



# DIRECTIONS

## 2004 Athens Olympics have begun...

Olive, olive olive, oil, oil, oil.....as Nick Giannopoulos says.

Congratulations to my sister who is right in the heart of the action as an official Volunteer for the Athens 2004 Olympics-well done Katherine!

Hello all & welcome to another issue of "Directions". It's been quite sometime between issues as I took a well deserved break where I found myself on one of the most beautiful islands in the northeast Aegean, Samos. I also attended a gorgeous wedding in the southern Italian town of Terracina & caught up with many dear friends in sunny España & surprisingly hot London.

Arriving back I've been fighting flu-like symptoms & absenteeism has increased at work. Contributing to the health & wellbeing of your workforce has proven to have clear benefits & so we decided to investigate workplace vaccinations. See excerpt below.

We also have the solutions to the exercises for enhancing both the right & left hemispheres of the brain -see how you scored. Check out your Feng Shui (Flying Stars) for the period of the 7th August to the 6th September 2004.

Lastly as my Greek spirit persists we have two "Ladera" dishes prepared using Greek olive oil so try them-they are delicious!

Talk to you soon!

Vivienne Kariotoglou



National President-  
Vivienne Kariotoglou at the Alcázar (Fortress) in Segovia, España

## Workplace Vaccinations...

ACCA would like to welcome aboard a "Winter Survival Packs" including winter new service provider, namely "Workplace Vaccinations". Why not vaccinate your staff now & enjoy the benefits of increased productivity & decreased absenteeism?

With winter truly here, *Workplace Vaccinations* provides the protection of influenza (flu) vaccinations for businesses. Their complete service is convenient, efficient & cost-effective. Why not give us a call for a free quote?

Their service includes:

- Provision of an experienced Doctor to vaccinate employees at your site; &
- Comprehensive program management assistance to your OH&S personnel

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### AUGUST OFFER

Until the 31st August try

"Workplace Vaccinations" &

receive a FREE 'winter survival

pack'. Take action now to

benefit the health & wellbeing

of you & your employees.

Call 1300 137 038 or email us

[info@ac4ca.com](mailto:info@ac4ca.com) for further

information

# Solutions to improve the left & right brain? Feng Shui (Flying Stars)

## LEFT HEMISPHERE

### Exercise 1

Female demon **lamia** Relating to animal fat **adipose**

Fleshy part of plants **herbage** Small, delicate & charming object **bijou** Over-fussy attention to details **punctilio** Fine parchment **vellum** Warning of danger **monition** Encouraging, urging on **hortatory** Heroic knight or hero **paladin** Bland or uncontroversial **anodyne**

### Exercise 2

Nick has \$3 more than Brett, but if Brett had three times more than he has now, he would have \$12 more than the original combined amounts of money. Nick has **\$18**

### Exercise 3

Insert the same single digit number twice to make this calculation correct:  $6 \div 8 = 27$   $6^4 \div 48 = 27$

### Exercise 4

VITUPERATION (spirit, blame, sparkle, quickness, silence) **blame**

VENT (dismiss, conceal, prohibit, harm, inhibit) **inhibit**

## RIGHT HEMISPHERE

### Exercise 1

- Which word comes next in this sequence? **squirrel, squash, streak, house print**

Is it: **prove, print, charm, castle or stair?** Each word can be prefixed with the colours of the rainbow in turn: red squirrel, orange squash, yellow streak, greenhouse, blueprint

### Exercise 2

- What do these phrases have in common?

**Sweet-talk, closed doors, coffee table, belle époque**

They all contain two consecutive double letters

### Exercise 3

- What letter should replace the question mark?

**A, E, F, M, ?, W, Y** N Start with A which is formed with three lines, then take the next letters you come to in the alphabet that are formed with four lines followed by three lines alternately.

### Exercise 4

- What number should replace the question mark?

