, certain workplaces will be opened in consultation with the Health Board, and the plan will be continued by opening up overseas with the fourth and last stage the opening of schools.

Explaining that the strategy of the Ministry of Health has been continuing since December and that there is no deviation from this route, Pilli accepted this as a war and pointed out the importance of

the same struggle in unity for everyone. Stating that this spirit of struggle exists today as it was before 74, Pilli thanked institutions, organisations and everyone who had contributed to the process.

Pilli stated, in response to a question, that the Ministry's contact tracking team is strong and that the contacts are detected and tested as soon as possible, and that there is now a pause period. 500-600 tests are done per day, and this number will be increased in future days. Stating that the public also made an important contribution in reaching this level, Pilli thanked the citizens who contributed by wearing a mask, staying at home and following the rules, and members of the press who were sensitive regarding this issue.

**Source (Turkish):
Ministry of Health**



1st to 7th May 2020

Isolation Challenge for Single mums in total isolation

In response to the article we published with entertainer Andy Reay (see link below) on the subject of what do you do during Self Isolation, we have started to receive messages from many happy people as you will see.

We have had an interesting email from Roger Bara who has interviewed 2 single mums living 3,000 kms apart but having similar issues to deal with.

For those readers who would also like to share their experiences please email using the link shown below and we will try to publish them on our website and in our weekly online e-newspaper. Let's try to make the world happy again by sharing good news.

For those people who are wanting to return from the UK to the TRNC or go from the TRNC to the UK please go to Facebook page "TRNC Residents trying to get home" use the link shown below and register your details as directed.

Readers mail....

From Roger Bara.....
RUSUKNOW.com

This is the current story of two girls from Jersey, (Channel Islands, not America!), both single mothers, who are great friends but live 3,000 km apart. They also share a lifestyle of almost complete isolation. One of them is well known to me – my granddaughter Paige, living here in the TRNC – the other, Victoria, I have never

met, and she remains back in Jersey. I've interviewed them both, remotely of course, over the past week.

Paige is studying Interior Architecture at the Eastern Mediterranean University in Famagusta, with a couple of months to go until graduation. Though now it's live online courses instead.

Baby Laith is just 13 months old, nearly two of which have been spent in isolation from everybody except mum. "We're not allowed out of the house except for essential journeys either to the supermarket, chemist or bank. I'm told Laith is not allowed into shops, so I can't leave him at home alone! I have to ask a neighbour to look after him, (as there are no deliveries here) which is technically illegal."

Despite the isolation, Paige remains optimistic. "We are very lucky to

have a nice big garden, so we try to spend as much time outside as we can. There's a communal swimming pool in my complex, so we can do laps around that, and Laith likes to look at the cats! I try and arrange many different activities with him, and we make lots of stuff like baby paint; today he's got rainbow spaghetti to play with. He's teething at the moment, so is whinging loads, and that's when it gets hard – it's not like you can put him in a buggy and go for a walk – simply not allowed."

But there are other downsides, of course. "The worst thing is not knowing when I'll be able to see my family again – they're missing so much of him already, he's growing up so quickly. Video messaging is fine, but it's not the same as seeing them in person.

My family in Jersey are supposed to be coming for my graduation, but that's unlikely now."

How about the difference between North Cyprus and Jersey? "It's a lot better here, the lockdown was much quicker and earlier, and we might see things opening again soon, whereas, in Jersey, it seems so much further behind."

There have also been positives. "Being able to spend so much time with Laith. Normally, we're always out and about but it's so good to have the time to sit 1-to-1 and play all day – I've learnt how to cook fish for the first time, and am doing a fitness programme as the gyms are all shut.

I'm keeping as occupied as possible, so I don't just eat chocolate all day like I did for the first month! But I would love to just be able to go out for a walk with him, especially when he's not on good form."

continued on next page ...



1st to 7th May 2020

continued

Single Mums in total isolation

Back in Jersey, Paige's friend Victoria is similarly confined to her 2-bed house, but for a different reason. In Jersey, they have only recently shut the airport, and you are still allowed outside for an hour or two for exercise and dog-walking. But for Victoria and her two boys, that's no consolation. They all have serious underlying medical issues, so self-isolation is a no-brainer.

She told me they were coping. "The boys argue quite a bit so I make sure they get time away from each other in different rooms. I've been trying to keep busy with DIY and cooking with which the boys have been helping and I've been helping them with school work - that's been an eye opening!"

Like Paige, she so misses her family and best friend. "They come around to drop me things off

but I can't go near them. My dad is on full lockdown too so it's hard not being able to go and meet him as usual, and check on him. I really miss going to work too! I had quite an active job so now I feel a bit on edge not being able to do the same level of activity."

"I'm feeling bored and anxious as I feel like I should be doing something all the time and feel a bit on edge because I can't. My friend has been sending me pics and videos to show me what Jersey is like but I don't think I will ever have the full picture, not seeing it first-hand."

But there is one thing that terrifies her. "I know the effects of ICU can be through my illness and the recovery afterwards. People are having to go through that, but what's more scary are the people who don't listen to all the advice and rules given to stop them from catching it or spreading it. The doctors and nurses at the hospital are amazing and I hope they are not forgotten when this is over."

Well done to both ladies for their stoic stance during this mayhem,

and of course, countless others around the TRNC, Jersey and indeed the planet, all of whom will empathise.

I am hoping that Mrs B and I will before too long be able to give our grand-daughter and great-grandson a cuddle. If not, my enduring worry is that little Laith will think his current sheltered and home-bound life will be entirely normal.

COVID-19: 27/4/20	NORTHERN CYPRUS	JERSEY, CHANNEL ISLANDS
Population	330,000	106,000
Deaths	4	19
Active cases	5	102
Total cases	108	283
Tests	9,462	2,545



1st to 7th May 2020

News from Tulips

Readers Mail

From Sue Tilt, Tulips

We received some amazing news and felt we had to share it with you.

North Cyprus Cancer Charity Trust have today (24th April) donated 20,000TL to Tulips/Help Those With Cancer Association to help support the ongoing treatment of our cancer patients.

We are really struggling to meet the needs of our cancer patients and we really did wonder what we were going to do next month, however, with this amazing donation it will make life a little easier.

We are blessed to have support from an incredible charity such as NCCCT and we thank the committee of the NCCCT for their support.

Regards

Sue Tilt
0542 854 8714

Tulips/ Help Those With Cancer Association
(Kanser Hastalarina Yardim Dernegi)



North Cyprus Cancer Charity Trust

What an absolute fabulous gesture from the NCCCT to support Tulips

We are truly grateful for the donation of:

20,000TL

without this we would not be able to meet the needs of our cancer patients this next month during this current crisis

Thank you so much to the committee of the NCCCT for your support!

Thank You so much!



Jonathan Hall-Smith

100kms Today!

Jonathan has spent the month of 'Lockdown' April running around his garden 5 days per week for 5kms each time in aid of Tulips.

He has finally hit his 100kms today!

It is not too late to donate
Jonathan is only £75 away from his goal of £750

Please visit his page (copy and past this)

https://www.justgiving.com/crowdfunding/jonathan-hall-smith?utm_term=2GrkBkeev&fbclid=IwAR2wENTImME-9J4g9eImsw8tIsbVKqhWifjz1GxcXvPo5GacOiiTEIYNUMY



Readers Mail

from Sue Tilt - Tulips

Hi,

Jonathan Hall-Smith has achieved his goals for Tulips/Help Those With Cancer Association; running 100kms around his garden and raising £750 on his Justgiving page.

In addition to this Jonathan has also raised a further 450tl + 10€ + £45 in cash.

This was truly a monumental effort during our 'Coronavirus lockdown' to support Tulips and we cannot thank Jonathan enough for all of his efforts of running 5km a day around his garden and to everyone who sponsored him to encourage him to keep on running.

Thank you Jonathan, we are blessed to have supporters like you who are prepared to push themselves both physically and mentally to help those with cancer.

Sue Tilt
0542 854 8714

Tulips/ Help Those With Cancer Association
(Kanser Hastalarina Yardim Dernegi)





BLUE SEA

Seafood Restaurant

A feast right from the sea...

1st to 7th May 2020

Sergey Eletsikh : Rest in Peace

By Margaret Sheard

Both Chris and I were devastated to see news posted by Alexander Eletsikh of the death of his only brother, Sergey Eletsikh, on Saturday 25th April. It is always very hard to come to terms with unexpected sad news such as this.

I immediately contacted Alexander (Sasha), to offer our condolences to himself and Sergey's wife Inna, and he replied saying he was so sad that he would not be able to say farewell to his brother. Sasha lives in Moscow and with the current travel restrictions it is not possible for him to come to North Cyprus at the present time.

