

ISSUE
#3

THE ADVENTURES OF **HEMILIOS**

DOING SPORTS IS FUN!





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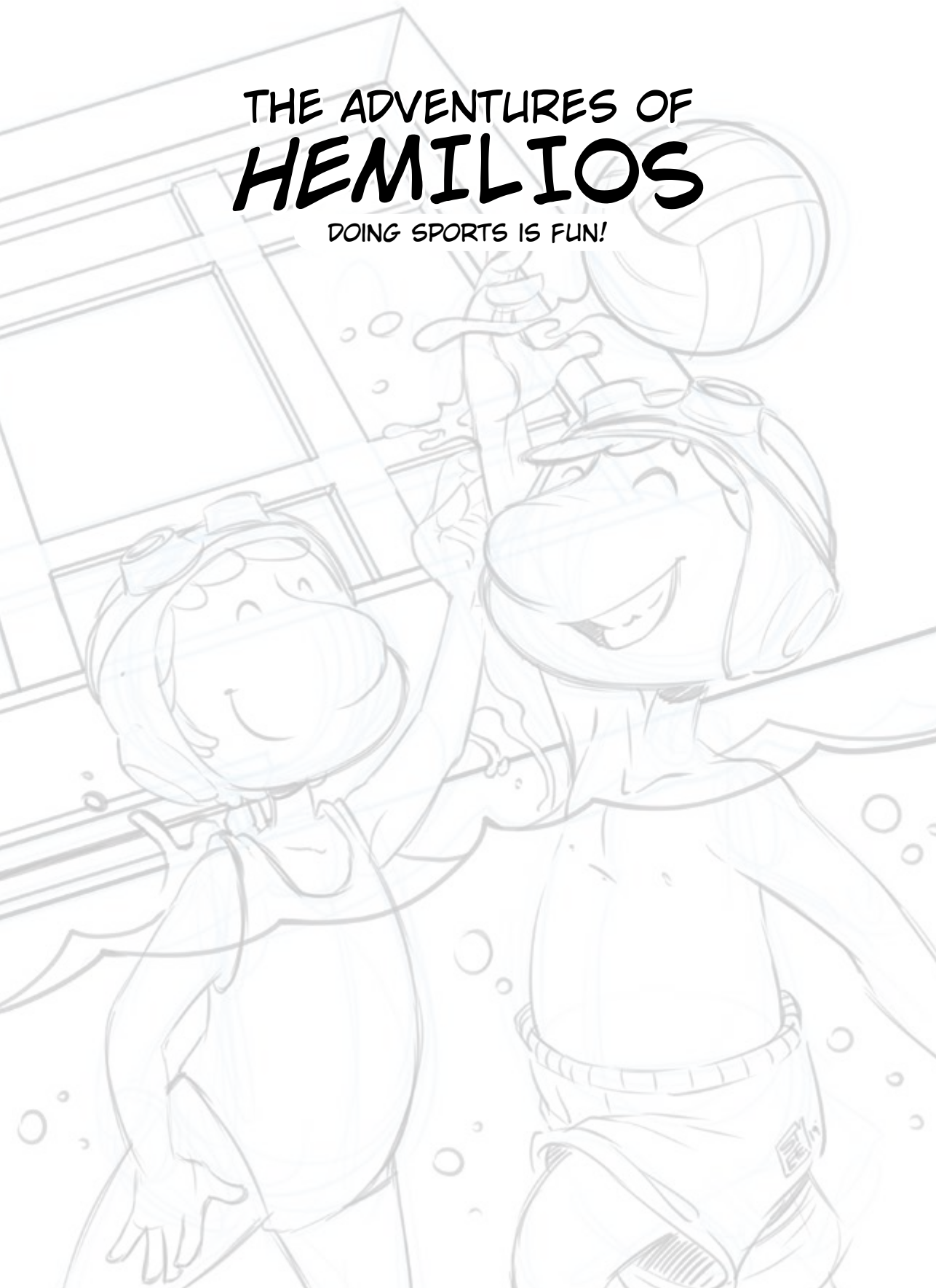
GREEK
HAEMOPHILIA
SOCIETY

Courtesy of




THE ADVENTURES OF **HEMILIOS**


DOING SPORTS IS FUN!



