



VASSILIKO
CEMENT

SINCE 1963

DOMISI

ISSUE 19 (JANUARY - MARCH 2018)

building a better future



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VASSILIKO
CEMENT

SINCE 1963

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Dear Colleagues, Friends and Associates,

Spring

Rare word of Ancient Greek language (ή άνοιξις, -εως)

Its etymology derives from the verb άνοιγνυμι or άνοιγω (open). It initially meant the "opening".

Its current meaning dates back to medieval times. Ω μυστισμένη μου άνοιξις, του χρόνου άρχή και νιότης (Michael Soummakis, Παστώρ φίδος, ήγουν Ποιμήν πιστός, Venice 1638). It then replaced the ancient Greek word έαρ (currently surviving in its derivative adjective vernal, i.e springtime: vernal equinox) in the vernacular Byzantine language, to denote a more expressive way the "opening" of the weather after the winter.

Spring...Maybe the most beautiful season of the year.

Bloomy almond trees, verdurous fields, birds singing, the entirety of nature is in a state of euphoria. Nature is putting on its best dress, full of flowers and we should pay tribute to it.

It's time to take a drive, to getaway! Enjoy the nature, take an excursion in Cyprus and get to know our island. Maybe very few of us have truly discovered our homeland.

Easter time, customs, the village, everything smells of tradition.

Through this publication, we would like to take you on a different journey, one through our pages.

As Odysseas Elytis used to say: **"If you cannot find spring, make it"**

**OUR EXECUTIVE
CHAIRMAN'S 10TH YEAR
10 YEARS OF CONTRIBUTION**

**ANTONIOS ANTONIOU
MARCH 2008 - MARCH 2018**

Mr. Antonios Antoniou was born in London in 1954. He studied at the University of London where he obtained a BSc (Hons) degree and a postgraduate diploma. Mr. A. Antoniou worked for 5 years as a Biochemist at University College London and for 3 years as a Computer Systems Analyst at the British Gas Headquarters in London. He was a founding partner of AMER World Research Ltd and Deputy General Manager from 1983 until 1998. From 1998 until 2006 he served as Senior Vice President (Operations and Systems) of Nielsen Europe and was a member of the European Executive Committee. As from February 2008 he has been the Executive Chairman of Vassiliko Cement Works Public Company Ltd. As well as being a Member of the Board of Directors of the Cyprus Employers & Industrialists Federation and a Member of its Executive Committee.

On behalf of all the personnel, we would like to thank you for your Support and Offering to our Company!



Safety Conference

"YOUR SAFETY IS OUR PRIORITY"

On March 3, 2018 we welcomed the carriers of our customers from the local market to our premises for a safety conference, entitled "Your Safety is our Priority". The Health and Safety Officer informed them about the Company's Safety regulations and procedures. We also had the honour to attend an equally interesting presentation by Mr. Kyriakos Pantelis, Road Safety Officer, from the District of Larnaca on the issue of road safety.

The topic was then openly discussed between the speakers and the participants. This discussion enabled an awareness to be arisen and concerns to be expressed regarding safety issues.

For Vassiliko Cement Works, health and safety are of equal importance and a priority in relation to the other basic aspects of our operations (i.e. ongoing improvement, quality, production, productivity and environment) and constitute an integral part of our enterprise's performance.



Holy Blessing of Waters & cutting of Kings cake

11 JANUARY 2018



Holy blessing by His Beatitude the Archbishop of Cyprus Chrysostomos B'





Agisilaos Award 2017 - Kyriakos Kyriakou, through his example, he contributed to cultivating and consolidating a safety culture



Contribution and Volunteerism Award 2017 - Mary Charalambous; through her example, she instilled the culture of volunteerism, through volunteerism actions by Corporate Groups



Aristovoulos Award 2017 - Michalis Michael, with his well targeted suggestions, he contributed to the improvement of working conditions



Aristovoulos Award 2017 - Panagiotis Evangelou, with his well targeted suggestions, he contributed to the improvement of working conditions



1st INTERNATIONAL AWARD IN THE USE OF ALTERNATIVE FUELS INTERNATIONAL GLOBAL CEMFUELS 2018

Vassiliko Cement Works was honored with the 1st Award for an innovative project of alternative fuels management - **Outstanding Alternative Fuel Project**, together with its Dutch associates of N+P. Moreover, the company was ranked 2nd in the category of companies using alternative fuels- **Using Global Alternative Fuels Company of the Year**.