The loss of Sergey, who I always thought of as a "gentle giant", brought back many memories and I would like to share them with our readers.

We first met Sergey in 2012 at the opening of a Russian food shop in Alsancak, following which he

invited us to some musical evenings which were held for the Russian community. The first one was at Green Valley Restaurant in Alsancak where we first met his brother Sasha and were delighted to be part of the musical soiree of Russian folk songs performed by Sergey and his brother and also other Russian musicians.

In November 2012 we attended another Russian evening at Made in the USSR Restaurant in Alsancak. Another wonderful evening of Russian folklore music.

Since that time we have met up with Sergey at other events arranged for the Russian community at Baris Park, and the Pia Bella Hotel in Girne and enjoyed the culture of a different community.

He was a man of many interests, and as well as his fitness routine Sergey also loved the history of Cyprus and had discovered many historical sites over the past few



years. He had been in touch for some time with our German friends, Chris and Fred, who also have a love of discovering the historical sites of Cyprus, and they met up for the first time fairly recently and had enjoyed visiting some of the sites together.

Sergey was a big man with a big heart and in 2018 he was awarded 2 gold medals at the GPA/IPO 2018 World Championships in Kiev, Ukraine. He was 62 years old and said anyone can be a world champion at any age.

On January 19th 2020, the TRCK Weightlifting and Bodybuilding Federation held competitions at the Ataturk Concert Hall at the Near East University. The program included squats, bench press and deadlift. Sergey was invited as the island's oldest athlete in this sport

and was lifting 160 kg in a lying position and received a lot of applause and kind words. This result, by the way, is higher than the norm of a master of sports for his age and weight category and only 5 kg less than the record of Ukraine. It was very important event which took place in the promotion of weightlifting in Northern Cyprus. Sergey commented that "It's nice that many young athletes said that for the first time they saw a man who turns 64 in May this year, he raises so much". Sadly Sergey did not reach his 64th birthday.

There will be many people who will be saddened at the loss of such a lovely man and our condolences are extended to Sergey's wife Inna, his daughter and son and his brother Sasha.

Rest in Peace Sergey



Sasha and Sergey and (right) when they were children

1st to 7th May 2020

Isolation Lockdown with Yuliya Skripko in Switzerland

By Margaret Sheard

Chris and I first met Yuliya Skripko when we contributed articles for the Cyprus Observer (now long gone), and Yuliya was in charge of a Russian section (Obozrevatel) of this newspaper, which was eventually published as a separate newspaper.

That was some 8 or 9 years ago. We moved away from the Cyprus Observer newspaper and eventually Yuliya left the TRNC and went to live in Switzerland, with her son Ales.

Yuliya, originally from Minsk, Belarus, came to North Cyprus in 2008 and for a time was the PA to Serhat Akpinar, the founder of Girne American University.

I made contact to see how Yuliya was coping with lockdown in Switzerland and she replied that they have been in lockdown for 2 months now but she is happy to be alive and healthy.

Currently, Yuliya and Ales are living in Switzerland, close to the Italian border. This is how they are coping with the lockdown.

" Ales is still having online lessons and doing his homework. We are reading, watching movies, cooking, eating, cleaning the big house as cleaners can't come, doing some sports, playing monopoly... we are lucky having a big beautiful garden and enjoying it so much for sunbathing, playing outdoors games, and having BBQs. We are trying to go shopping once in two weeks, (all clothed like astronauts). We don't complain we are really happy. "

Yuliya has said that in Switzerland from 11th May almost everything will be open again - bars and shops, schools, salons, sport clubs etc.

Although Yuliya misses Cyprus and the lovely people, she is very happy to be now living in Switzerland.

Contact was also made with Yuliya to let her know about the death of Sergey Eletsikh. She was already aware, having received the news from a Russian friend, but expressed her sadness as she was very close to Sergey who not only helped her with the Russian

newspaper, but also with many of her other events, such as beach cleaning, tree planting, saving the turtles, organising children's contests and much more. Yuliya said they did so many good things together.



1st to 7th May 2020

Isolation Challenge - TRNC Quiz Masters 7th online Quiz

In response to the article we published with entertainer Andy Reay (link shown below) on the subject of what do you do during Self Isolation, we have started to receive messages from many happy people as you will see.

For those readers who would also like to share their experiences please email using the link shown below and we will try to publish them on our website and in our weekly online e-newspaper. Let's try to make the world happy again by sharing good news.

For those people who are wanting to return from the UK to the TRNC or go from the TRNC to the UK please go to Facebook page "TRNC Residents trying to get home" using the link shown below and register your details as directed.

Readers Mail... Susie and Martin - The Quiz Masters

Susie's 7th online quiz on 30th April 2020.

Susie's 7th live online quiz was held today Thursday 30th April at 5pm and 7pm when we had 2 quizzes with a full house in both.

Competing from TRNC, Germany, the UK, and Sweden were 14 teams !!

The Results were :

- 1st Butch and Sundance 41½ pts
- 2nd Dixies Chick 41 pts
- 3rd Fridge Raiders 40½ pts
- 4th Bell Bottoms 39 pts
- 5th Joint Flippers, Gin'll Fix It 37 pts

- 6th Joint Social Distancers, Locked Up 35 pts
- 7th Don't Mention The War 34 pts
- 8th Anglo Swedes 31 pts
- 9th On My Own 29 pts
- 10th Joint Clappers Ahoy, The Lemon Losers 28 pts
- 11th Outsiders 23 pts
- 1 Shut Ya Gob - Roy Phippard and I even got one !!!!

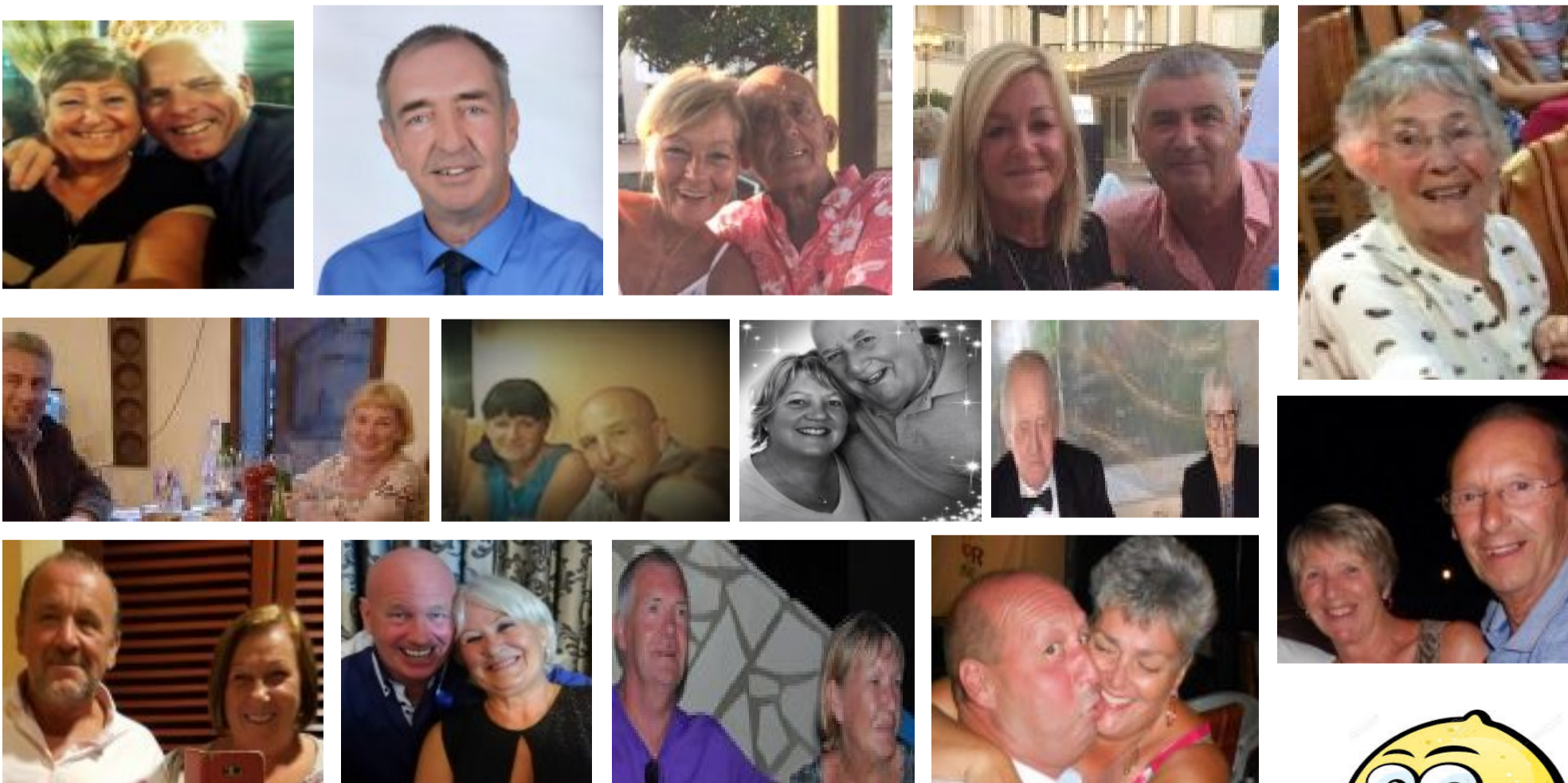
Again thank you ALL for joining us. The quiz has from the start been a success and it's lovely seeing you all, laughing, and sharing news !!

