

9292

ΡΑΔΙΟ - ΓΕΦΥΡΑ
152.325 MHz

Χριστουγεννιάτικη προσφορά
Χριστουγεννιάτικη προσφορά

Επικοινωνήστε μαζί μας να σας μιλήσουμε για την χριστουγεννιάτικη προσφορά μας 0416 066138

PLATYRRACHOS PUBLISHING PTY LTD
77A WILLIAM ST. BANKSTOWN N.S.W. 2200 AUSTRALIA
Τηλ: 97858566, 82059459, Home: (02) 97073408, Fax: (02) 97093919, Mobile: 0416066138
WEBSITE: <http://www.platpub.com/>
E-mail: pp@platpub.com
ABN: 61056041493

Τεύχος 11 Καλοκαιρινή περίοδος 2008 - 2009

Αν θέλετε το ειδικό ραδιόφωνο για να ακούτε το σταθμό μας και άλλους 6 ελληνικούς σταθμούς εδώ στο Σύνδεύ μπορούμε να το φέρουμε στο σπίτι σας. Διαθέτουμε επίσης ειδικό πομπό για το αυτοκίνητό σας και έχετε τη δυνατότητα να ακούτε όλους τους ελληνικούς σταθμούς του Σύνδεύ από το ραδιόφωνο του αυτοκινήτου σας ολοκάθαρα και χωρίς παρεμβολές. Επικοινωνήστε μαζί μας στο τηλέφωνο: 0416066138

CRETAN FOLKLORE COMPANY
ΟΜΙΛΟΣ ΚΡΗΤΙΚΗΣ ΠΑΡΑΔΟΣΗΣ

77A WILLIAM ST. BANKSTOWN N.S.W. 2200 AUSTRALIA
Tel: (02) 97073408, (02) 97093919, 0410517973, 0416066138
<http://www.platpub.com> E-mail: cfc@platpub.com
Instructor: Michael Platyrachos

Άνοιξε πόρτα το' εκκλησίας, πόρτα του παραδείσου, να κατεβούν οι άγγελοι το γάμο να ευλογήσουν.

Υπάρχουν στη ζωή των ανθρώπων ορισμένοι σταθμοί που σημαδεύουν την πορεία τους σ' αυτή τη γη. Ένας απ' αυτούς είναι ο γάμος, η μέρα εκείνη, που δύο νέοι άνθρωποι ενώνουν τις τύχες τους κι αποφασίζουν να ζήσουν μαζί, ν' αγωνιστούν και να δημιουργήσουν. Την μέρα αυτή γιορτάζουν τα νιάτα, γιορτάζει η αγάπη, γιορτάζει η ζωή. Είναι μία μέρα σπουδαία. Γι' αυτό και η λαϊκή ψυχή δεν την αφήνει να περάσει απαρατήρητη. Την έχει συνδέσει με πολλές εκδηλώσεις και συνθέσεις, με χαρές και πανηγύρια που την κάνουν χαρούμενη και περιλαμπρή.

Όπου κι αν τελούμε τον γάμο σήμερα, πρέπει να εξακολουθούμε να τηρούμε τα ήθη και τα έθιμα, που μας έρχονται από το μακρινό παρελθόν και μας συνδέουν άμεσα με την πολιτιστική μας κληρονομιά, γιατί επιβεβαιώνουν την εθνική μας ταυτότητα και προστατεύουν το μεγαλείο της Ελληνικής μας ψυχής.



Τα μουσικά σχήματα του Ομίλου Κρητικής Παράδοσης έχουν την δυνατότητα να συνοδεύουν μουσικά το παιδί σας, στην πιο χαρούμενη στιγμή της ζωής του, με τα τραγούδια και τις μαντινάδες του γάμου, στο στόλισμα του παστού με τα λεγόμενα παστικά της νύφης, στο στόλισμα του γαμπρού και της νύφης την ημέρα του γάμου, στην ακολουθία της πατούλιας (γαμήλιας πομπής) προς τον Ιερό Ναό για την στέψη, στο προαύλιο της εκκλησίας με τον λεγόμενο «χαρό της νύφης», στην αίθουσα δεξιώσεων και στον αντίγαμο.

