



VASSILIKO
CEMENT

SINCE 1963

DOMISI

ISSUE 18 (SEPTEMBER - DECEMBER 2017)

building a better future



www.vassiliko.com



VASSILIKO
CEMENT

SINCE 1963

CONTENTS

<i>Ideal Home Exhibition 2017</i>	3
<i>Communities Forum 2017</i>	3
<i>Did you know that...</i>	4
<i>Volunteerism Award</i>	4
<i>Our "Vassiliko" family is growing...</i>	5
<i>Time to Relax</i>	6
<i>A day in Agios Theodoros with the Flokkas family</i>	8
<i>Fully tasteful and healthy Nutrition!</i>	12
<i>Healthy snack-Chocolate Biscuits with Olive oil</i>	12
<i>10 Steps to cope with mental stress in our daily life</i>	13
<i>Our Vassiliko Christmas</i>	14
<i>Recipe: Mulled wine</i>	16
<i>Winter needs an excursion to the mountains! Our suggestions...</i>	16
<i>Green Corner - Composting</i>	17



EDITING TEAM COMMUNICATION DEPARTMENT

Publication responsible:

Z. Kontara

Authoring of articles:

Z. Kontara/K. Antoniou

Design:

K. Antoniou/Grandad

Editing:

Z. Riga/Grandad



Dear Colleagues, Friends and Associates,

The end of a year and the beginning of a new one is usually an occasion for contemplative thoughts and introspections. The year 2018 is full of new challenges involving new objectives, dreams and "Vassiliko" moments. It's a time for big changes...!

Let us clarify and filter anything that burdens us, keeping only what is worthy. Opening our heart and carrying out the changes we have fixed as objectives for 2018. However, it is important to keep close to us what makes us smile and feel happy. As Aristotle used to say "You are never too old to set another goal or to dream a new dream".

We have therefore decided to renew ourselves and create new subject matters, which we hope will arouse your interest.

We look forward to hearing your new ideas and proposals and we are open in case you wish to share your thoughts, your experiences and recipes with us!

To conclude, we would like to inform you that our Company's new web page has now been fully updated and renewed and you can now visit it! www.vassiliko.com.

May you have a new, creative year full of joys and positive energy.

IDEAL HOME EXHIBITION 2017

Our Company participated for it's 3 rd consecutive year in the 3-day exhibition "IDEAL HOME".

The exhibition took place at the Cyprus State Fair facilities in Nicosia, on September 29th up to October 1st 2017.

The purpose of taking part in this exhibition was to showcase the high quality of our products and services whilst promoting our corporate image.



COMMUNITIES FORUM 2017

On December 8, 2017, the 2nd Ordinary Meeting with the neighbouring Communities took place at Vassiliko Cement Works headquarters. The subject of the Meeting, "We Create Links". We Build our region's future TOGETHER" with representatives from nine Communities participating in the meeting.

At this important and constructive meeting, an elaborate presentation was delivered on the Company's latest achievements in all sectors and the Company's 1st Corporate Responsibility & Sustainable Development Report was presented. This Report constituted as a valuable communication tool between the company and its stakeholders, as it clearly and sincerely depicts the adoption of sustainable development principles in its business activity.

An open discussion then followed between all stakeholders, in order to resolve any concern and create a climate of trust through transparency and information exchange. The meeting was brought to an end with a guided tour of the plant premises explaining the production process, our produced products and the control system of quality, research & development.

Vassiliko Cement Works grows and operates on the basis of responsibility and transparency, establishing relations of trust, with all its partners, by keeping them updated on the strategies, policies, procedures, programs and the sustainable development actions it implements and applies as well as the objectives fixed for the upcoming years.

DID YOU KNOW THAT...

Biodiversity refers to any living organism on Earth including yourself

Over the last decades, careless development and exaggerated consumerism has driven to a dramatic reduction in biodiversity on the planet. Every twenty minutes, an animal or plant species becomes extinct from nature. Some of these species that we use in our daily life are precious, either as allies for our beauty, health and prosperity, or as a safeguard for our survival.