See you all again next week which I can add is FULLY BOOKED !!!

Keep Staying Safe

Love you all Quizzers !!!

SUSIE n MARTIN xxxxxxxx



BELLAMERIT

Fine Italian Cuisine

*Exquisite delicacies of
Italian Cuisine at Bella Merit...*

1st to 7th May 2020

Isolation Challenge for Demetra and Mehmet in L.A.



Isolation Challenge in LA on the 14th Floor

In response to the article we published with entertainer Andy Ray (see link over) on the subject of what do you do during Self Isolation, we have started to receive messages from many happy people as you will see.

We have had an interesting email from Catalkoy resident Demetra George Mustafaoglu who with here husband Mehmet are stuck high in the sky in Los Angeles in the US.

For those readers who would also like to share their experiences please email (see link over) and we will try to publish them on our website and in our weekly online e-newspaper. Let's try to make the world happy again by sharing good news.

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Readers mail....

From Demetra George Mustafaoglu...

Greetings family and friends from beautiful Los Angeles where I sit on my **14th floor balcony** above well-known Wilshire Boulevard near UCLA. I see 4 huge cranes still working to build offices and housing near the university and the Spring fog has eerily arrived around a handful of automobiles crawling on normally bustling thoroughfares!

The fountain in front of the highrise next to us bounces and pounds a rhythm that reminds me life is still going on but without people as chess pieces. The board is empty. **I find myself breathing to its constant rhythm as it feels like a Hollywood movie about a nuclear war.**



Sadly the surrounding buildings have no people singing and rejoicing life as in Italy but I've pulled out my karaoke machine with thoughts of belting out a few songs and inviting guests to join in. Right after I finish the cooking and some ironing!

Summerlike weather arrived last week and you may have seen quarantine crazed people head to the beaches and be admonished by state and local authorities. We're not there yet but it was 35c and uncomfortable for many.

Sirens scream their high pitches night and day racing ill patients to nearby hospitals and I have to wonder Is it a COVID-19 call?

Will they make it? Who will be next? Are WE safe here?

We are in our 7th week of quarantine and doing our part to mitigate the spread of the coronavirus. **I MUST admit** though I didn't hoard toilet paper, I did buy 4 bags of Starbucks coffee which friends know I always carry to **Catalkoy in North Cyprus** and have them stored in our guest bathroom! But I also ended up with 50 pounds of rice and flour because small sizes had sold out. I'm making lots of pilav and cookies that we send to our family.

If you've heard the US government was totally unprepared for the virus attack so supplies have been a huge problem. For starters medical supplies and testing. **Mismanagement.**

Then the employees at the meat plants working side by side became ill en masse and food supplies became endangered. **Mismanagement.**

As we are in a condo here near our children, we didn't have room to store meat so had to order a small freezer to stock for the long run. Mehmet now shares his office with the freezer. Milk is being spilled and vegetables are being left to rot as in any country but especially now! **Mismanagement.**

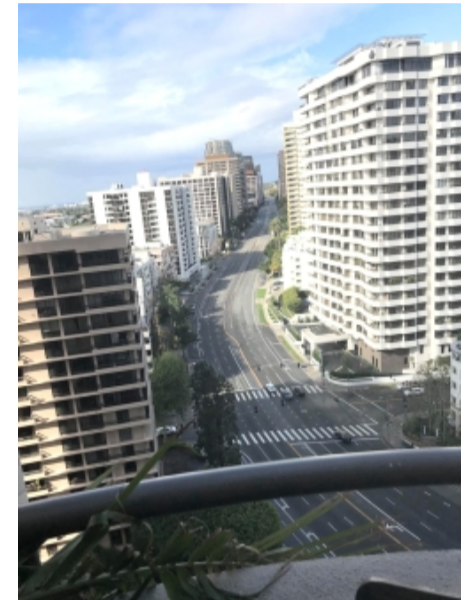
Citizens locked down for 8 weeks began protesting for their rights and freedom, the danger notwithstanding. Protests by the far right carrying guns and signs ensued and got ugly. **Mismanagement.**

Promised tests for the virus and/or antibodies were promised and They never materialized. **Mismanagement.**

Fabrications, then lies and misinformation from the White House threw us into a dither. **Mismanagement.**

THEN the incredible and unbelievable suggestion from President Trump came in the form of injecting a disinfectant like Lysol (Detol) into your body and getting some bright light into your body came shocking the Medical Team

monitoring the virus daily and all of America. **Not just Mismanagement but true Insanity.** There were just **NO WORDS!**



So each day we are grateful to have our health though we can't see our family. **WE** begin the routine with Facetime calls to both daughters and all the babies which I have nicknamed my TADAs- Tristan-2, Asena-20 months, Destan-8 months, and new baby boy Altan-1 month. Daughter Deniz and husband Saam who visited and loved North Cyprus last summer with Tristan live a block away so when they take the buggy out, they call and we go to the balcony, wave a white hanky and I sing high notes and DoReMi so they can locate us.

Daughter Devran and Emrah live 20 minutes away so we are not as fortunate to see them though we have done some drive bys to see Asena and Destan and the same with Mehmet's sister Alev and husband Gary. It's just enough to get us by!

Just as I write, ambulances and fire trucks have arrived nearby

Continued.....

1st to 7th May 2020

continued.....Isolation Challenge for Demetra and Mehmet

to take someone to care and a helicopter has just lifted off from the UCLA helipad and passed nearby me. **Crazy how those sights and sounds invoke fear.**

We will not make contact because of underlying medical conditions and even fear riding down in the elevator in mask and gloves. So, often it's a walk down 14 flights!

April 18, the charity Mehmet and I founded 17 years ago in LA, **TALL**, Turkish American Ladies League sponsored a virtual music event to raise money to purchase a pediatric ventilator in Turkey with our own mezes, and music provided by musical star Ilhan Ozulu who appeared at Bedesten with me and Turkish Cypriot flutist Burak Besir in Concerts Without Borders June 2016. Ilhan



bey generously performed gratis and we met our goal.

It was very rewarding to reach out and help during our lock down and it lifted the hearts of many and gave us a chance to enjoy great homemade mezes! I congratulate President Zinnur Fenman and her

board. Great idea for KKTC to employ also.

I'm compelled to serve where I can. I have students and friends all over the US who range from 38-93 who've been taken down with **COVID-19**. Some survived and some didn't. Truly I am grateful for each day we arise healthy. Like most of you, it's project time. Clean the closets, create something lovely, bake those old favorites and here, now you can enjoy clear views and clean air! I'm happy the internet works and we are catching up on all the movies we have missed over the years racing around to run down our Bucket Lists, though now we make new ones!

We've enjoyed watching **OUTLANDER** set in Scotland,

Rise of Empires-THE **OTTOMANS**, and a beautiful movie, The **PHYSICIAN** about Ibn Sina, father of Middle East medicine. **The news is always on though and just like you, we are waiting for a word that things will improve.**

Tonight we made Mulihiya with lamb and goat. A Cyprus delicacy.

Can't tell you how happy I am that we carried back hellim, nor, Con and Mehmet Efendi coffee, Bikla, AlicRecel, Anglia, and Ah Be, Oh Be raki.

WE miss the great food. BUT most of all we miss all of you.

Demetra xxxx

Andy Reay article - <https://cyprusscene.com/2020/03/16/what-do-we-do-with-ourselves-during-self-isolation-in-the-trnc/>

CyprusScene Email : kyreniacommentator@cyprusscene.com

TRNC residents trying to get home - <https://www.facebook.com/groups/855953861515372/>

Isolation Challenge for Ronnie Forbes on his own in the UK

In response to the article we published with entertainer Andy Reay (see link above) on the subject of what do you do during Self Isolation, we have started to receive messages from many happy people as you will see.