9, 18, 23, 26, 29, 46, ?, 52 **49** It is the position of each letter e in the question.

### Exercise 5

- What number should replace the question mark?

1, 11, 21 1112, 3112, 211213, 312213, 212223, 114213, 31121314, 41122314, 31221324, 21322314 **?21322314**  
This is a repeat of the number above. The sequence carries on repeating this same number over & over again. Each number describes the number above, by sorting first the 1s, then 2s, then 3s, then 4s. So the number 21322314 has two 1s, three 2s, two 3s, & one 4.

## 7th August to 6th September

**Southeast (SE)** Good romance luck. Display *fresh flowers* or *green plants* here to boost your love luck. Do not place too much water here as this could lead to romantic scandal caused by the presence of a third party. Students will benefit greatly from this combination as they will excel in exams. New travel opportunities are indicated if you use the SE of your home/office this month.

**South (S)** Favourable signs of fame & romance. Potential for promotions at work may occur. Use an office in the south to tap into the positive Chi this month. Display a *dragon tortoise* here for career luck & a *victory horse* here for business luck. Do not activate with too much fire energy, which could lead to accidents. Be careful when cooking, using candles or burning incense.

**East (E)** Tense month filled with argument & conflict for those residing here or having an office in this sector. Avoid using if possible. Small disagreements could lead to major fights with possible legal troubles. Avoid excessive noise here. Energy here can bring headaches/migraines brought about by gossip & slander.

**West (W)** Violent stars here are doubly inauspicious, bringing danger of violence & robbery, particularly to the young female. Be careful when working with metal objects. Place a *water feature* here to quell the negative stars. An excess of energies affects the mouth region, which can result in arguments, gossip, toothaches & bad breath.

**North (N)** Stars here bring good career & literary success & wonderful money luck too. Occupants will enjoy good fortune. Placing a calligraphy set here brings you plenty of opportunities to excel in your career, as well as in any academic, artistic, literary & creative pursuits. Display a *tortoise* here with a *dragon* to boost wealth & business luck.

**Southwest (SW)** Monthly illness star here may cause serious stomach upsets/abdominal pains. Pregnant women should avoid the SW as the Chi here could cause a miscarriage.

**Northeast (NE)** The annual star 8 is joined by the monthly star 8 bringing excellent wealth & money luck to the occupants, particularly young males. Also brings good investment luck for accumulating properties. Spend more time here to boost the Chi by increasing activity. Energise by displaying a *yang water feature* here, enhanced with a *dragon ornament* near the water. Keep well lit.

**Northwest (NW)** Offers excellent money luck bringing unexpected windfall & monetary gains, particularly beneficial for the father of the family. Display a glorious state of *Kuan Kung* in the family/dining rooms if it is located here. Try to spend more time here; this will bring the luck of business success & career progress. Avoid an excess of metal here, which may lead to accidents or injuries caused by a metal instrument.

# Olive Oil...Greeks are the greatest consumers of this wonderful natural liquid

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## History of Olive Oil

Olive oil is a vital part of the history, economy & culture of all Mediterranean countries, especially Greece. As scientists tell us, the exact place where the olive tree sprung for the first time is the greater Mediterranean Basin. The first cultivation of the olive tree worldwide took place in Greece, & more specific in Crete. This occurred about 3500 BC in the Early Minoan times, where the olive tree was in a wilder form in comparison to the tree we know today.

The love & high esteem of the Greek olive-grower for the olive tree is passed on from generation to generation & from family to family. With the birth of a child an olive tree is planted which will grow & develop along with the child. When the child starts school at the age of six, the olive tree is ready to produce its fruit. The blessed tree grows up with the family, only it will have a much longer life & will still be around to be tended by the next generation, & the one after that. Each year, it yields its annual crop of olives in return for the labor & love expended on it.

## Your Health & Olive Oil

Prevention as doctors often remind us is the number one factor for good health.