IT WAS THE LAST DAY OF SCHOOL BEFORE THE CHRISTMAS BREAK, SO HEMILOS COULDN'T HIDE HIS JOY. THE WEATHER WAS UNUSUALLY NICE AND THE KIDS WERE WALKING BACK HOME.




CHRISTMAS IS MY FAVOURITE HOLIDAY. I JUST CAN'T WAIT TILL TOMORROW, SO THAT I HATCH MY PLAN.



FIRST, I'LL DO THE HOMEWORK THE TEACHER GAVE US, THEN I'LL ARRANGE TO HAVE EXTRA LESSONS WITH THE ART TEACHER, AND I'LL ALSO HAVE TIME TO PRACTICE THE FLUTE...



BUT WHAT'S WRONG, LILA? WHAT HAPPENED?



MY PARENTS TOLD ME THAT THIS YEAR WE WON'T SPEND OUR HOLIDAYS IN THE VILLAGE, LIKE EVERY YEAR, NOR WILL MY COUSINS VISIT US BECAUSE THEY NOW LIVE VERY FAR AWAY. SO, I WILL HAVE NO ONE TO PLAY WITH.



YOU WILL HAVE ME! YOU CAN COME TO MY HOUSE WHENEVER YOU WANT, AND WE CAN PLAY BOARD GAMES OR MAKE COMICS.



BUT LOOK AT HOW NICE THE WEATHER HAS BEEN THESE LAST FEW DAYS! I DON'T WANT TO STAY HOME. I WANT TO GO OUTSIDE, TO PLAY AND LIVE AN ADVENTURE!

DON'T WORRY THEN! DO YOUR HOMEWORK AND BE READY ON SUNDAY MORNING. I'LL COME AND PICK YOU UP.

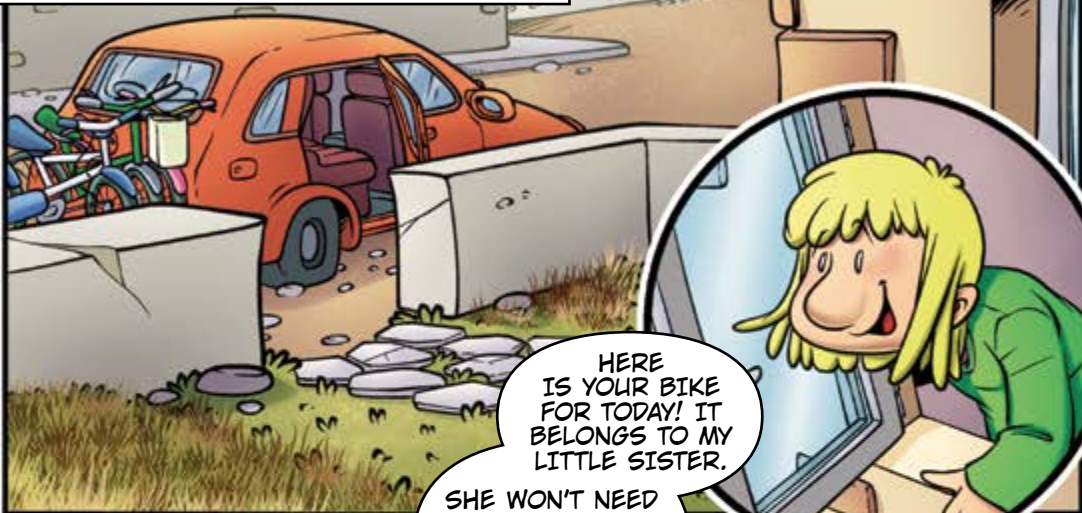


AND WHERE WILL WE GO?