We have had some very sad articles about families being separated due to the Coronavirus lockdown and perhaps there is no sadder situation than Ronnie Forbes who is separated from and cannot come home to his wife and 2 young babies.

For those readers who would also like to share their experiences please email using the link shown above and we will try to publish them on our website and in our weekly online e-newspaper. Let's try to make the world happy again by sharing good news.

For those people who are wanting to return from the UK to the TRNC or go

from the TRNC to the UK please go to Facebook page "TRNC Residents trying to get home" use the link shown above and register your details as directed.

Readers mail....

Hi Guys,

I have been keeping up to date with all your articles and thought that maybe you could give me some details on who I could contact that could help me.

My wife and I have lived in the TRNC for 8 years on and off but over the last 5 years we have resided in the TRNC. We have owned a property in Northern Cyprus for 5 years and on the 22nd January 2019 our twin babies were born there.

She has had a residents permit for the last few years but due to the nature of my job I didn't apply for one as I work a 4 x 4 weeks rotation overseas and didn't need one.

When the COVID-19 pandemic started I was working in Mozambique and the TRNC closed all borders meaning I can't get home to my wife and twin babies.

Since I am a UK citizen I had no choice but to return to Scotland and I have not seen my family since February and I am desperate to go home to the TRNC and would even be willing to self isolate and pay for a COVID-19 test etc during isolation just so I could be with my family.

Any guidance you could offer would be much appreciated and have already contacted Catherine Hayes



on the "TRNC Residents trying to get home" Facebook page but any other contacts you could put me in contact with will be very helpful.

I'm obviously all about keeping everyone safe including my family but there needs to be some kind of plan to start reuniting families, especially when young kids that are separated from their parents are involved.

Kind Regards,
Ronnie Forbes

1st to 7th May 2020

Üstel: Waste Bins supplied for disposal of masks and gloves



With the necessity of using medical masks and gloves that the government has implemented within the scope of Covid-19 global epidemic measures, the Environmental Protection Department, which is affiliated with the Ministry of Tourism and Environment, started to distribute environmentally friendly waste bins for the disposal of these items to prevent both contamination and environmental pollution.

With the participation of the Minister of Tourism and Environment, Ünal Üstel, environmentally friendly waste bins are to be distributed to markets and pharmacies across the country starting with the markets in Alsancak and Lefkoşa to facilitate the healthy collection of medical masks and gloves which will then be disposed of in a way that does not cause contamination.

Tourism and Environment Minister Ünal Üstel, visited the areas of Alsancak and Lefkoşa and stated that the environment-friendly waste bins have started to be distributed today (30th April) to markets and pharmacies throughout the country by the Ministry of Tourism and Environment for the Environmental Protection Department for the healthy collection and disposal of medical masks and medical

gloves. Minister Üstel was accompanied by Alsancak Mayor Fırat Ataser in the distribution of waste bins in the Alsancak region and Gülşah Sanver Manavoğlu, the People's Party Deputy in the distribution in the Lefkoşa region. Minister Üstel also gave a short speech during the distribution of environmentally friendly waste bins at markets in the Alsancak region.



Üstel stated that the epidemic has been contained without spreading thanks to the measures taken by the government.

The Minister emphasised that there will be a need for more protection methods with the opening of workplaces in the coming period, and said that the use of masks and gloves will continue to be essential.

Minister Üstel stated that the obligation to use medical masks, which is included in the radical measures taken by the government

as part of the fight against COVID-19 virus, which has become a global pandemic, brings with it the problem of how to dispose of used masks and gloves in the healthiest way without the risk of contamination. Expressing his belief that this risk will be minimised, thanks to the environmentally friendly waste bins developed by the Environmental Protection Department for the healthy collection and disposal of used medical masks and gloves, with the decision that these would be distributed to all markets and pharmacies throughout the country.

In addition to the environmentally friendly waste bins distributed, he also stated that the instructions prepared by the Environmental Protection Department were given to the markets and pharmacies, in writing, regarding how to use them.

“The health of our people is above everything. Therefore, in addition to the measures we take as a government, it is our duty to implement these measures in the healthiest way. For this reason, we are starting to distribute these waste bins to markets and pharmacies in every part of the country. Our request to our people is to throw these medical materials into the waste bins we distribute. I believe that our people, who have contributed greatly to the success of our country in the COVID-19 struggle, will also realise the

importance of this practice.”

Environment Department Manager Osman Bora Çağakan said in his statement that some habits should change due to the epidemic affecting the world.

Mayor of Alsancak Fırat Ataser : “I congratulate the Ministry officials for the implementation” and he expressed their satisfaction for the launch of this facility for Alsancak Municipality, stating that the people of Alsancak should comply with this requirement. Fırat Ataser also thanked the Minister of Tourism and Environment Ünal Üstel and the personnel of the Ministry for this good practice.

Following the visit to the distribution point in Alsancak, Tourism and Environment Minister Ünal Üstel visited the distribution point in Lefkoşa. HP Deputy Gülşah Sanver Manavoğlu was at the distribution point and met with Minister Üstel for the distribution of waste bins in Lefkoşa.

People's Party MP Gülşah Sanver Manavoğlu said : “This facility will contribute greatly to the normalisation process which will continue in the country for a while after the epidemic.”

Source (Turkish) : Ministry of Tourism and Environment



1st to 7th May 2020

Girne Municipality started cleaning work across the City

Continuing their work due to the Coronavirus (COVID-19) epidemic, Girne Municipality teams are expanding the scope of their cleaning and disinfection activities throughout the city day by day.

The information provided by the Press and Public Relations Department, stated that with the arrival of the spring season, Girne Municipality teams are reported to have started cleaning work across the city. The teams, which started working on all streets with a few different teams being created, continue their work within the plans determined without interruption.

In addition to the periodic cleaning services, Girne Municipality cleaning teams, are trying to provide a clean environment on streets and sidewalks, and have started to clear the grass on the roadsides and other areas before the summer season. Girne Municipality Mayor Nidai Güngördü said that these efforts are ongoing to prevent possible fires and said, "Weeds do not create a good impression for our city. That's why our cleaning

teams meticulously clear the grass along the roadside. We are working to keep all our streets clean."

The information given from Girne Municipality it was noted, within the scope of the work, that seasonal flowers were planted at the roundabouts, on central reservations and the important points of the city, and the planting, pruning and maintenance works on various streets are continuing.

Mayor Nidai Güngördü, who made a statement on the subject, said :

" The COVID-19 epidemic has already had major implications for society and everyday life. The vast majority of us are hoping that this will be a temporary period. Curfews, shop closures, supply chain problems, and a great slowdown in social life have created a major panic worldwide. We see how important cleaning is in this difficult period that we are experiencing against the COVID-19 virus. Our request to our people is to fulfill their responsibilities for cleaning. Let's not forget that cleaning starts with not polluting."

He added "The primary duty of our citizens in this period is not to go out unless it is absolutely necessary. The more we keep ourselves away from the outside world, the more we get results in this regard. In particular, we should be careful, and warn our older people over 65 and those with chronic illness. We continue

our work throughout our city, taking into account the health of everyone. We repeat our call to stay at home, and to be careful to take precautions when having to leave home."

**Source (Turkish):
Girne Municipality**



1st to 7th May 2020

Isolation Challenge: What are your Top 15 Songs?

By Richard Beale.....

"If music be the food of love, play on, give me excess of it" so said William Shakespeare, how true this is when you are in a 'lockdown'.

With my wife stranded in the UK, no sport to watch or write about, no DIY (Yapi) Markets open (thankfully!) then my "isolation challenge" is partially fulfilled by music.

When we moved over here many years ago I rediscovered Radio Caroline, yes it is still going, the ex pirate radio station Caroline is legally now broadcasting and plays my type of music, which is not mainstream. Every day they have a "My top 15" show, where listeners are invited to send in their favourite 15 songs, luckily my "top 15" were broadcast a few years ago, though it was very difficult to reduce it down down to just 15 choices, 100 would have been better!

Music has played a big part in my life, with work I was "on the road" so to speak as a sales representative and then truck driver, where the radio was my only companion. Prior to that I grew up around the Bristol music pub and club scene, where a friend of mine was in a group. I was an unpaid "roadie", well I was paid in beer! My friend's group were good doing rock standards and writing their own material, they tried for a recording contract but alas it never happened.

SEND IN YOUR SELECTION and we will publish it, maybe you can give a brief description of why you like that record or just simply say "it's one of my favourites" Email me on the link shown below.
richard@charfield-glos.co.uk

Music is personal, private and yes a little self indulgent, here is my choice, which of course is available on youtube.