Source: <http://www.cyprusbiodiversity.eu>



VOLUNTEERISM AWARD

On December 4, 2017, an event was held at the Presidential Palace granting awards to companies that stood out in the Corporate Social Responsibility volunteerism competition for the year 2017. Our Company was one of the three companies singled out by the executive committee by a unanimous decision.

Based on the competition's criteria, our Company undoubtedly stood out for its support and contribution, through voluntary actions and activities, in cooperation with various organizations/NGOs and members of the Pancyprian Volunteerism Coordinative Council as well as the vulnerable groups they represent.

In the context of our effort to put forward the principles and the institution of Corporate Social Responsibility, we promote volunteering and social actions, because our primary care is to show RESPECT and to SOCIALLY CONTRIBUTE!



OUR "VASSILIKO" FAMILY IS GROWING...

ANDREAS LAPPAS

Department: *Customer Service & Sales Department*

Favorite movie: *The Equalizer*

Hobby: *Football*

Your first impression

of Vassiliko Cement Works:

Everything is run very professionally.

I feel very lucky being member of the company!

ARGYRIS ALEXANDROU

Department: *Quality Assurance, Research & Development*

Favorite movie: *Transporter*

Hobby: *Hunting*

Your first impression

of Vassiliko Cement Works:

Good working environment

ANDRIA ELLINA

Department: *Human Resources*

Favorite movie:

10 Things I Hate About You

Hobby: *Shopping*

Your first impression

of Vassiliko Cement Works:

Wow! I can look at the sea from the offices! I feel as if I am working within a large family.

ANTONIS CHRISTOU

Department: *Quality Assurance, Research & Development*

Favorite movie: *Taken*

Hobby: *Hunting*

Your first impression of

Vassiliko Cement Works:

Much better than expected.

I was impressed by the company's seriousness and professionalism, always abiding by the quality standards.

MELINA KYRIAKOU

Department: *Accounting*

Favorite movie: *Pearl Harbor*

Hobby: *Travelling /playing with my dogs*

Your first impression

of Vassiliko Cement Works:

The professionalism characterizing the personnel.



NORA LEONIDOU

Department: *Communication*

Favorite movie: *The Notebook*

Hobby: *Physical exercise & Cinema*

Your first impression

of Vassiliko Cement Works:

The good organization and the professionalism of its employees.

SEVASTEIA NOTARIDOU

Department: *Human Resources*

Favorite movie: *Green Mile*

Hobby: *Travelling-Excursions-Going for walks*

Your first impression

of Vassiliko Cement Works:

It is a well organized company with an ecological orientation.



TIME TO RELAX

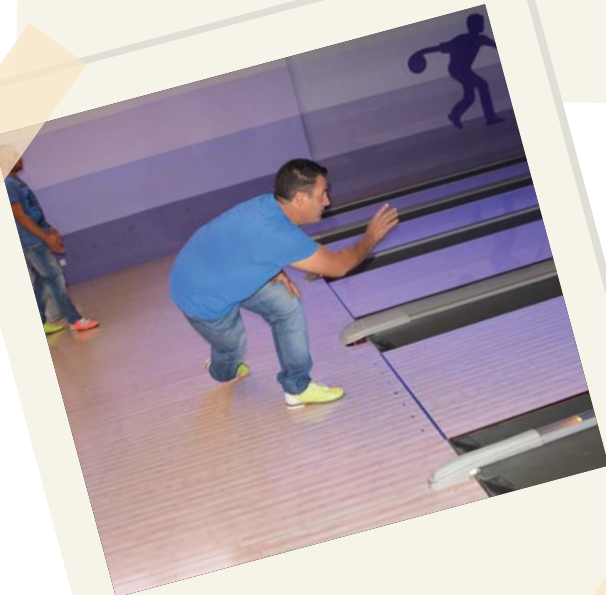
What could be better than a relaxed evening with your colleagues, away from the burdens of daily routine...!

So, on October 06th, 2017 we were all present in Limassol, to "compete" in an evening of Bowling. Wearing comfortable clothes, we warmed up in the beginning to "compete" in the game between the four teams.

Enjoy us!



STRIKE!