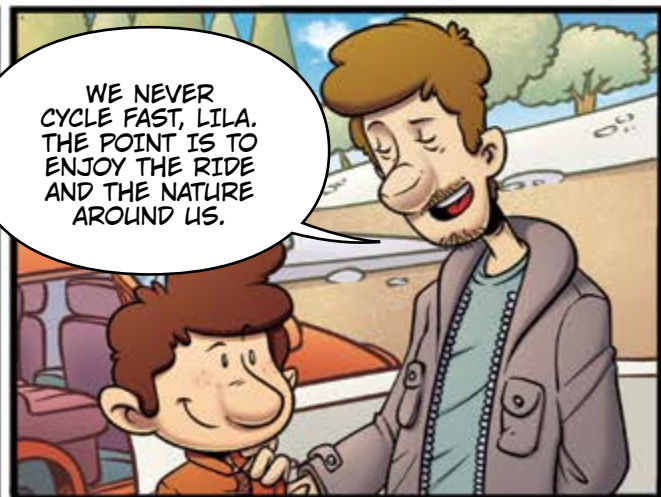
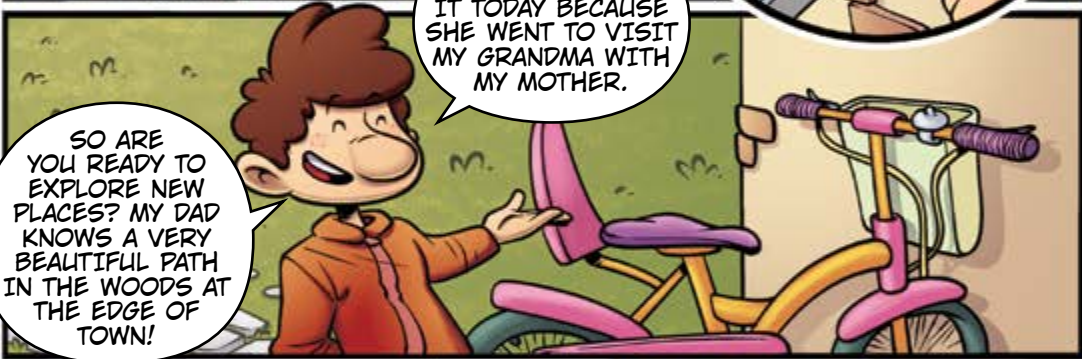
WELL, WE WILL GO AND LIVE AN ADVENTURE, OF COURSE!

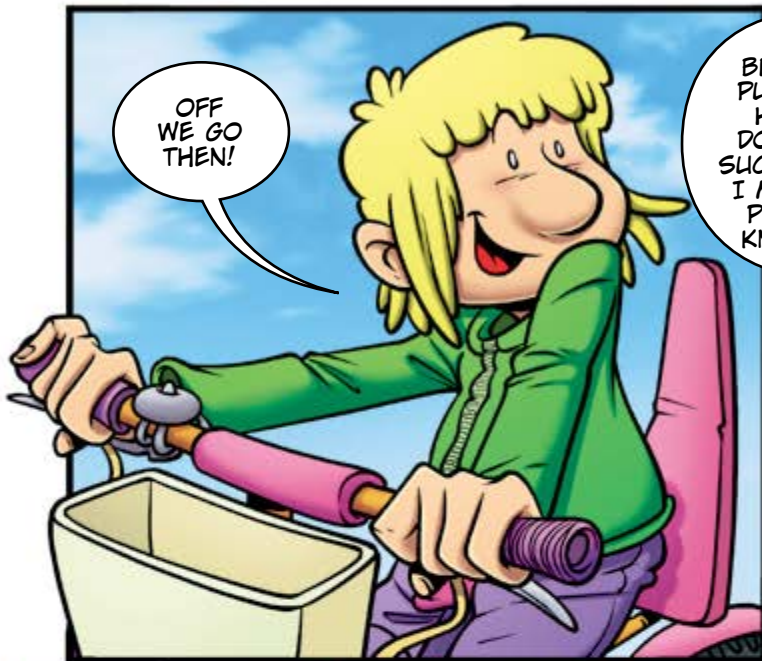


ON SUNDAY MORNING, LILA WAS EAGERLY WAITING FOR HEMILIOS TO COME AND PICK HER UP FROM HER HOUSE.



SHE WON'T NEED IT TODAY BECAUSE SHE WENT TO VISIT MY GRANDMA WITH MY MOTHER.