MY 15 SELECTIONS ARE :

15 - THE POACHER by the late **RONNIE LANE**, a quiet unassuming song about life in the English countryside, which got to number 36 in the UK charts in 1974.

14 - THE BIG ONES GOT AWAY by **BUFFY SAINTE MARIE** a passionate song by the indigenous Canadian/ USA singer basically about how the big Corporations and Companies seem to get away with it. Reached number 39 in the UK charts in 1974.

13 - SHIPYARDS - by **THE LAKE POETS**, the theme music from the Netflix series "Sunderland Till I Die" a beautiful song about the past shipyards and ship building on the River Wear.

12 - BIG RIVER -by **JIMMY NAILL**, yes Oz from Auf Wiedersehen Pet, who had a quite successful music career in the 90's, this is again a beautifully written song and sung by the big man about the decline of shipbuilding on the River Tyne, which got to number 18 in 1995.

11 - SOUND OF SILENCE - by **THE DISTURBED** a cover of the old Simon and Garfunkel number when this song gets going, the power of the singer's voice is very disturbing!

10 - ME, MY GUITAR AND THE BLUES - by **WALTER TROUT** from his 2019 Survivor album, I only recently discovered



this seasonal blues guitarist but boy can he play a mean guitar!

9 - I'LL PLAY THE BLUES FOR YOU -by **JOE BONAMASSA**, American rock and blues guitarist who has broken through on the music scene in the last couple of years, again this guy can sing the blues and play a mean guitar as well.

8 - FIRE ON THE FLOOR - By **BETH HART** another bluesy record recorded in 2016. She puts all of her passion and emotions

into this song with her powerful voice.

7 - FIRE IT UP by the great late **JOE COCKER** a 2012 release by the 'gasman' from Sheffield that reached number 64 in the UK charts. This record shows that even 2 years before his death this legend's voice remained powerful and distinctive.

continued on next page



1st to 7th May 2020

continued

What are your Top 15 Songs?

6 - HURRICANE by **BOB DYLAN**, I suppose you cannot have a selection without a Bob Dylan record, this song was released in 1976 and later made into a film starring Denzil Washington about the false imprisonment of American boxer Reubin Carter, great film, great song.



5 - DIGNITY - by **DEACON BLUE** any songwriter that writes about "And I am telling this story, in a faraway sea, sipping Raki and reading Maynard Keynes" rocks my boat! I may not know who Maynard Keynes is but I am certainly sipping the Raki! Ricky Ross song captures Cyprus for me.

3 - YOU'RE THE BEST THING by **THE STYLE COUNCIL**. Back in the early 2000s we always rented the same Villa "down south" near Posmos for our holidays. Posmos in those days just had a few fish restaurants on the small harbour, idyllic and peaceful this is where we really fell in love with Cyprus. The villa was secluded and private, we had only 2 CDS to play! one was Tom Jones RELOAD, the other was Style Council Greatest Hits hence the love for this record.

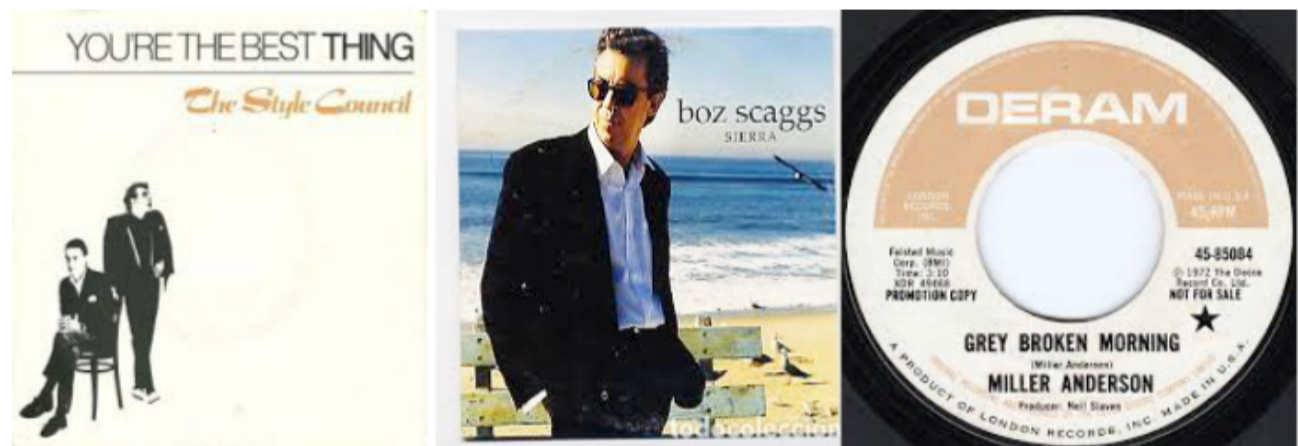
2 - SIERRA - by **BOZ SCAGGS** a track from his 1996 album "Fade into the Light" a heart wrenching song of a spurned lover retreating to the mountains, imagery of cold icy air, blue sky and hawks swirling and swooping in the sky. I am not a spurned lover, well I don't think I am! a record to sip Raki and watch the mountains and the sea.

1 - GREY BROKEN MORNING by **MILLER ANDERSON** the ex Keef Hartley Band blues and rock guitarist from his first solo album 1971 "Bright City". As soon as I hear that flugelhorn and electric piano intro, wow it just knocks me out. Again sun, mountains, sea, Cyprus and drinking Raki are conjured up. You look around see what you achieved in life, despite this horrible virus life isn't so bad.

4 - HOUSE OF MERCY - by **BEX MARSHALL**, our very own TRNC blues/rock sister, Bex, owns a house here and frequently gives concerts in the area, we are very fortunate to have a class act on our doorstep. With her deep gravelly blues voice she is also a very fine guitarist as well. House of Mercy is the title track taken from her 2012 album of the same name. If you get a chance to see her over here in concert you will not be disappointed.

MY FAVOURITE RECORD (is somebody you probably never heard of!)

Lockdown or no lockdown they can't take away your music.



- 15. The Poacher -
- 14. The Big Ones Got Away -
- 13. Shipyards -
- 12. Big River -
- 11. Sound of Silence -
- 10. Me, My Guitar and the Blues -
- 9. I'll Play The Blues For You -
- 8. Fire on the Floor
- 7. Fire It Up -
- 6. Hurricane -
- 5. Dignity -
- 4. House of Mercy -
- 3. You're The Best Thing -
- 2. Sierra -
- 1. Grey Broken Morning -

- 15/. <https://youtu.be/gqQRphZtv1M>
- 14/. <https://youtu.be/b5o8gwt26To>
- 13/. <https://youtu.be/-eWXIEZQF2Y>
- 12/. <https://youtu.be/EJ86bisRo3s>
- 11/. <https://youtu.be/u9Dg-g7t2I4>
- 10/. <https://youtu.be/2935ckkxiJg>
- 9/. <https://youtu.be/qoX0Olfqziw>
- 8/. <https://youtu.be/sV2BiD9LCn8>
- 7/. <https://youtu.be/pm6xCwNKtnQ>
- 6/. <https://youtu.be/MRUk9R3QNqg>
- 5/. <https://youtu.be/MRUk9R3QNqg>
- 4/. https://youtu.be/o_9IWKjA1Eo
- 3/. <https://youtu.be/0HMAVU1k7kg>
- 2/. <https://youtu.be/TZcSWNXupW4>
- 1/. <https://youtu.be/OaKg6gjTrCI>



1st to 7th May 2020

Girne Municipality deliver Aid Packages to GAU Dormitories

Girne Municipality delivered food aid packages to all dormitories within the Girne American University (GAU).

It was reported by Girne Municipality that due to the measures taken within the framework of the Coronavirus (COVID-19) epidemic, aid packages were delivered to the

students of Girne American University (GAU) who could not return to their countries and who had previously determined their needs.

Girne Mayor Nidai Güngördü stated that they were going through a difficult process, and that the Girne American University was very important for them, and it was

a university identified with the city, and the food packages were given to the students of GAU who could not return to their countries due to the measures taken.

Güngördü told all students to stay in their dormitories and homes and strictly adhere to the control measures which were in force.

The teams within the Municipality distributed 100 aid packages containing food and hygiene products to students in GAU dormitories.

Source (Turkish) :
Girne Municipality



ARUCAD delivered 3D face shields for distribution

Arkin University of Creative Arts and Design (ARUCAD) has delivered the 3D face masks it produced in support of the solidarity movement of the TRNC COVID-19 Face Mask Production Campaign to the "Cypriot Friends" group for distribution, primarily to healthcare professionals.