A day in Agios Theodoros village

with the Flokkas family

In the Larnaca province, between the mountain hills and close to the sea, lies hidden Agios Theodoros, a village of absolute natural beauty.

Agios Theodoros

HOW TO GET TO THE VILLAGE

The way to reach the village is easy...

Having in mind the old station of Skarinos as a point of departure, you follow the sign towards "Agios Theodoros" and in just three (3) minutes you reach the centre of the village..!



Ευάγγελος & Παναγιώτα Φλοκκά



HISTORY TO THIS DAY

The village used to also be inhabited by Cypriot Turks until 1974 and after the tragic events of that time those Cypriot Turks abandoned the village. Currently, the village counts approximately 700 inhabitants; a large number of them work in agriculture and animal husbandry.

Agios Theodoros will impress you right from the first visit since there are many things one can see, do, learn and taste. The magic combination of old buildings and modern ones, the narrow streets and the village's hospitable people keep tradition alive daily even to this day.

Once you reach the village, the first thing you see is Agios Theodoros' mosaic icon. As you proceed, on the right you will find the cafe that you most definitely cannot miss out on, due to the flavour of the freshly ground Cypriot coffee. The cafe of the village is always hospitable and welcoming with its regular customers and with the tourists seeking to taste something different. At the cafe, a simple chat, a game of backgammon or a narrative of life experiences by people of generations past makes up the daily routine of its regular customers.

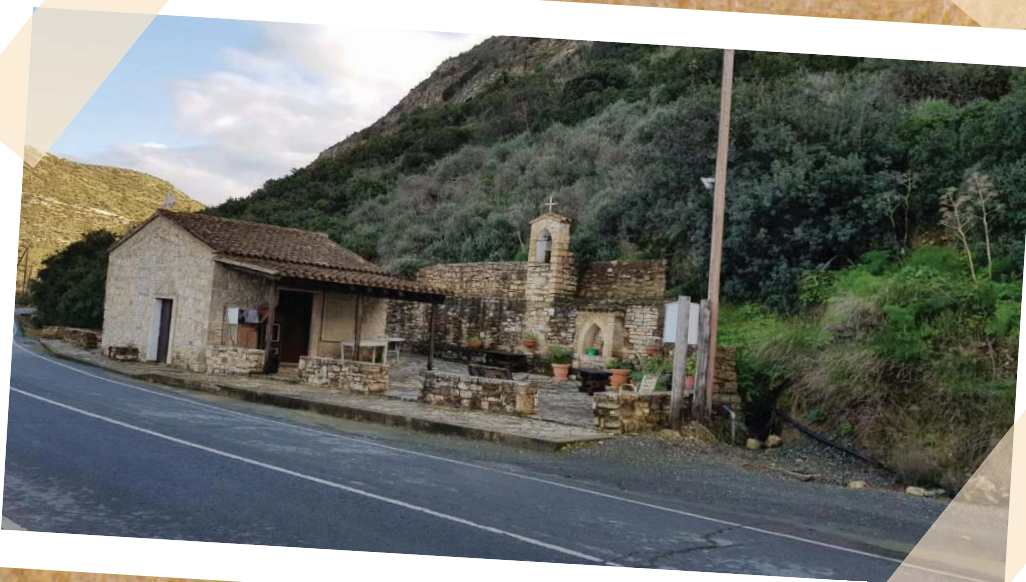
NAME OF THE VILLAGE

Crossing the village, you reach the beautiful bridge that unites the two (2) sides of it. From this bridge passes Pentaschoinos River, leading to the sea. According to tradition, the river and the beach area were named Pentaschoinos after a snake (called 'koufi' in Cypriot language), that lived close to the river and "devoured" a wine seller and his animal carrying five skins of wine. This is where the village name comes from...five skins of wine=Pentaschoinos.

NOW AND THEN...

In the last years, the river bed was shaped in such a way to host the various village events. Many times, these events were organized by young people in the village and in particular by Pentaschoinos Folkloric Club, operating since 2003 trying to preserve and keep alive the area's tradition and customs. One annual event whose reputation spans across the whole of Cyprus and was once a festivity held at the village was the "dance of the songbird". Many people participated in this dance; during the dance "Miss Songbird" was elected. After the enforcement of European legislation that banned the hunting of songbirds (ampelopoulia), this event took a different form.