OFF WE GO THEN!

NOT BEFORE WE PUT ON OUR HELMETS! DON'T BE IN SUCH A HURRY! I MUST ALSO PUT ON MY KNEE-PADS!

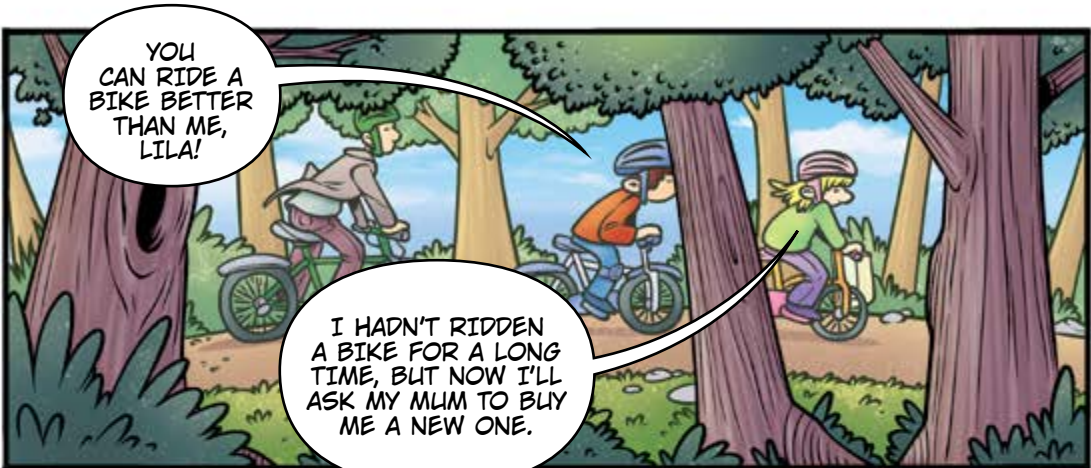


AND WE MUSTN'T FORGET THE ROAD TRAFFIC RULES:



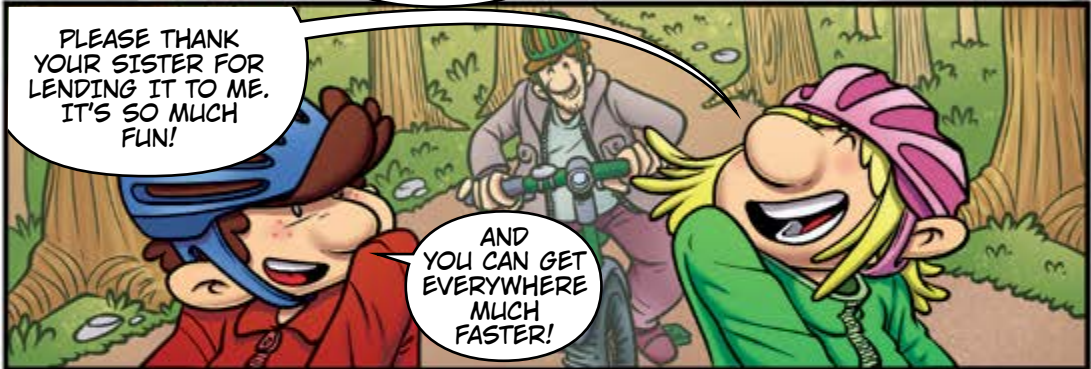
UNTIL WE REACH THE WOODS, WE MUST ALWAYS BE CAREFUL WHEN CROSSING THE ROAD AND AT CROSSROADS!





YOU CAN RIDE A BIKE BETTER THAN ME, LILA!

I HADN'T RIDDEN A BIKE FOR A LONG TIME, BUT NOW I'LL ASK MY MUM TO BUY ME A NEW ONE.



PLEASE THANK YOUR SISTER FOR LENDING IT TO ME. IT'S SO MUCH FUN!

AND YOU CAN GET EVERYWHERE MUCH FASTER!



THERE IS AN EASY TRAIL THAT STARTS HERE AND ENDS AT A CAVE.