Medical studies indicate that Mediterranean countries, where olive oil consumption is high, suffer less cardiovascular problems from any other country in the world where the ratio of the consumption of animal fat is high or simply the nutrition parameters are poor. By reducing the animal fats & increasing olive oil in our diet we obtain a perfect combination for the prevention of such fatal diseases, like arteriosclerosis & heart attacks.

The problems in bile area torture millions of people on our planet. The bad function of the bile & the formation of gallstone are problems difficult to cure & most of the times medical surgery is the only solution. Recent medical studies proved that olive oil, perfectly compatible with human body needs, creates a natural tie to those liquids that result in the formation of the gallstone mitigating pain & annoyance in bile's area.

Millions of people around the world suffer from stomach problems & related diseases.

Very serious is the gastric ulcer disease. As it is known the use of olive oil in nutrition is a beneficial factor for the function of the digestive system due to its property of keeping low the percentage of hydrochloric acid (HCL) in our stomach. Thus, the olive oil helps the normal function of the digestive system reducing to minimum the chances of ulcer creation & the other relative diseases, not to mention that is the best natural medicament for the fight against constipation.

Refer to following link for research paper

[www.olivissimo.com/mediterranean-diet-cancer-prevention.php#Role](http://www.olivissimo.com/mediterranean-diet-cancer-prevention.php#Role)

Olive oil is used in everyday cooking. It can be used in salads or added in the cooking process of almost any recipe. Olive Oil is the healthiest type of oil with 0% cholesterol, rich in Vitamins against aging & perfect even for frying dishes. Olive oil is the best nutritional gift we can offer to ourselves. Olive oil helps us keep good in health making our life pleasant.

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## “Ladera” dishes - foods prepared in olive oil

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“Ladera” dishes characteristic of Greek cuisine are cooked on low heat in an open pan with good quality olive oil. Eaten in summer & winter they're accompanied by feta cheese, olives, fresh breads & salads. Here are a couple of my favourite recipes:

### *Artichokes with Broad Beans*

6 artichokes, 1 kg fresh broad beans  
2 lemons, 5 fresh spring onions, sliced  
1 bunch dill, finely chopped  
1 1/2 cups olive oil, S&P

Top & tail the beans & remove the skin if it is tough. Wash the beans. Clean the artichokes by removing the hard centres from the leaves & the stalk. Chop the leaves, scrape the inner section to remove the whiskers & rub them with a lemon so as not to blacken & leave them in water. Fry the onions in the olive oil until they are softened, along with the dill & the lemon. Complete the sauce with 2 cups of water & add the beans & the artichokes. Season with salt & leave to bubble on medium heat for around 1 1/2 hrs.

### *Stuffed Tomatoes*

8 large tomatoes

#### For the filling:

1 bunch parsley, 8 small cups of brown & white rice, S&P, spices  
2 teaspoons mint, 8 teaspoons dried bread, crumbled, potatoes cubed (optional), juice of 2-3 ripe tomatoes or canned tomatoes, 1 large onion, 3 cloves garlic, 100g blackcurrants, 100g pine nuts, 1 eggplant, 1 cup olive oil, 2 tablespoons sugar

Clean & dry the tomatoes. Open them at the bottom, remove the contents & chop contents in a blender. Leave in casserole dish with the lid removed. Filling: Clean the eggplant & grate roughly. Sprinkle the eggplant with salt & leave to strain in a colander for 30 mins. Chop the onions & garlic, lightly fry in the olive oil until softened, add the eggplant flesh, tomatoes, S&P, spices & cook slowly for 7-8 minutes. Then add the rice, parsley & mint, a little salt & sugar. Add a teaspoon of olive oil for each open tomato. Divide the filling between the tomatoes, sprinkle a little crumbled dried bread, pour over the tomato juice along with a little olive oil. Chop a few small potatoes into cubes & arrange them in between the tomatoes & heat in a medium oven for 40-50 mins.