In particular, the ampelopoulia dish is not offered any longer to participants, nor is this name used in the event.



TO SEE

As you continue walking in the western bank of the river, you will find the Community Palace; its yard hosts monuments of the village's Heroes who dedicated their lives to the battles of Cyprus.

Further down the community children's park is located, where children can play safely as it meets all the specifications for the safe use by children.

Reaching the centre of the village, you will come across the church, dedicated to Agios Theodoros of Tyron (the Recruit).

CHURCHES/CHAPELS

Agios Theodoros village has three more chapels...

The chapel of Panagia Astatkiotissa, of Agioi Anargyroi and of Agion Trion Paidon.

And don't forget to visit... The tomb of St. Athanassions from Pentaschoino (it has recently been discovered during the excavations carried out by archaeologists).



ACCOMMODATION

"To Konatzi tou Flokka" is a renovated cottage of the 19th century and offers a traditional accommodation with a kitchen. It is situated at only 5 minutes distance from the beach.

The traditional accommodation "Cyprus glamping park" provides small wooden houses by the beach.

"Elya Beach Luxury Suites" is situated in the centre of the village and offers direct access to the sea; it also provides outdoor swimming pool for adults and children.

FOOD

Don't worry about food; Tavernas are open all year round.

In the village centre, you will find the traditional tavernas "To Vassano" and "Kali Eftychia". Further down (close to the cyclical roundabout) you will find the taverna "Paliomouchtaros" and at the outskirts of the village you can find the family owned taverna "Anna Maria".

If you have an appetite for fish, by the beach, you can take your meal at the fish tavernas "Pentaschoinos", "Mamas" and "Limni". There you will definitely enjoy fresh fish "by the sea".

Notwithstanding all this specific information within this document, nothing could do better justice to the place describing it than an actual visit by yourselves so that you can confirm on your own that our descriptions are true...

*Agios Theodoros is
waiting for you!
Evangelos & Panagiota Flokka*



FULLY TASTEFUL AND HEALTHY NUTRITION!



To this day, most people believe that the enjoyment of tasteful food cannot be combined with the preservation of a healthy lifestyle at the same time. We would like to break this stereotype that opposes tasteful cuisine to healthy nutrition. The aim of proper nutrition is to avoid the negative impacts on health deriving from the desire to enjoy a meal and the

possibility of combining the two.

Food has become a way towards therapeutic healing: it has become clear that the choices we make in our nutrition contribute significantly to preventing many diseases, to boosting energy, increasing vitality and reinforcing the immune system.

A generation of people who are returning to, choosing fresh, homemade, cooked dishes over commercial and industrial alternatives, consuming non-processed, complete and nutrient rich foods. Following the standards of the Mediterranean diet is tantamount to strong health and prosperity; such practices help to establish a solid foundation for optimum health. Many of us would now cherish food rich in vitamins and nutrients that are truly pure, without hidden salts, sugars and additives (preservatives).

The primary aim of nutrition is to ensure health; a way to provide nutrients, vitamins, enzymes, antioxidants, carbohydrates, fats and proteins that an organism needs to function and to heal when

needed. The proper nutrition is the fuel that preserves, drives, detoxifies and reinvigorates our body.

Let food be thy medicine and medicine be thy food! When Hippocrates made this statement he obviously had in mind that some foods possess special properties boosting health as a whole. Indeed, current scientific research corroborates this view, providing evidence for the beneficial properties of some foods. An increasing number of scientific discoveries underline the role and importance of food ingredients in shaping human health.

Hippocrates was certainly right in his quote. When medicines fail very often as a final solution, scientific studies provide evidence-based data on how some food ingredients and foods could possibly be part of a treatment, for some chronic diseases. Scientific discoveries taking place daily confirm that some nutrients could contribute, possibly outstripping any pharmaceutical treatment, to repairing any damage induced by various chronic diseases.