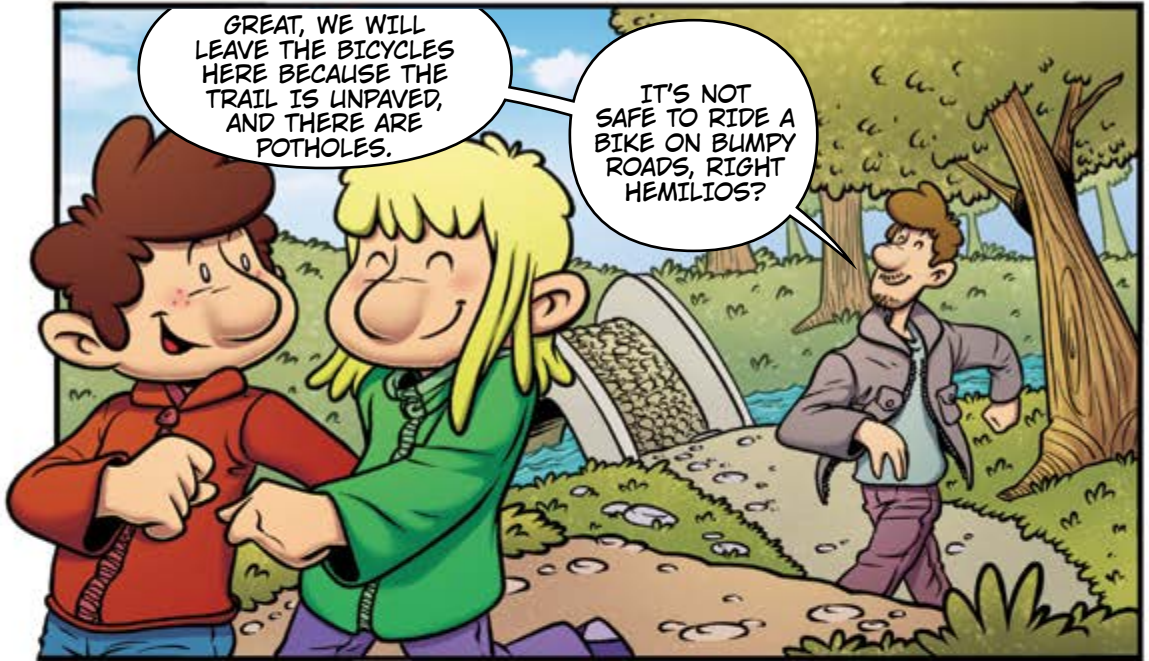


A CAVE? WHAT CAVE?



WOULD YOU LIKE TO EXPLORE IT? UNLESS YOU FEEL TIRED, OF COURSE!

YES, LET'S GO!



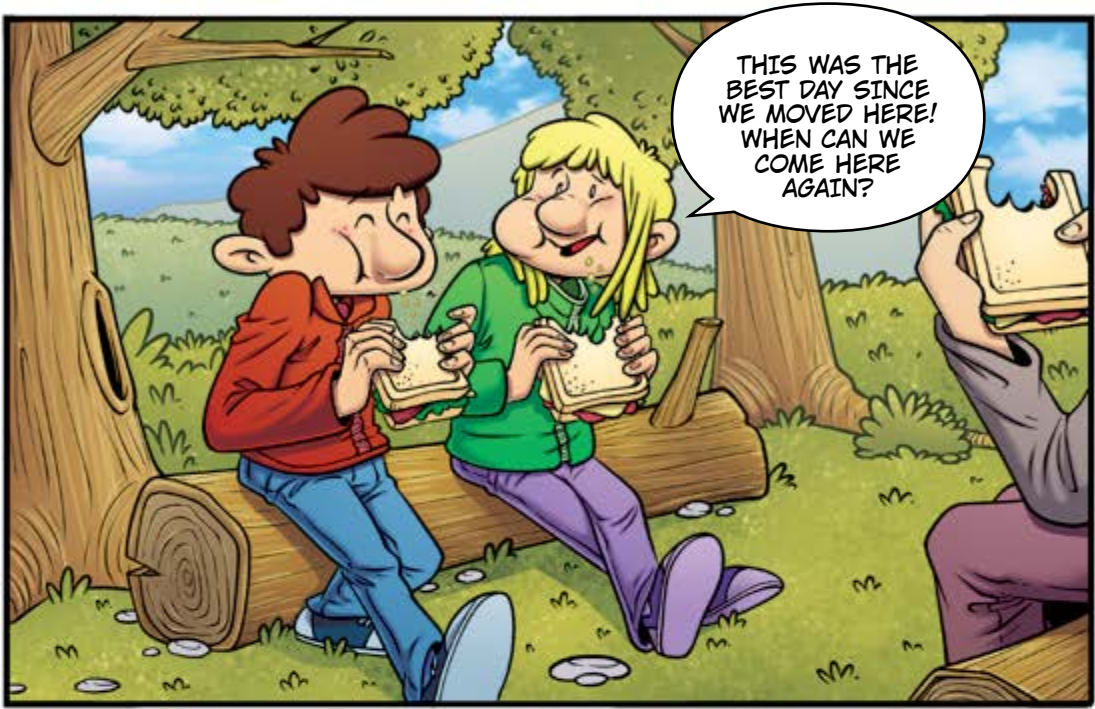
GREAT, WE WILL LEAVE THE BICYCLES HERE BECAUSE THE TRAIL IS UNPAVED, AND THERE ARE POTHOLES.