The annual **Global CemFuels Awards** showcased the best projects and the best equipment/alternative fuels technologies in both the European and Global cement industry were granted at the Global CemFuels 2018 Conference held on February 20th, in Germany. Vassiliko Cement Works ranked first in the category **Outstanding Alternative Fuel Project** and second in the category **Global Alternative Fuels Using Company of the Year**.

The 1st category award was delivered to the Production Manager, Dr. Iakovos Skourides who presented the following subject during the conference: **"Biomechanical tests of co-grinding and the use of alternative industrial fuel (subcoal) with conventional fuels in a kiln, with a daily production of 6,000 tons."**

This award for such a big and innovative project has constituted an important recognition for the Company's efforts aimed at optimizing the production process with the use of alternative fuels and innovative applications related to the supply of alternative fuels.



The Company's long terms policy for sustainable development includes the technological growth aimed at preserving the natural resources and at planning new strategies for energy use.

DID YOU KNOW THAT...

Did you know that the **kourkoutas...** Is a lizard, of the Agamidae family, approximately 30cm long and can be encountered. Its name has taken from its habit of remaining motionless almost everywhere, usually found in the fields and in-house rubbles.

Its name has taken from its habit of remaining motionless. Its colour is similar to that of a cut dry branch thus misleading its predators. The etymology relates to the word "cut" ("keiro" in the ancient Greek language), while to this day the phrase "en kourkarei" in Cypriot dialect, i.e. it does not stop alluding to the reptile's speed.



Source:
www.mixanitouxronou.com.cy

HOW COOKING AFFECTS OUR HEALTH



Cooking is a daily occupation for most of us. How does cooking affect our health? How can we boost our health making sure that there are fewer possibilities to put on weight or to develop diabetes and various other diseases?

In Cyprus, many herbs and leafy

vegetables are thriving due to its favourable climate; such herbs for example include: oregano, parsley, rosemary, basil, spearmint, mint, anise, laurel, lettuce and lemon grass etc that are able to flavour and enrich the taste of our food, without any guilt or additional calories. Unfortunately, we do not use them daily and are thus deprived of beneficial properties lavishly offered by nature. Seasonings, spices and aromatic herbs, when they are fresh, add to the taste; when they are dried, they contain essential oils, metals and special flavours bestowing upon any dish a special character.

You may apply many cooking methods for a healthier nutrition in your kitchen, such as: steaming, grilling, boiling, simmering and baking in the oven (without any excess fat or no fat at all).

Delicious food and healthy nutrition means delectable tastes and reinvigorating meals; such a food is enjoyed fresh, simple and healthy. Under the proper guidance by the nutritionist or the dietician, you will always have a balanced nutrition for a healthy future.

Andreas Ch. Savvas
Nutritionist,
Training Specialist,
BSc (UK)
Culinary Arts

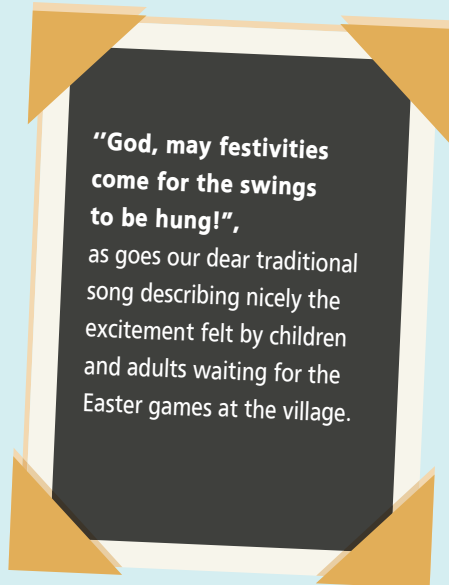
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Easter at the village

Easter & Traditional GAMES

for children and adults...



The games, as created by our ancestors, are revived every year to unite with joy and fun all relatives, friends and fellow villagers.

Easter Sunday... A Sunday of love for the Christians, full of laughter, joy and endless games until they drop!

TUG OF WAR: When playing the tug of war, players are split into two teams. For example, one team may include married vs single persons, or on a different occasion women vs men and there are age-based teams, such as the "-ties" teams. All you need for this game is a strong and thick rope, being pulled by each team from either side. The winning team is the one pulling hardest to its side.