ARUCAD, which began production of the 3D face masks in support of the "Cypriot Friends" group established by Cypriots living in Istanbul as part of the fight against COVID-19, delivered the face shields to officials of the group. Some of the protective face masks produced by the university's 3D printers will be distributed to other public service employees who will forward them to Girne Akçiçek Hospital.

Assoc. Dr. Asım Vehbi, ARUCAD Vice Rector, stated that they started mass production in support

of the movement initiated by the TRNC COVID-19 Face Shield Production Campaign. He added that it was a great pleasure for the University to show solidarity and address the issue of the lack of personal protective equipment faced by health care professionals and other employees. Vehbi added, "We are proceeding with the mass production of 3D face masks in order to meet the needs of other public institutions and local administrations that require support from us. We have started the production of the face masks designed by Tobia Reossi, Director of the Innovation Hub operating within our university. The masks, which are our own designs, will be distributed free of charge to institutions and local administrations that require them."

Vehbi thanked the 'Cypriot Friends' group, who initiated the solidarity movement, Mr. Erbil

Arkin for his unstinting support, Mr. Sinan Arkin, the Chairman of the Board of Trustees, ARUCAD Workshop Director Tahir Pirlukluoğlu and all others involved in the effort.

Source (Turkish) :
Arkin University of Creative Arts and Design (ARUCAD)



1st to 7th May 2020

EMU statement - "International Monuments and Sites Day"

By Ahmet Abdulaziz....

Prof. Dr. Şebnem Hoşkara of Eastern Mediterranean University recently published an article entitled "18th April, during the Corona Days - Remembering the International Day of Monuments and Sites."

Prof. Dr. Hoşkara made the following statements in her article:

"During these days, when we have had to rethink and question many life related issues, we are at the same time trying to live life normally. Our habits, general behaviour, ongoing work, plans, are always with us. We all have mood changes from day to day. On the one hand, we continue to do things that motivate us or that we are obliged to do, and on the other hand, we question life. We think that we will live our lives before and after COVID-19; We now see more clearly that after COVID-19, nothing will be the same,

"yesterday" is now "today" and "tomorrow" will never be "yesterday" again. It is during days like this that it suddenly comes to your mind: April 18th - International Monuments and Sites Day. Across the world every year the International Council of Monuments and Sites – ICOMOS organisation leads the celebrations on 18th April, to raise awareness regarding the protection of cultural heritage and contribute to the creation/increase of public awareness.

Starting in 2011 for the first time in Northern Cyprus, every year in partnership with EMU KENT-AG, the EMU Cyprus Research Center, (EMU-KAM) and/or in partnership with the Faculty of Architecture; for 9 years without interruption and using different methods, we have been celebrating this day with awareness raising panels, exhibitions, interviews, and trips oriented for primary,

secondary and high school students. And now we want to celebrate the tenth April 18th today, but not actively!

Saturday, April 18, 2020. We are all at home, except for those friends who are compulsory workers. We stay at home to stay healthy. We are focused on other issues. None of us think of cultural heritage, monuments, sites, protection. However, monuments, archaeological sites, historical urban landscaping areas located in various parts of the world etc. are our shared cultures, shared heritage and shared responsibility.

Like living organisms, our cities, living environments and historical urban-cultural heritage are breathing, walking, developing and even sometimes fall ill; we must, for the future of our societies, ensure sustainable development processes, harmony of our urban-spatial quality and economic welfare and social life. In today's extraordinary environment, it is our responsibility to live without forgetting to be individuals that respect the natural and built environment, cultural assets, tangible and intangible cultural heritage, as well as human health.



Near East University hold online distance learning debate

By Ahmet Abdulaziz....

COVID-19 has emphasised the importance of distance learning. The educational institutions have shifted to an emergency system of continuing their educational activities by maintaining contact with the students during the present lockdown.

However, it is just the beginning. Educational institutions have to go a long way to make these systems more effective.

The Institute of Educational Sciences of Near East University (NEU) recently held an online panel in the digital environment on "Research in Pandemic Period and the Role of Education".

Assoc. Prof. Dr. Antonio Teixeira from Alberta University of Portugal and Prof. Dr. Yüksel Göktaş from Atatürk University of Turkey attended as speakers to the panel held in

Turkish and English languages and moderated by Prof. Dr. Fahriye Altınay, Director of Educational Sciences Institute.

According to the information released by the Near East University Prof. Dr. Fahriye Altınay, drew attention to the importance of awareness and scientific dimensions in research and changing education conditions. Deputy Director of the Institute of Educational Sciences Prof. Dr. Zehra Altınay, on the other hand, gave information to

graduate students on social transformation in education and research, and touched on the place of an interdisciplinary environment in vital and professional development.

Prof. Dr. Göktaş emphasised that not only the theoretical knowledge but also the information in philosophical life should be developed, the reading resources should be increased and cooperation should be made without taking distances into account, in the light of the current studies and by

giving basic suggestions to both faculty and postgraduate researchers.

Prof. Dr. Yüksel Göktaş shared the necessity of thinking about the future with the basic data of yesterday, as well as his experiences and studies on research fields and techniques, and mentioned about his suggestions that shed light on the development of the graduate programs.

Assoc. Prof. Dr. António Teixeira, on the other hand, emphasised the necessity of both students learning and interactive participation in an online learning environment during the pandemic period through which a digital transformation is being experienced.

Assoc. Prof. Dr. Teixeira stated that everyone should be aware of their social responsibility and contribute to change, and that distance education studies in this period can reveal important findings in shaping the future.



1st to 7th May 2020

My garden is surviving despite the TRNC lockdown

By Margaret Sheard

Not having time for gardening, and my weekly gardener not being able to come and keep it tidy due to the current movement restrictions, I am surprised that it is surviving so well. Maybe some plants are a little overgrown and a few weeds need pulling but as a fairly low maintenance garden it is looking very nice with flowers blooming, lemons still on the tree almost the size of footballs, and the promise of plenty of oranges later on with a huge amount of

blossom on two trees, which up until last year had been very disappointing.

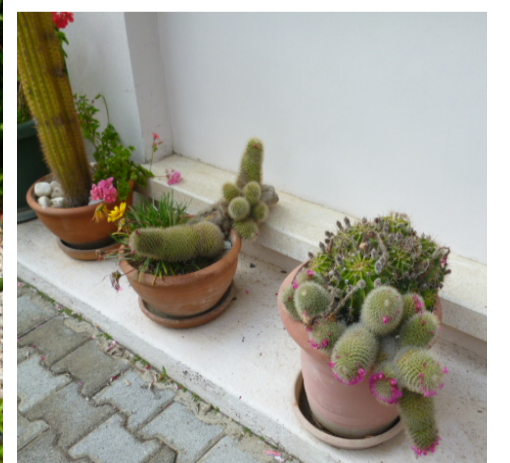
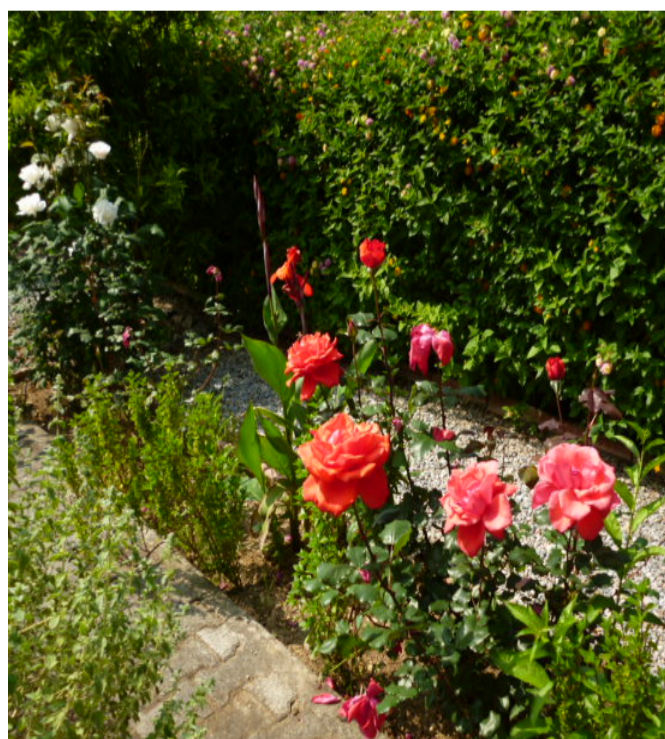
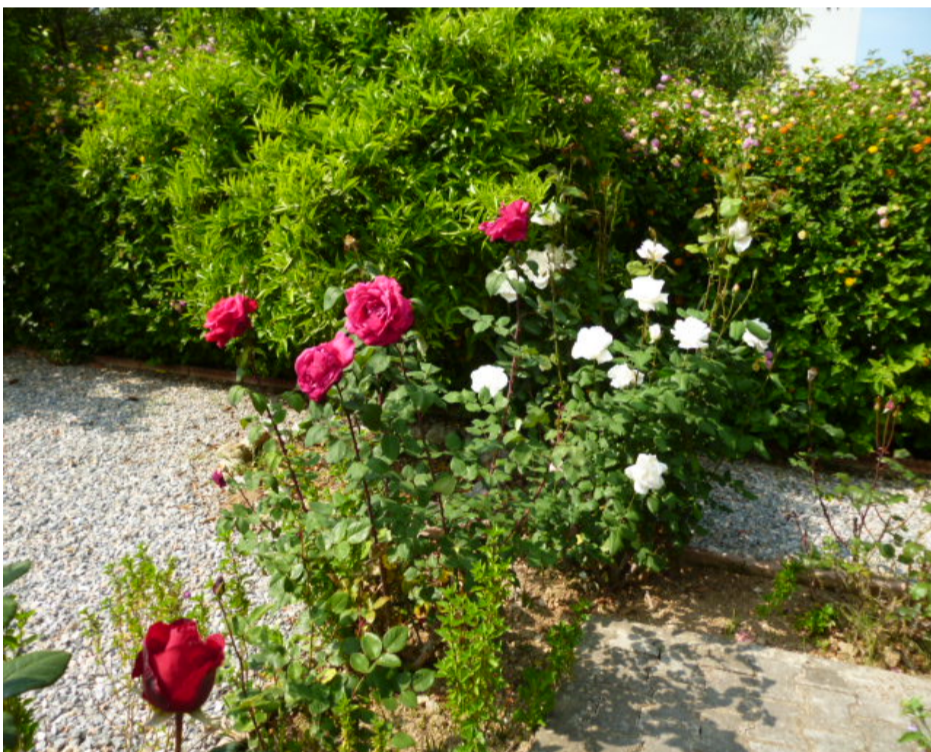
My pride and joy is an avocado tree which took about 8-9 years before it bore fruit but since then has given me a huge amount of avocados every year and this also has a lot of blossom at the moment.