IT'S NOT SAFE TO RIDE A BIKE ON BUMPY ROADS, RIGHT HEMILIOS?



ONLY THE TWO OF US WILL KNOW WHERE THE TREASURE IS, CAPTAIN.

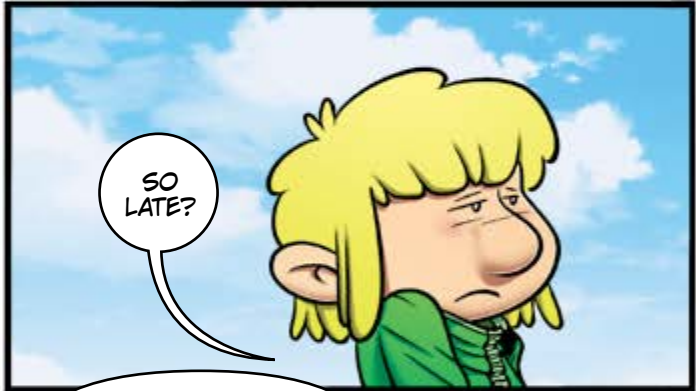
I WILL KEEP THE MAP IN A SAFELY HIDDEN SPOT.



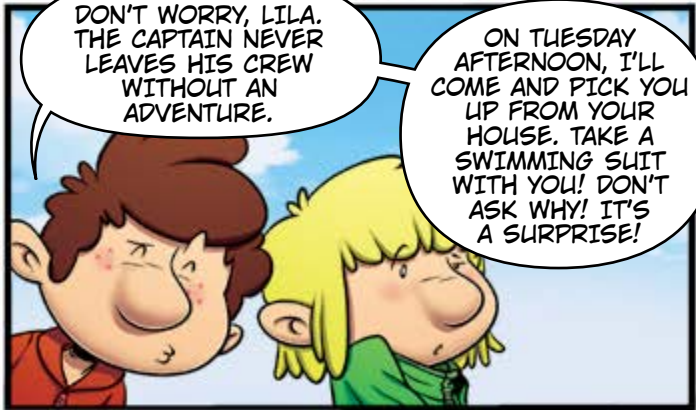
THIS WAS THE BEST DAY SINCE WE MOVED HERE! WHEN CAN WE COME HERE AGAIN?



HOW ABOUT NEXT SUNDAY?



SO LATE?



DON'T WORRY, LILA. THE CAPTAIN NEVER LEAVES HIS CREW WITHOUT AN ADVENTURE.

ON TUESDAY AFTERNOON, I'LL COME AND PICK YOU UP FROM YOUR HOUSE. TAKE A SWIMMING SUIT WITH YOU! DON'T ASK WHY! IT'S A SURPRISE!