Never in the past has the nutrition-health relationship been such an important issue. In our era we are all the more careful as to what we eat. Good nutrition is an ally to a good physical condition; when we eat, we always have in mind how our meals could improve the quality of our life.

Andreas Ch. Savvas
Nutritionist, Training Specialist, BSc (UK) Culinary Arts
Tel.: 99811237 / Email: diatrofiygia@gmail.com

HEALTHY SNACK

Chocolate Biscuits with Olive oil

INGREDIENTS:

- 1 cup of brown sugar
- 2 eggs
- ½ cup of olive oil
- 2 teaspoonfuls of vanilla
- 1 cup of wholemeal flour
- 1 teaspoonful of baking soda
- Salt
- 3 cups of oat flakes
- ½ teaspoonful of cinnamon
- ½ cup of chocolate chips (75% cocoa)
- ½ cup of crushed walnuts or almonds
- ½ cup of Cranberries or raisins (optional)



INSTRUCTIONS:

Heat your oven to 190 °C. Combine all ingredients; the oil, brown sugar, eggs, vanilla and stir together using a mixing bowl so that they blend well. Add the oats, baking soda, salt and cinnamon to the rest of the mix and stir very well. Add the walnuts, chocolate chips and the cranberries, if you wish. Place the mix into a buttered baking pan and bake for 10-13 minutes at 190 °C.

Nutritional Analysis (a portion):

Energy (calories): 195

Fat: 8 gr

Cholesterol: 18 mg

10 STEPS

TO COPE
WITH MENTAL
STRESS IN OUR
DAILY LIFE

I often keep things in order in my workspace

I don't occupy myself with many things at the same time

I settle any pending issues at work and at home

I give time before, during and after any work

I avoid conflicts

I relax and have fun often

I think positively

I exercise

I am polite in my daily life

I think positively about life



COMPANY NURSE
GEORGIOS VASILEIOU

OUR VASSILIKO CHRISTMAS



Christmas Carols by our young neighbours, elementary school children

Secret Santa's gifts!



Have you been a good person last year?





Happiness expressed!



Secret Santa party

WINTER REQUIRES A MOUNTAIN EXCURSION!

Troodos Geopark Visitors' Center covers an area of 1,147 km², in the old mine of Asbestos, a place of historical value hosting a beautiful Botanical Garden, providing useful information on the region's flora, the Bank of Seeds of endemic species and a plethora of evidence regarding the Mine's past activity.

To serve the Center's purposes, the Mine's old Elementary School was used. As we enter the building, we are well received by an amazing geological garden representing the ophiolite of Troodos. In this garden, we will see rocks from the entire sequence of Troodos exactly as they are encountered in real conditions.

In the interior, one can find exhibits indicative of Troodos geological activity, a model representing areas of geological interest (faults, mines, pathways of nature etc), tables of scientific information and a room for the projection of the Geopark's documentary.

The Center also hosts a special room dedicated to Mines of Asbestos and Chromium, representation of an ancient furnace for the production of copper and representation of a gallery for the mining of sulphur ores of the past century.

We are certain that a visit would be very interesting due to the uniqueness of our land and would also be educational for you and your family.

Opening hours: Daily except Monday, 09:00-16:00

Entrance: Adults €3, Children €2

For further information, please contact: 22952043

We would like to warmly thank Mrs. Konstantina Theofylaktou for the information.



OUR SUGGESTIONS...
Troodos UNESCO
Global Geopark



Mulled wine

Mulled wine For this winter, we suggest something warm and relaxing!

Ingredients:

- 1 litter of red wine
- 1 orange
- ½ a glass of orange juice
- 2-3 sticks of cinnamon
- 2-3 star aniseeds
- 5-8 sticks of clove
- 50 gr of ginger
- 250 gr of honey

Preparation:

In a pot we add the red wine, the orange chopped slices with the peel, the cinnamon and clove sticks, the star aniseeds, the orange juice, the ginger and the honey.

We warm the mixture, stir 2-3 times until the honey melts and we leave it until it starts to boil.

We serve in glasses made of glass with a stick of cinnamon and a slice of orange.

Cheers!





Green Corner COMPOSTING Elena Kokkinou Environment and Alternative Fuels Department

What is composting?

