



AFICS-Cyprus Newsletter

Number 011 January 2019

EDITORIAL

In his New Year's message United Nations Secretary-General António Guterres reiterated that the United Nations will continue to bring people together to build bridges and create space for solutions. "We will keep up the pressure. And we will never give up". He reiterated one of his clarion calls during 2018 over climate change, saying that it was still "running faster than we are", and that deepening geo-political divisions are making conflicts more difficult to resolve. Record numbers of people are moving in search of safety and protection, inequality is growing and "people are questioning a world in which a handful of people hold the same wealth as half of humanity", he said.

Moreover, he stated that intolerance was on the rise while trust is declining. "But", Mr. Guterres continued, "there are also reasons for hope". International collaboration remains the best hope to combat issues like climate change and political division, which are getting harder to solve. "When international cooperation works, the world wins," Mr Guterres said. "As we begin this New Year, let's resolve to confront threats, defend human dignity and build a better future – together," concluded the Secretary-General.

In Cyprus, we are now at the height of the flu season which started in late December. It is too late for most people to get the flu jab, although even at this late hour, high risk groups may be vaccinated. There are precautions which can be taken to avoid infecting others including washing hands regularly, using tissues which must immediately be disposed of, and using antiseptic fluid in crowded spaces. Where there is heating, windows should not be completely sealed but should be a little open so that the air is recycled and the microbes are not reproduced.

As we all grow older, within our New Year resolutions and personal goals, we should not forget to maintain a healthy diet (with foods like vegetables, fruits, nuts, whole grains, healthy fats, and omega-3 fatty acids), healthy physical activity level (which embraces at least 30 minutes of moderate to vigorous activity daily), a healthy body weight, no smoking (there is no healthy amount of smoking) and alcohol intake in moderation.

With this in mind, the Executive Committee wishes all our readers good health and a wonderful year ahead.

Miriam Pericleous
Newsletter Editor

Association of Former International Civil Servants (AFICS)-Cyprus
c/o UNFICYP Registry, PO Box 25644, CY-2063 Nicosia, Cyprus
Telephone: +357 22 614726
E-mail: afics-cyp@un.org
Website: www.afics-cyprus.org

AFICS-Cyprus 7th Ordinary Assembly

The 7th Ordinary Assembly of AFICS-Cyprus shall be held on

Tuesday 12 March 2019
Time: 1000-1200 hours

at the Lecture Room,
Bank of Cyprus Head Office,
51 Stasinou Street, Ayia Paraskevi,
Strovolos, Nicosia 2002

UNJSPF Procedure in the Case of Death

One of the very first members of AFICS-Cyprus, Ms. Joan Martin, who was among the first members to sign the Resolution and Constitution of our Association in 2012, died peacefully on 14 November 2018. In the case of her death, Ms. Martin had requested me to inform the UNJSPF, and in the process, I learned a lot concerning the very detailed procedures that the Fund follows and I thought that I should transmit this information to all our members through our Newsletter.

First of all, it should be noted that the Fund has a dedicated e-mail for matters concerning the death of a pensioner as follows: deathrelated@unjspf.org

The Fund will proceed to an in-depth review of each case. The initial information required in one or more e-mails, as the information becomes available, is as follows:

- The deceased's full name;
- The deceased's date of birth;
- The date of death (day/month/year);
- The deceased's UNJSPF reference number (UNJSPF Unique ID);
- The deceased's retirement number;
- The deceased's official mailing address;
- Contact details for the surviving family member/s;
- An original or a certified copy of the deceased's death certificate should be sent (by post) to the Fund as soon as possible;
- Any additional information that could be helpful.

It should be noted that we can access useful information on the Fund's new website <https://www.unjspf.org/notification-of-death>: <https://www.unjspf.org/> where you will find information organized by topic (e.g.: <https://www.unjspf.org/topics/#ben> or <https://www.unjspf.org/notification-of-death>).

We also highly recommend the various guidance documents available under the "Learning Tools" tab on the Homepage of the Fund's website, and the "FAQs" <https://www.unjspf.org/help-tutorials/frequently-asked-questions-faqs/faq-beneficiaries/>

A surviving spouse, who is entitled to receive a percentage of the deceased member's pension, should immediately contact the Fund by submitting a claim/request/query through the online Contact Form on the Fund's website, which will then be duly tracked and routed to the correct office in the Fund for action. You can access the Contact Form at <https://www.unjspf.org/contact-us/>.

