

# The Palea Poli Post

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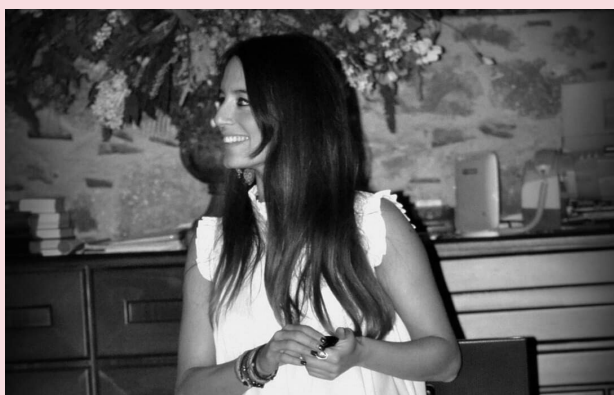
## ARISTOTELIAN VIRTUE.

TScholars do not agree on where the name for the Nicomachean Ethics comes from. Both Aristotle's father and his son were named Nicomachus, so it is possible that the book is dedicated to either one.

Aristotle defines the supreme good as an activity of the rational soul in accordance with virtue. Virtue for the Greeks is equivalent to excellence. Aristotle calls happiness an "activity," While happiness is the activity of living well, virtue represents the potential to live well. Excelling in all the moral virtues is fine and good, but it doesn't ensure our happiness unless we exercise those virtues. Courageous people who never test their courage by facing down fear have virtue, but they are not happy. Aristotle illustrates this distinction between happiness and virtue by saying that the best athletes only win at the Olympic Games if they compete. A virtuous person who does not exercise virtue is like an athlete who sits on the sideline and watches. Aristotle has a proactive conception of the good life: happiness waits only for those who go out and seize it.

Visit our sacred place with worldwide value!

A place of universal interest, the ruins of Aristotle's School, is a found only 2 kilometers away from the contemporary Naoussa. [www.aristotleschool.com](http://www.aristotleschool.com)



## LETTER FROM THE EDITOR

Introducing the new [paleapoli.gr](http://paleapoli.gr)  
We've been working hard behind the scenes to bring a fresh face and improved functionality to your digital experience, and we are pleased to announce that we have launched our new website.

With curated, fresh content, an enhanced blog where you will find the latest news of our hotel, the area and the industry, a digital version of Palea Poli Post, our monthly hotel newspaper and two great offers that are currently running, we are inviting you to explore our hotel and destination through a different perspective.



## GUEST EDITOR

With time and effort, the Greek brand name eventually reached a point where we could count good reputation, great aesthetic and innovative designs.

A growing number of brands with high value all over the world are mixing the iconic Greek aesthetics blending the past with the future, the history with innovation.

We are proud to host at the Palea Poli Post, Labrini Stavrou, one of the two founders of Ancient Kallos.

The worth of the "Made in Greece" is finally arising and Ancient Kallos has been a pioneering brand.

Editor: How would you define "Luxury" in travel?

Lambrini: When it comes to travelling, luxury can be approached in many different ways. I believe that the concept of luxury must be closely related to the maximum enjoyment and convenience that the traveler is getting through his stay. The pleasure from a premium experience and the feeling of refreshment that is drawn through it, is what characterizes a luxury trip.

Editor: Where do people, in your opinion, find sources of inspiration? Where do you find yours?

Lambrini: Inspiration cannot be precisely defined. Every person has different sources of inspiration, but also every source of inspiration is reflected differently by every person.

In recent years I have noticed that my greatest inspiration comes from experiences throughout my travels. I have always believed that traveling broadens someone's horizons and develops his spiritual world. I feel delightful when I manage to capture an emotion or an experience through my work because it's a way of expressing myself.

Editor: How would you describe your own perfect luxury experience?

Lambrini: The perfect luxury experience is divided into many different factors that can turn a trip into the ultimate luxury experience. Some of the fundamental conditions that must be observed are comfortable accommodation, good food and impeccable views. But don't forget, in order to be a real pleasure, all of the above must be accompanied by good company and positive mood.

Editor: If you only had 24 hours to get a taste of a hotel experience, what would you recommend guests must do? (in and outside of the hotel)

Lambrini: In case I only had 24 hours to spend in a hotel, the hotel facilities and services would be crucial. A morning session at the gym, followed by a sauna and hot tub, is undoubtedly a great way to wake up in the morning. Delicious meals and a variety of activities in the surrounding area like museums and spots of natural beauty, can complete the experience. While the best way to end a great day is to relax and sleep in a cozy bedroom.

Editor: Do you have a vision for the future of travel?

Lambrini: My vision for the future of travel is to be able to travel easier, faster and more comfortably to future destinations so we can get the most out of it. Moreover traveling should become accessible to all people around the world as it is one of the most wonderful part of our life and the experiences from it will accompany us throughout the rest of it



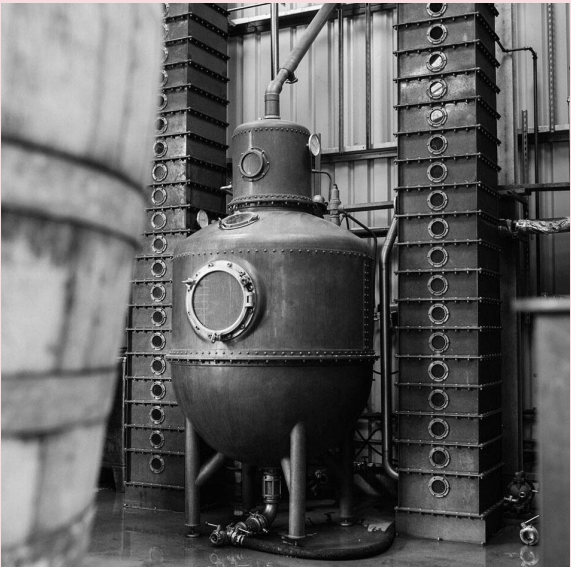
"KAZANI" IN NAOUSSA?  
YES PLEASE!