Composting is a natural process whereby organic waste biodegrades (fruit, vegetables, tree branches, eggshells etc) and under appropriate conditions through microorganisms turns into a rich organic mix, the compost, being used for the quality improvement of fertilizer. Composting is a particularly direct and important way of recycling. A very simple procedure to carry out in your garden, with the use of a basic composting bin.

It should be stressed that humification is the continuing process of composting; when this occurs, microorganisms already found in the compost work quickly and correctly due to becoming more active (the appropriate nutrients develop through microorganisms). The result of this process is the conversion of the compost mix into humus (potting compost).

What are the materials we compost?

We compost organic waste consisting of a mix of green and brown materials. Green materials are rich in nitrogen; that degrade relatively quickly and do not allow good aeration during this process. Whilst brown materials are rich in carbon, degrading very slowly allowing for the bin's aeration. It is important to take good care so that the organic waste we degrade consists of a mix of these colours (both green and brown materials).

In detail...

Green Materials

Vegetables
Potato and onion skins
Trimmed grass
Coffee sediments (along with the filter)
Tea residue (with the sachet)
Olive pits
Nuts shells
Cereals
Egg shells
Rice - Bread - Flour

Brown Materials

Leaves
Tree branches
Flowers
Straw
Paper (paper bags)
Sawdust-shavings
Animal Manure

What do we need for an effective composting?

Bacteria, fungi and other microbes constitute the 'workers' of composting. These microorganisms feed on organic waste. During composting, the microbes produce carbon dioxide (CO₂), heat and water as they degrade the heap materials. For an effective composting, the following are required:

- Correct proportions of materials (mix of green and brown materials)
- Correct size of materials
- Correct aeration Air is required in the biodegradation of organic waste (good stirring of the material is recommended once per week).
- Proper humidity. The microorganisms can only decompose liquid materials. In the case of dry materials, the microorganisms become inactive and composting slows down significantly.
- Appropriate temperature levels, the centre of the mix should be approximately 40-60 oC, in order to keep microorganisms alive. Temperatures above 65 oC can be harmful for the microorganisms carrying out the composting; as a result, slowing down the whole process.

We do not throw in the composting bin

Animal products, meat dairy products)
Oil - Fats - Plastic - Stones
Metallic objects - Chemicals
Toxic Materials



How do we compost on our own?

We use a large bin or an open-bottom barrel that we place in our garden, in a humidity-free space. We place in the bin or barrel the organic waste found from the kitchen and the tree branches of our garden. When the vessel is half full, it should be covered. In a couple of days, the heap will start to work and gradually its size will shrink. We can gradually add to the heap other organic waste from the kitchen or our garden. The greener and softer the materials we place in the bin, the quicker they will decompose. We avoid placing thick branches or pieces of wood as they require time to be "assimilated". After 2 or 3 months, the mix will start to shrink and its temperature will drop. This should be left for 2-3 more months in order to stabilize and then the compost will be ready to be used as fertilizer in our garden!

How do we understand that the compost is ready for use?

The compost should be ready after 4 to 6 months. It will be a dark brown, smelling of wet soil and is not very compact. Natural material products such as leaves or other items may be visible. If we place the compost in a bag, seal well and open it after a day without it smelling of an unpleasant odour, then this shall mean that our material is ready for use.

Advantages of composting

- Reduced volume of waste sent to the landfill sites, protecting the environment.
- Reduced CO₂ emissions, therefore reducing impacts on climate change.
- The nutrients being removed from the plants by pruning are returned through the compost.
- It is currently the most affordable method of final organic waste management.
- Water saving as it helps the soil to preserve its moisture.

Are there any health risks involved with composting?

A risk is present only when composting is not carried out properly. For example, when bins are left open, they emanate a displeasing smell and becomes a pole of attraction for flies. Generally speaking, the temperatures developing inside the bin are very high; as a result, pathogens do not survive and any health risk is reduced to a minimum.

For those who would like to receive our newspaper



Please send us you email at press@vassiliko.com
 Tel: 24 845 555
www.vassiliko.com



VASSILIKO
 C E M E N T

SINCE 1963