I have a large number of cactus plants and they too have decided to give a display of flowers.

Maybe Mother Nature is making her presence felt.

Thank goodness I have a garden, I feel for the people who are isolated in apartments with perhaps just a few potted plants on their balconies.

I think we all wish to see some of the restrictions lifted, we have to be patient and comply with the rules which have kept us safe up to now, and looking at the statistics for North Cyprus, I would say that we have been looked after very well in the TRNC.



1st to 7th May 2020

Emergency Telephone Numbers

mobile numbers are prefixed 0533 or 0542 or 0548
landline numbers are prefixed 0392

POLICE

Emergencies **155**
General 228 3411
Girne 815 2125
Lefkosa 228 3311
Gazi Mağusa 366 5310
Guzelyurt 714 2140
Lapta 821 8512

FIRE

Emergencies **199**
Forest Fire **177**
Girne 815 2111
Lefkosa 227 1259
Gazi Mağusa 366 5389
Guzelyurt 714 2200

AMBULANCE

Emergencies **112**

HOSPITAL

Girne 8152266/815 2254
Lefkoşa 228 5441;
Gazi Mağusa 3662876/3665328
Güzelyurt 714 2125

ELECTRICITY

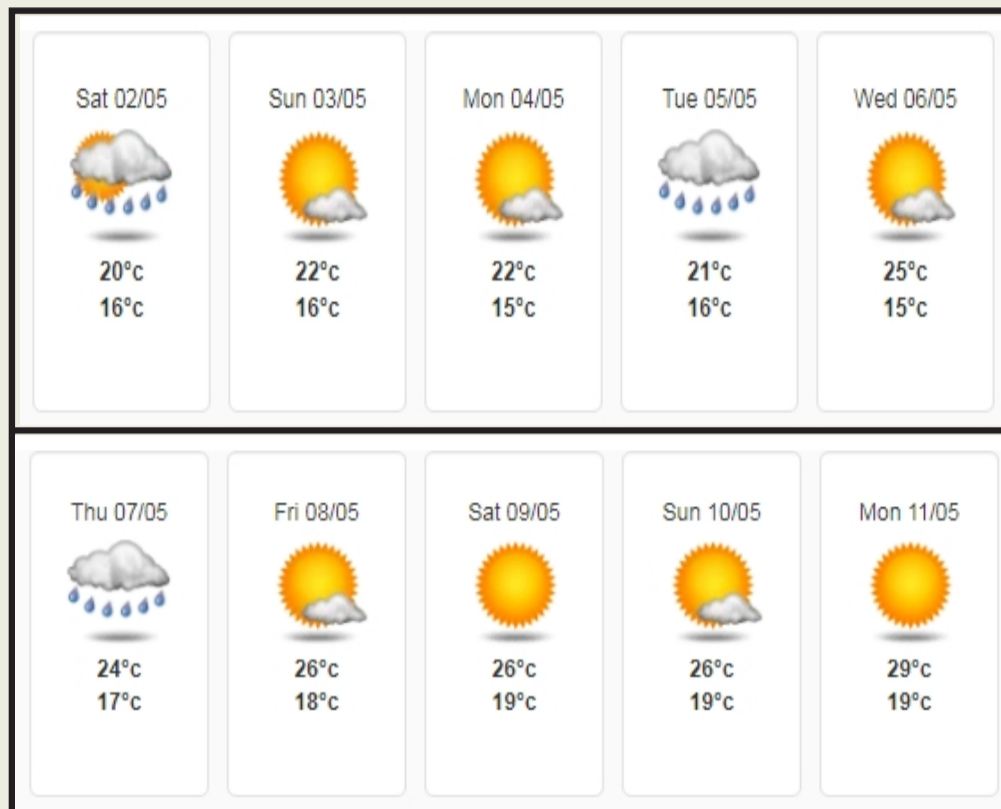
Electrical faults **188**
Lefkoşa 225 3436
Girne 815 2223
Gazi Mağusa 366 5514
Güzelyurt 714 2122

WATER

Water problems:
Lefkoşa 228 3315
Girne 815 2118
Gazi Mağusa 366 4483
Güzelyurt 714 3516

Kyrenia Weather (from 2nd May 2020)

10-day Forecast



14 Sporting TRIVIA Questions and a STINKER Question

By Richard Beale.....

This weeks **SPORTING QUIZ** plus the **STINKER QUESTION** are here and the answers will appear in the CyprusScene Enewspaper, on **page 35** and the answer to the "Stinker" question will appear in next week's edition.

Q 1: Who is the only club to defeat Liverpool in this season's Premier League?

Q 2: If black is the highest Judo belt, what colour is the second highest?

Q 3: Who was the last "Royal" to win BBC Sports Personality of the year?

Q 4: The Maracana Stadium is in which South American City?

Q 5: In the 2019 World Championships which British sprinter won a gold medal in the Ladies 200m?

Q 6: Margaret Court has won 24 Grand Slam Tennis tournaments, which current player is second on 23?

Q 7: Which member of England's 1966 World Cup winning team had an undistinguished career as a manager at Oxford City and Southend United?

Q 8: What is the nickname of Essex County Cricket Club limited overs team?

Q 9: Henry Cooper, Barry Sheene and Kevin Keegan used to advertise on TV which aftershave in the 1970's?

Q10: What does the TT stand for in the Isle of Man TT motorcycle race?

Q11: Which club has won the Scottish Premier League title the most times?

Q12: Which US state in hosts the Golf Masters?

Q13: Which South African born England cricket Captain was sacked 43 years ago (April 1977) after joining Kerry Packer's World Cricket Series?

Q14: Which Asia country was the first to host a Formula 1 motor race?

STINKER Question (answer in next week's Enewspaper.)

Q/. In 2013 whilst playing for Liverpool, Luis Suarez bit which Chelsea player's ear?

1st to 7th May 2020

North Cyprus Events Calendar

Due to the close-down of restaurants, bars, public gatherings etc. current events have been cancelled but **we are showing some events for hopefully later in the year.**



30th May – Saturday - British Residents' Society Blood Donor Day. Give blood and help save a life at Dr Akcicek State Hospital, Girne.

30th May – Saturday - The Abnormals present Brexit-Vision Song Contest 2020 at 8pm – Charlie's Bar, Kucuk Erenkoy. In aid of Tulips. 15TL and 5TL for under 16's. Open menu available. To book call 0533 825 4172 or 0533 870 5977.

13th June – Saturday - Black Olive Cafe, Alsancak – Glastonvicki. More information to follow.

17th June – Wednesday - Colony Garden, Girne – Harry Cambridge direct from the sell-out Luther van Dross show, plus support. More information to follow.