Please always remember to include a UNJSPF UID# or Pension Fund reference number in all communications. The Fund will answer as quickly as possible, though it could take a little time as they have a large number of queries.

Finally, it is important that all members provide a close relative or friend with the information in sub-paragraphs a) to g) above. This person should also have a copy of this article in order to know how to proceed.

Yangos Antoniadis
President, AFICS-Cyprus

AFICS-Cyprus Social Events

Two social functions have taken place since our last bulletin, the first on 30 October at the SITIO restaurant, and the other on 13 December at Stasikratous 30 in Nicosia, both of which were well attended.

Many of us have discovered that being retired doesn't necessarily mean we have a lot of time on our hands – rather the opposite! However, these functions are arranged with all



Stasikratous Restaurant



Sitio Restaurant

AFICS members in mind – they are an opportunity for us to get together and keep in touch with each other. The next function will be held early in spring and plenty of notice – by email and on our website – will be provided in the hope that as many of you as possible will try your best to book the date and find the time to join in and enjoy a day out with a difference!

Surprise us!

The Executive Committee

The Cultural Heritage of Cyprus: Part V – Kition, Ancestor to Larnaca

In our fifth article describing the cultural heritage sites of Cyprus, we visit Kition – Ancestor to Larnaca.

When you stand on the streets of present-day Larnaca, you could well be standing over ruins that date back to 1300 BC. The areas that have been investigated provide much insight into the city's rich past as a prosperous industrial and commercial centre.

The archaeological of Kition was established by indigenous Cypriots, reconstructed by Archaean Greek settlers, occupied by the Phoenicians for many centuries, dominated at various times by the Assyrians, Egyptians and Persians, liberated by Alexander the Great, abolished as a kingdom by the Egyptian Pharaoh in 312 BC, mentioned in the Bible as "Kittim" – and lives on today as the place we know as Larnaca.

The entire city of Kition (Citium in Latin) lies beneath the modern city of Larnaca on the south-east coast of Cyprus. The archaeology of this town, however, was not well-known until a few years ago because there had been no large-scale systematic excavations.

In its earlier form, in the 13th century BC, Kition was fortified by a mud-brick wall and reinforced by large rectangular towers. It boasted two temples and copper workshops, and archaeologists have found rich grave goods that include some imported artefacts, indicating an excellent state of trade relations with neighbouring countries.

This prosperity may have attracted Mycenaean merchants to Kition, who were followed by Achaean settlers. The arrival of the Achaeans brought a new language and culture to Kition and invigorated the city's industrial and commercial activity. Thanks to its port and copper-smelting workshops (where copper ores from nearby mines were brought by sea to be refined and exported in ingot form), Kition developed into an important trade centre.

The Achaeans also made significant changes to the city's architecture. They replaced the city wall with a stronger one of ashlar (finely cut stone) blocks, and changed the town plan. Although an earthquake destroyed the city around 1075 BC, it was rebuilt, lasting to about 1000 BC before being abandoned for a nearby site that was closer to the sea. This move may have been due to the silting over of the navigable channel linking the old site to the sea, or perhaps to the influence of the arriving Phoenicians. They took over the city in the middle of



the 9th century BC and Kition prospered enormously under their control. In fact, it is the Phoenicians who gave the name "Kition" to the site – the names of the earlier Bronze Age and Achaean settlements are not known.

Most of the information available about the city after 312 BC derives from literary sources and inscriptions. According to them, Kition possessed important architectural monuments and the Kitiens excelled in both the arts and the sciences. Zeno (335/3-236 BC), the founder of the stoic school of philosophy, was born here (*stoicism was to enjoy much popularity, teaching that people could accept, but not necessarily control, what happened in their lives*).

Even after subsequent earthquakes diminished the city's significance, it remained an important site until the Middle Ages when its harbour silted up and settlement again moved to another nearby site.

Archaeologists have been restricted to digging in non-built-up areas of Larnaca, nevertheless excavations continue every year. Only in 2016, rare mosaics from the second century AD include a Roman public bath with a floor depicting the 12 feats of Hercules. The antiquities were discovered while the Larnaca sewerage board was carrying out road works in the area. However, excavations have been hampered because much of the site is under an old, uninhabited and abandoned house which needed to be demolished.

Kition is one of the first areas that the Cyprus Department of Antiquities excavated after independence in the early 1960's, and is linked to the Aphrodite Cultural Route.