SACK RACES: A pleasant game testing endurance, speed and technique! The number of participants in the sack races is unlimited, provided there is enough space for all contestants to run. The sacks are the material required for players to get into and start running or rather start "frog running", when the beginning of the game is whistled. The first to cross the finish line and stand still is the winner!

LINGRI: For this game we need two stones of the same size and width that we place at a distance of 30 centimeters, the so-called "niskia" (fireplace, stove). On top of the stones, we place a small piece of wood, i.e the lingri. The player holds in hand a larger piece of wood, called "lingra or lingra stick". Using the lingra, the player is trying to catch the lingri; he/she throws it on the air and strikes it very strongly to hit as far as possible. The player sending lingri the farthest is the winner.

ZIZIROS (cicada): The game is played by at least three players who should decide which member of the group should stand separately turning his back to the others. This person is standing looking down, puts his/her right hand under the left arm with the palm showing, while covering his/her eyes with the left hand. The other players are standing behind him/her. One of the players approaches him/her and slaps the palm. Immediately, after the hit the rest of the players are dancing around, making a "ZZZZ" sound like a cicada (ziziros). The person in the middle with the eyes covered should guess who hit him/her. If the guess is correct, the person who hit him/her takes his/her place and the procedure is repeated.

DONKEY RACES: When these cute four-legged animals were in abundance in our country, people used to organize trade fairs where animal sellers wanted to prove that their animals were faster and more resistant than the others. After determining the path, the starting point and the finish line, the donkeys with their rider were placed at the start line and begun galloping when the starter gun's signal was fired, the aim to cross the finish line first. One of the few villages keeping this tradition alive to this day is Akaki, having its doors open every Easter Sunday to all people.

DIGIMIN: The older ones know this game that took its name from the ancient Olympic game of weightlifting (dokimio). Digimin is a huge and heavy stone that it is difficult to catch due to its volume and weight. Whoever from the village's young generation could lift the stone the highest was considered to be the strongest in the village!



Mmm, the flaounes have started smelling already! How many are you going to eat?

History of Flaouna:

According to Cypriot researchers, "palathi" is said to be the predecessor of flaouna. What is a palathi? The ancient Greek "palathi" was offered to children who were wandering around and were chanting at homes to welcome the swallows and the spring. Flaouna was offered to children as a tip or to adults going from house to house singing to spread the news of Jesus Christ resurrection or to wake up their fellow villagers to go to church on the Holy Saturday night of Resurrection.

Its name in Latin is "fladonis", while later the Anglo Saxons name it "flaon", the current "flan" (Hatziioannou, 1993).

Currently: Flaouna is a symbol of Resurrection and is associated with various Easter customs, being offered as a treat. It is prepared along with the other Eastern dishes on Holy Thursday and it is consumed on Holy Saturday, on the night of the Resurrection. It is consumed warm or cold or as a rusk to accompany various beverages.

HOW DO WE PREPARE THEM?

Recipe (grandmother's recipe is definitely the best one):

INGREDIENTS:

For the pastry:

- 2 kg of flour
- 1 teaspoon of salt
- 2 teaspoons of baking powder
- (Mahleb, mastic, aniseed well crushed)
- 2 cups of olive oil
- Sourdough (at the size of 2 eggs)
- Lukewarm milk for the kneading

For the filling:

- 2 kgs of Flaouna and Halloumi cheese
- 2 a cup of semolina
- 12 eggs

For the topping:

- 2-3 beaten eggs
- Sesame

Preparation:

For the preparation of flaounes, we first prepare the filling from the previous night or 4-5 hours ahead.

We grate the cheese 1-2 days in advance so that it can dry up and absorb many more eggs.

We add the semolina, the mahleb and the mastic and we stir well.

We beat the eggs.

We make a hollow in the cheese bowl, adding the sourdough and the eggs. We rub well using our fingers to dissolve the sourdough. We add as many eggs as required to make the filling concentrated.

The following day, we add the baking powder, the spearmint and the raisins, and 1-2 more eggs, if needed.

For the pastry: We sieve the flour, add in the salt, the baking powder, mahleb, the mastic, aniseed and we mix all the products very well.