Για περισσότερες πληροφορίες μπορείτε να επικοινωνήσετε με τον Μιχάλη Πλατύρραχο στα τηλέφωνα : 0410 517 973, 97073408

Νύφη μου το βασιλικό που φέραν στην αυλή σου, να το ποτίσεις ζάχαρη σε όλη τη ζωή σου.

Getting fit to make babies

Losing weight and increasing fitness can boost fertility and the chance of falling pregnant under IVF, a study has found.

The IVF Australia research found that almost half of infertile participants fell pregnant, proving three brisk 45-minute walks a week and a greater emphasis on health can help you to have a baby.

Proud mum **Penny Georgopoulos** is living, walking proof. The Kingsgrove woman and her husband of 11 years tried unsuccessfully to have a baby for almost a decade.

After three failed IVF attempts, they were told in no uncertain terms to give up as it was "hopeless".

But last year, the self-confessed overweight 33-year old met IVF Australia fertility specialist Professor Michael Chapman and enrolled in his pilot fit for Fertility program.

She lost 10kg by walking and eating a healthy, balanced diet and then became pregnant on her first IVF attempt.

Every day, she looks at baby **Angelo** and smiles.

"He is amazing", she said of her 2 1/2 month old son.

"I look at him every day and I still can't believe I have a child. Our life has com-



Walker: Penny Georgopoulos and Angelo photo: Anthony Reginato

pletely changed - and changed for the better.

"Professor Chapman said "Let's go and do this before we do IVF" and it was the best thing I ever did.

"It made me realise I wasn't the only one - I met people who had similar stories and similar experiences. It really lifted the pressure off and I got really serious about weight loss".

Ms Georgopoulos was one of 15 women who had undergone IVF without success and who took part in the program. Of those, seven became pregnant within 12 months after losing an average of 2.7 kg - a 46% success rate.

Professor Chapman said fertility specialists had known for some years that being overweight reduced fertility, increased the risk of miscarriage and carried increased risks during labour

and delivery.

"Fit for Fertility replicated an Adelaide study, on a smaller level in a clinical setting, to see if the same results could be achieved", he said. "While it is known that reducing weight has a positive effect on fertility and conception, the reasons why are not fully known".

The Fitness for Fertility program involved weekly-meetings, which included participants taking a 45-minute walk followed by discussions about aspects of weight control with Dr Neil Pearce from the Sydney Medical Weight-Loss Centre.

The women also pledged to take a further two 45-minute walks between their meetings.

Given the program's success, IVF Australia is likely to run the program again next year.

Faros Bros fish market expands in Marrickville

FISHMONGERS Faros Brothers in Marrickville has finally landed its prize catch - council approval to move to a larger premises across the road.

The Buckley St seafood wholesaler can now expand its retail business to 90sq m at the old Attiki Yoghurt factory and provide 14 off-street parking spaces for customers and staff.

Marrickville Council finally approved the application last Tuesday after heated discussions between Greens councillors and independent **Cr Dimitri Thanos** - who were for the proposal - and independent councillors Morris Hannah and Victor Macri, who wanted the retail element cut back and a traffic controller employed.

Crs Hannah and Macri argued the move would affect local businesses who used Wilkinson Lane for deliveries.

"The prime use is an industrial zone. This is full-blown retail use," Cr Macri said.

Cr Thanos said the application was compliant and there were no grounds for refusal.

"It's a very large building and we're talking about a very small retail component of the business - about eight per cent of the floor space," Cr Thanos said.

He said a refusal could put the council in the Land and Environment Court, defending a decision to knock back a compliant DA. Greens councillor Max Phillips said "certain councillors" were "trying to nobble" Faros Bros and the plans were an improvement.

"It's a much bigger site, the carpark has more space and you can go in and out much more safely," Cr Phillips said. Council officers recommended the application for approval in July but it was dragged through the council's traffic committee twice, despite no traffic problems being identified. Faros Brothers did not want to comment on the victory.

The retail business will open from 7am to 6pm seven days a week.