The Turkish word kazan ‘pot’ was adapted in Greek as kazani, which generally means ‘boiler’. In particular, it means ‘pot still’ and then, consequently, ‘the whole plant for distillation’ and even ‘the building that houses it’.

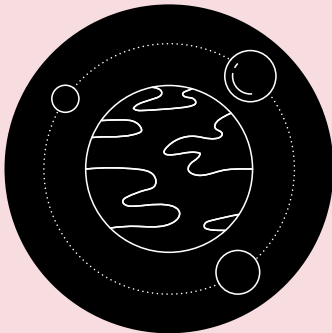
However, the word ‘Kazani’ reveals a series of other events that take place during the grape distillation and more specifically the distillation of tsipuro (our Italian friends call it grappa). Local production, personal production. Process that you only share with friends. Kazani is the production of Tsipuro that takes place in Naoussa from the end of October until the end of November every year.

In tsipuro we are participants, not heroes. Our hero is the grape and the producer must follow specific procedures that have been in place since the era of Ottoman empire. That is why it is a continuation of a tradition that unites the past with the present using elements that have remained unchanged over time and have to do with the ‘secrets’ that remain seven-sealed, elements that have to do with the standard that accompanies the distillation.

The presence of friends during distillation is as important and necessary as the grapes are. The celebration that takes place is just as necessary. Friends are the key ingredient that will bring vitality to the whole process. Their presence will be mixed with the fumes of the Kazani, the grilled food and plenty of wine and tsipuro. This is the perfect recipe for a successful celebration, since the production of tsipuro is nothing more than a party. Tsipuro is produced once per year, but accompanies friends all year round. It has its own place in joy, in sorrow, in misery, in fatigue, in being together and spending quality time with friends



ASTROLOGY



Zodiac Signs Crazy Meter

- **Aries** - All the way crazy
- **Taurus** - Low-key crazy
- **Gemini** - Crazy to an extend
- **Cancer** - Low-key crazy
- **Leo** - Crazy at least 4x a week
- **Virgo** - Low-key crazy
- **Libra** - Low-key crazy
- **Scorpio** - Batshit crazy
- **Sagittarius** - All the way crazy
- **Capricorn** - Crazy but has a reason
- **Aquarius** - Crazy to an extend
- **Pisces** - All the way crazy

ON THIS DAY

- 11' November**  
**1962** - Greece is applying to join the European Common Market.
- 3' November**  
**1507** - Lisa Gerardini's husband, a wealthy merchant from Venice, hires the services of Leonardo da Vinci to paint a portrait of his wife. The Italian artist will create his masterpiece, which will go down in history as the Mona Lisa.
- 6' November**  
**1992** - Greece signs the Schengen Agreement.
- 9' November**  
**1989** - The Berlin Wall, the symbol of the Cold War, is being torn down.
- 13' November**  
**1864** - The new Constitution of Greece is published, which abolishes the Constitutional Monarchy and establishes the Reigning Democracy.
- 17' November**  
**1973** - The April junta suppresses the Polytechnic University students' uprising by invading an armored chariot from the main gate of the institution.
- 20' November**  
**1985** - Microsoft launches Windows 1.0 operating system.
- 23' November**  
**1992** - IBM presents the first smartphone code-named "Angler" at the COMDEX show in Las Vegas.
- 30' November**  
**1979** - One of the legendary rock albums, "The Wall" by Pink Floyd, is released in the UK and sells 6 million copies in two weeks.

NOVEMBER IN NAOUSSA BE LIKE



QUOTE OF THE MONTH

“ Be yourself! Everyone else is already taken.

By Oscar Wilde

MOVIE OF THE MONTH



The King

BOUTARI 1979 COMMERCIAL ADV



LET'S EAT

Winter is almost here and we welcome it with a warm soup. Our favourite yuvarlakia.

- 1 onion
- 1 clove(s) of garlic
- 500 g ground beef, brisket
- 150 g glutinous rice
- 1/4 bunch dill
- 1 tablespoon mint
- 15 g saltpepper
- 2-3 tablespoon olive oil
- 1 1/2 liter water
- lemon peels, of 1 lemon
- 2 bay leaves
- 1 tablespoon vegetable stock pot
- 2 egg yolks, of medium eggs
- 1 level teaspoon(s) corn starch
- lemon juice, of 2 lemons
- 1 tablespoon(s) dillr

METHOD

For the meatball soup in a blender add the onion, the garlic, and 2 tablespoons water. Beat very well. Put the mixture in a tea towel and squeeze well so that the whole water is removed. Transfer to a bowl and add the ground beef, the rice, the dill and the mint finely chopped, salt, pepper, olive oil, and mix very well. Shape 18-20 meatballs and add them into a pot. Add the water, the lemon peels, the bay leaves, the vegetable stock, and cover with the lid. Simmer over low heat for 30-40 minutes. For the egg-lemon sauce, in a bowl add the yolks, the corn starch, the juice of 2 lemons, the dill, and whisk well. Very slowly, add to the bowl 2-3 ladlefuls of the stock where the meatballs boiled, by whisking constantly. Transfer to the pot and stir lightly for 30 seconds, or until it comes to a boil. Serve with feta cheese, bread, olive oil, oregano, and peppe