We add the olive oil folding the flour with our fingers. We then add the sourdough and the lukewarm milk in order to dissolve the sourdough and knead well.

We leave our dough for 1-2 hours to rise and we then unroll thin sheets of pastry around a ½ centimeter thick. We cut round-shaped pies to the size we desire.

We cover the external side of the pie with sesame, we add the filling and we close the sheet giving the flaounes the shape we choose.

Before we bake them, we leave them to puff up. We brush them with beaten egg and sesame and we bake in a hot oven for about 1 hour.



(Source: www.foodmuseum.cs.ucy.ac.cy, www.timeoutcyprus.com)

10 STEPS

TO DYE OUR EASTERN EGGS NATURALLY

1. We take several onion skins of purple colour; and place them in a large cooking pot with cold water, half a glass of wine and vinegar.



2. We boil the mix for 20 minutes

3. We put the mix aside to cool down and add water, if necessary

4. We pick light-colored eggs so that the colors look brighter



5. We clean our eggs very well and we put them in a cooking pot, using a skimmer, on a sole layer. Being careful so that the eggs don't crack!



6. We place the cooking pot on the stove and boil for another 20 minutes

7. We remove the cooking pot from the stove so that the eggs cool down (inside the water)

8. Once water cools down, we put the pot in the fridge and leave it there all night.

9. On the following day, we remove the eggs and strain on absorbable paper.



10. We polish them with a little olive oil and decorate them in a basket.



Tips: To dye our eggs in blue color, we follow exactly the same procedure with red cabbage (instead of onions). If we want yellow eggs, we follow exactly the same steps but instead using turmeric.

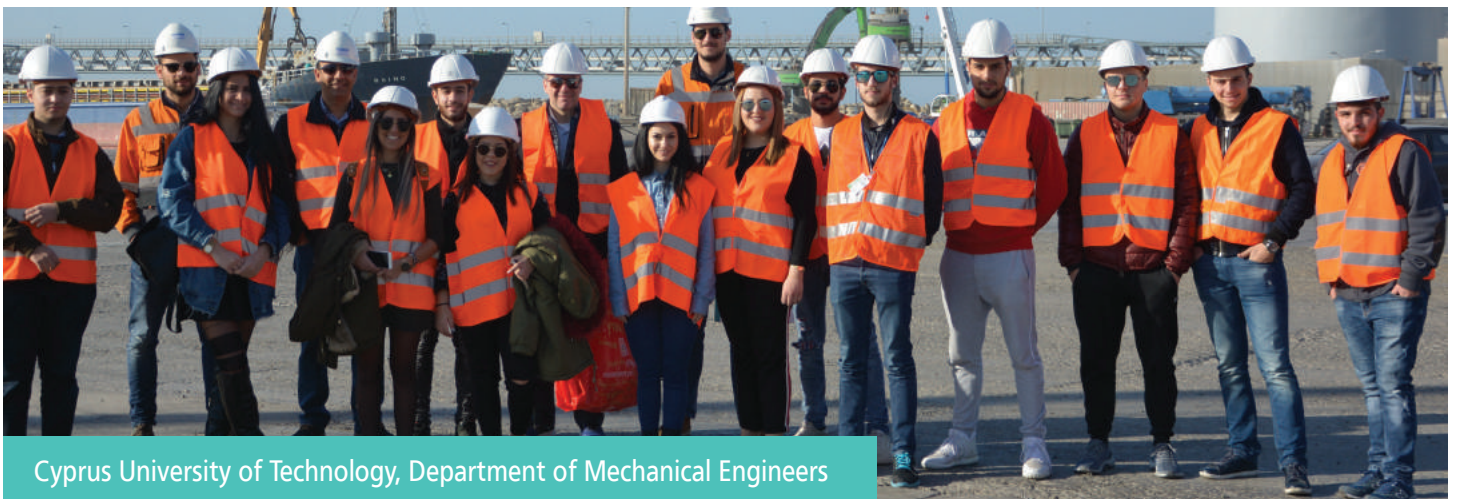
Have a nice Easter!

VISITS FROM THE UNIVERSITY COMMUNITY

Our cooperation with educational institutes is constant and multi-faceted, proving the Company's tangible interest in quality education and for the improvement of general human knowledge, aimed always at sustainable development.