19th June – Friday - RBL will be holding a Royal Ascot Alternative Races event. Venue to be confirmed.

29th June – Monday - RBL will be celebrating Armed Forces Day. More information to follow.

10th July – Friday - Tulips and The Black Olive present the Rocky Horror Picture Show. Prizes for best dressed table and best Time Warp Dance. Fancy dress recommended but not obligatory. To book call Vicki on 0533 835 5133. More details to follow.

12th September – Saturday - British Residents' Society Blood Donor Day. Give blood and help save a life at Dr Akcicek State Hospital, Girne.

19th September – Saturday - Girne Amphitheatre – Abba Platinum – live ABBA tribute show. Leading celebration of the legendary ABBA. More information to follow.

25th to 27th September - The Soulist Coffee & Music House, Alsancak, will be presenting the 3rd "Friends Across Borders (FAB)" Music Festival. More information to follow.

NOVEMBER (Possibly 13/14 Nov) - RBL will be holding their Gala 2020 – Ultimate Elton at Merit Crystal Cove, Alsancak. 3-course meal including unlimited local beverages. £50 members / £55 non-members. To reserve tickets call Jill on 0548 827 3910. **This event has been re-scheduled from May due to Coronavirus outbreak. Tickets can be refunded or retained for the new date.**

5th December – Saturday - British Residents' Society Blood Donor Day. Give blood and help save a life at Dr Akcicek State Hospital, Girne.

PLATINUM



The Live ABBA Tribute Show



THE **ABNORMALS** Presents **BREXIT-VISION** song contest 2020
Sat 30th May
 From 8.00pm
 Pick up & drop off service available **OPEN MENU**
ALL IN AID OF TULIPS
 Adults - 15tl
 Under 16 - 5tl
 Bookings call: 0533 825 4172 / 0533 870 5977

FOOD & ENTERTAINMENT
CHARLIE'S
 SPORTS BAR

ncfa.simdlif.com

Qigong Home Training with Tarik Tekman week 4

By Margaret Sheard

We have been following Tarik's Qigong Home Training program and are now up to week 4. I must admit I have been a bit lax but Chris has been religiously training twice a day with the program.

I really must devote some time to catching up, it is a good way to have some relaxation during these times of home isolation and to do some form of exercise for the body and mind.

Qigong is an ideal way of doing this, it is not too energetic and it is designed in a way to do standing exercises, as well as sitting exercises for those who have limited movement abilities.

There will be a 15 week Qigong Home Training program and Tarik also runs an online class on Tuesday and Thursday every week.

Following is Tarik's program :

The first video of 15 weeks long Qigong Home Training is live now as below, Teach yourself Qigong with this 20 minutes video. If you like it, join my online live classes on Tuesdays & Thursdays. Every week, I will release a new video on Monday morning and



continue with Tuesday & Thursday live online classes. There is also the Turkish version of these videos on my website.

All the details you need are at: <https://tariktekman.com/en/home/>

15 weeks Qigong training with videos, practice cards and Zoom online classes:

Download and test Zoom for online classes.

IF ZOOM ASKS YOU TO ENTER A PASSWORD, ENTER: **home**

Mondays 08:00: Video of the week is released. Practice with that video.

Tuesdays 10:00-10:40: Online Class

Thursdays 10:00-10:40 Online Class
All hours are Cyprus Time (UK +2 or CET +1 hour)

All other days practice with the same video and next Monday move on to the new video.

The class of the last week will be on Wednesday, 15th July – on the 100th day of the training.

Every Monday separate English & Turkish videos are published. Online classes are bi-lingual.

Join a Class: <https://tariktekman.com/en/home/>

Donations: <https://tariktekman.com/en/donate/>

Online classes do not repeat the details already covered in the videos but include deepening the exercises, corrections and adjustments, answering the written questions, and additional practices.

Send questions to tarik@tariktekman.com to be answered in the next class.

The training is donation based. Donate any amount with any frequency (just once, weekly, monthly etc).

Week 1 video: https://youtu.be/f_7MRLwhAeY

Sport Quiz Answers

Questions on page 33

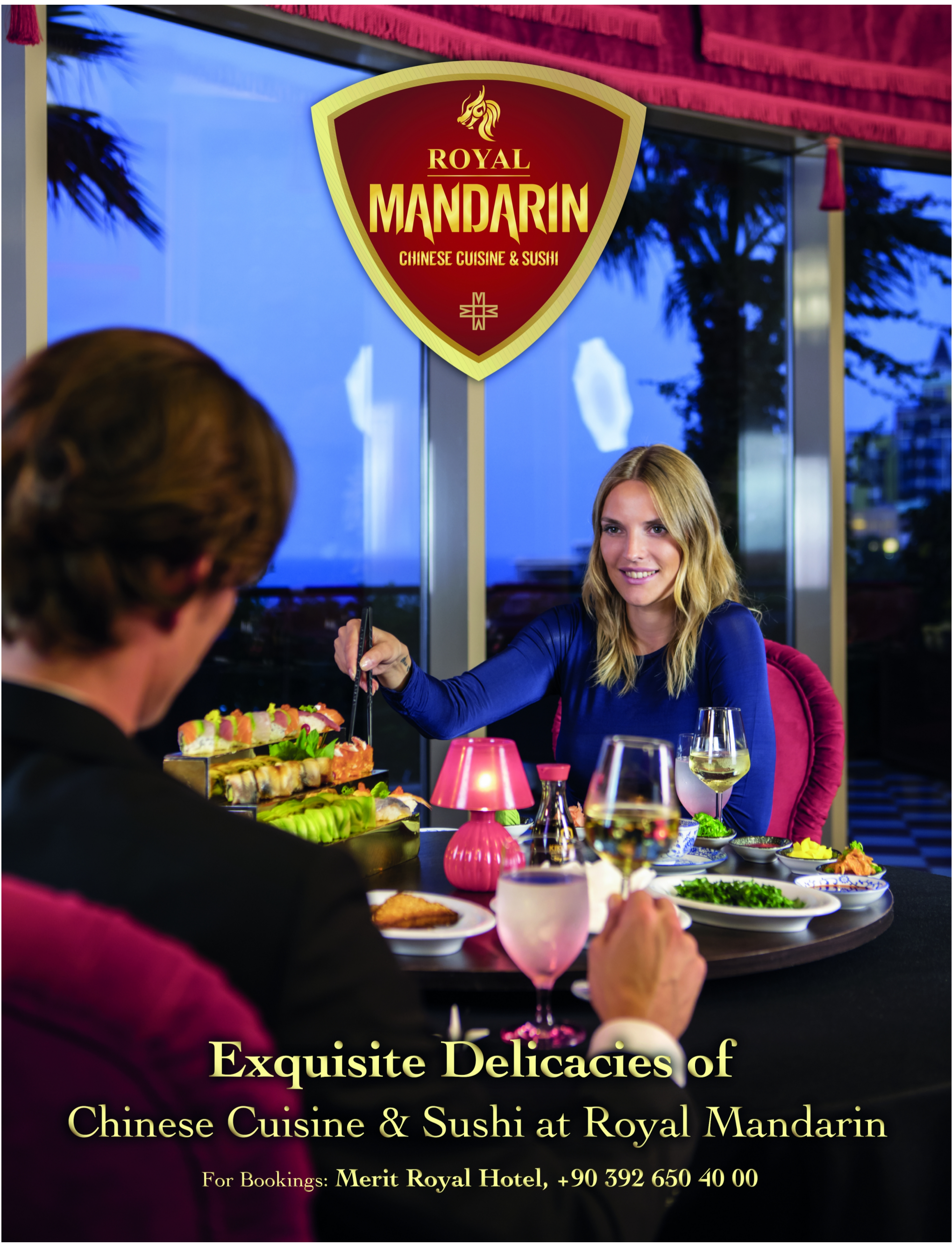
- 1/ Watford.
- 2/ Brown
- 3/ Zara Phillips (Tindall) 2006.
- 4/ Rio De Janiero, Brazil
- 5/ Dina Asher-Smith
- 6/ Serena Williams.
- 7/ Bobby Moore.
- 8/ Essex Eagles.
- 9/ Brut 33.
- 10/ Tourist Trophy

- 11/ Rangers (54), Celtic (50)
- 12/ Georgia
- 13/ Tony Greig.
- 14/ Japan

LAST WEEKS "STINKER" Question & ANSWER

Q/ An easy one, which player holds the England and Manchester United goalscoring records? and who did he beat achieving those records?

A/ WAYNE ROONEY 53 goals for England, 253 goals for Manchester United overhauling BOBBY CHARLTON record!



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