Cyprus International Institute of Management (CIIM)



Cyprus University of Technology, Department of Mechanical Engineers



Frederick University, Department of Maritime Studies

A DAY DEDICATED TO WOMEN

MARCH 8th

The International Women's Day is celebrated every year on March 8th to commemorate a big protest held on March 8, 1857 by women garment workers in New York who were claiming better working conditions.

Our Company pays tribute to its women every year organizing special events of "female character". Many people say that beauty refers only to a person's inner beauty! Women though (and not only them!) are by nature interested in their outward appearance. This is how we celebrated this year attending beauty "classes" by Georgia Zouppouri, a professional esthetician.



"THE THING WOMEN HAVE YET TO LEARN IS NOBODY GIVES YOU POWER. YOU JUST TAKE IT"

ROSEANNE BARR



SPAGHETTI WITH BASIL PESTO

Preparation: 0:15'

Portions: 4

Cost: Under 10 EUR

A light dish combining few calories with a lot of enjoyment!
The best recipe for vegetarians!

Ingredients:

- 400 gr of spaghetti
- 2 leaves of fresh finely chopped basil
- 1/4 cup of pine-nut seeds
- 1/4 cup of almonds
- 1/2 cup of grated Parmesan
- 2 garlic cloves
- 2/3 cup of olive oil
- Salt
- freshly ground pepper



Preparation:

We put the pine-nut seeds and the almonds in the oven for 10' at 200°C, until they become golden brown.

We combine in the blender the basil, the

roasted pine cone seeds, the almonds, the garlic, 1/2 teaspoon of salt and 1/4 teaspoon of pepper. We pour the olive oil slowly so that the mixture becomes thick enough.

We place the pesto in a large bowl and add the Parmesan, a pinch of salt, pepper and stir. We boil the spaghetti for 7-8' in salted water and strain. While they strain (since a large quantity of water was washed off), we throw them into the bowl with the pesto sauce. We stir quickly and serve.

Bon appetit!

Source: www.argiro.gr



10

PIECES OF ADVICE ON ENERGY



An air compressor, while being switched on, even if it is not used, may consume up to 40% of its full charging capacity. If you are not using the compressor, make sure it is always switched off.



Any machinery not used during production lines stoppage should be put out of operation.



Any leakage of material, air or liquid is easily detected. Try to detect such leakage during your daily "patrolling" at the plant and make sure to report it to the competent officers for repairing.



Switch off the computers and the remaining office equipment when not in use or when you leave your office. For your computer's screen, select the sleep mode instead of the screensaver mode.



Switch off the lights at the premises you are not using and even if you leave the premises for a certain period of time. Avoid careless use of artificial lighting and take full advantage of the natural daylight.



No electronic apparatus should be left switched on when you no longer need it (even in the stand-by power condition, an apparatus still consumes energy). Prefer switching off the equipment, particularly during the weekends and holidays.



Save paper and energy. Avoid printing unless you truly need it. Check your document beforehand using the "print preview" option. Make sure the printer is well setup to print both sides of a page.



Regulate properly the area's thermostat. Choose a temperature of 19 – 20oC for winter and of 25 - 26oC for summer. Make sure that the doors and the windows remain closed when heating or the air conditioning system is on and switch off the air conditioning half an hour before you leave the area.



Try not to use the elevator to climb 1 or 2 floors. Use the stairs wherever feasible.



Make sure that your colleagues do not spend energy. Inform them accordingly and set the good example.



Marina Tsangaridou
Energy Management Department

Guess you were familiar with brunch from a very early age...

What is "brunch" that we have been hearing about from different countries?

The word "brunch" was first encountered during the last decade of the 19th century amid the pupils of England.



From England this new fashion reaches America

From England, the fashion of brunch travelled to America at the beginning of the 30s and in particular to Chicago, initially as a necessary habit of the cinema stars of the time. During their transatlantic travels, they used to stop on a Sunday morning in the city for a meal, which was too late to be considered breakfast and too early to be considered lunch. It was therefore a type of brunch.

According to the "New York Times", the concept of brunch was finally established in America after the end of the Second World War. Gradually, Sunday was established as a day of rest, of doing absolutely nothing; as a result, people stopped attending the Sunday morning Mass and brunch became a rapidly spread fashion.

As decades went by reaching the '60s, the brunches replaced the large, Sunday traditional meal gatherings, enriched with peculiar dishes and unique culinary options. Brunch started becoming the privilege of rich people, an opportunity for socializing and gatherings in premises only visited by few people. In the beginning, only expensive hotels offered brunch, immediately excluding thus anyone who could not afford such a luxury.

In Cyprus...

In the last 5 years, brunch has penetrated the culture of Europeans and in particular of Cypriots who may now enjoy it in the majority of restaurants.

Affordable or expensive, depending on the individual's economic profile, in the village or in the city, brunch is served across the country, mainly during the weekends, from 10.00 until 15.00. A brunch may include eggs in all varieties, juicy burgers and sandwiches, pancakes with maple honey and chocolate and many other sweet and salty delicacies!

Finally, yes, we are familiar with brunch!



District of Pafos
Kallepia
Pano Arkoudalia

District of Limassol
Agros

District of Larnaca
Kato Drys

District of Nicosia
Kampia
Kalopanagiotis

District
of Famagusta
Agia Napa

CARNIVAL PARTY 2018



Green Corner

Use of Alternative Fuels and Raw Materials



Christina Vegli - Environment Department

I would like to thank the magazine's editing team for the excellent work so far and I would like to express my gratitude for the opportunity to contribute to this issue with a small column.

With my experience in the company's Department of Operations and Environment Department, I would like to share with you the importance of waste use in our plant.

The use of waste in the cement industry constitutes a widespread method of recovery and environmental protection, since the high temperatures during the clinker firing process (1400-1500°C) and the retention time in the furnace, combined with the appropriate environmental protection equipment do favor the co-incineration of such materials. The organic load is destroyed and the inorganic one is integrated into the clinker phases.

The alternative fuels used currently by Vassiliko Cement Works are the RDF (fuels deriving from solid waste-consisting mainly of small paper items by 60-70%, of plastic by 20-30%, of fabric by 5-10% and of other admixtures of lower content). The alternative fuels are mainly imported from England and Italy and the dried sludge resulting from the biological treatment of urban waste facilities of Psitaleia and the Sewerage Board of Pafos, the meat meals from SIGAN, the chopped car tires at the end of their life cycle, the ASF (fuel deriving from solid industrial waste) from IESC and other solid waste being delivered occasionally in smaller quantities are recycled by the plant (e.g. wood, paper, plastics).

The alternative raw materials used in our industry are partly stabilized wastes delivered by IESC; flying ash derived from mazout incineration in the power generation plant of Vassiliko Electricity Authority and sludge derived from the power generation unit of Dekeleia Electricity Authority and container glass delivered by Green-Dot. In general, any waste can be used provided that its content includes recoverable quantities of ingredients necessary for clinker production.

For all these materials to be fed into the kiln, some criteria should be met in order not to affect the proper kiln operation and the quality of clinker. Some of these criteria are the moisture content, which should be

low so as not to require more energy for drying; another criterion is physical condition and form (density, structure of the material, size of particles, homogeneity); the physical condition and form should allow the materials to be fed and recovered without any problem. The chemical composition of waste is also important, such as the high content in volatiles and the calorific value affecting incineration significantly. The waste content in chlorine, sulfur and alkali (sodium, potassium) should be small so as not to be condensed and deposited onto the kilner's walls forming sticky deposits and rings.

The advantages from the use of secondary fuels and raw materials coming from cement industries are numerous impacting both on the environment and the industry itself and on society in general.

As regards the environmental benefits, the natural non-renewable resources are saved (fossil fuels and raw materials); the carbon dioxide emissions that contribute to the greenhouse effect are cut down on because the content of secondary fuels in sulfur is largely lower than conventional fuels; the nitrogen oxides along with sulfur oxides contribute to the creation of acid rain. Such waste, if not recovered, will end up in Uncontrolled Waste Facilities (XADA), in landfill sites (XYTA) or will be discharged to the environment uncontrollably, polluting the soil, the sea and the groundwater. The benefits from the use of waste for the cement industry are multiple, since the energy cost is reduced (thermal energy consumption) along with the carbon footprint (carbon dioxide emissions). Moreover, the waste incineration contributes to cutting down on nitrogen oxides emissions; a plant should comply with the limits of nitrogen oxides emissions laid down by legislation.

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www.vassiliko.com



VASSILIKO
 C E M E N T

SINCE 1963