ON THUESDAY, HEMILIOS TOOK LILA TO ONE OF HIS FAVOURITE PLACES: THE MUNICIPALITY'S SPORTS FACILITIES.

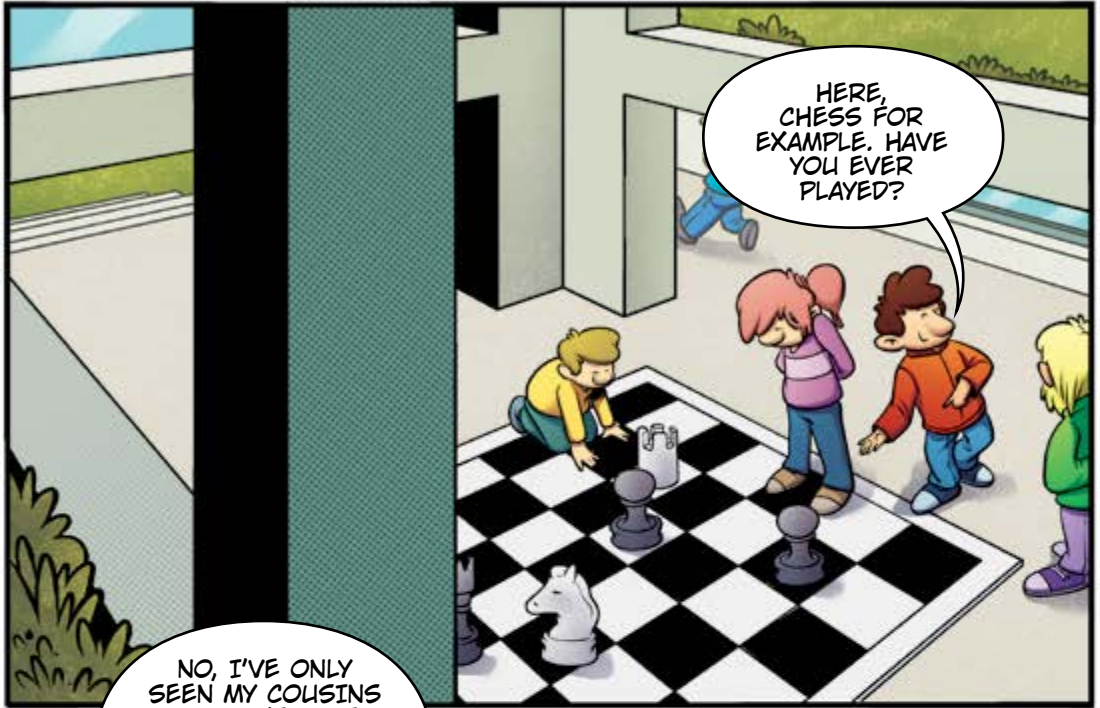
WHAT ARE WE DOING HERE? SINCE YOU HAVE HAEMOPHILIA, YOU MUSTN'T DO SPORTS.

ATHLETIC CENTER

ON THE CONTRARY! EXERCISING IS VERY GOOD FOR ME! IT STRENGTHENS MY MUSCLES AND JOINTS, AND I AM THEREFORE LESS LIKELY TO BLEED.

BUT MY COUSIN, WHO PLAYS FOOTBALL, FELL TWO DAYS AGO AND GOT HURT! YOU'VE TOLD ME THAT YOU MUSTN'T PLAY FOOTBALL. WHAT SPORTS CAN YOU DO?

COME, LET'S LEAVE OUR BACKPACKS HERE AND I'LL SHOW YOU.



NO, I'VE ONLY SEEN MY COUSINS PLAY; THEY ARE SECONDARY SCHOOL PUPILS. THEY'VE TOLD ME THAT I'M TOO YOUNG TO LEARN HOW TO PLAY CHESS.



THEY ARE WRONG! AT THE HAEMOPHILIA CENTRE WHERE I GO, I HAVE A FRIEND, ANDREAS, WHO IS THE SAME AGE AS US AND HE HAS BEEN PLAYING FOR QUITE SOME TIME NOW. ACTUALLY, HE RECENTLY WON A MEDAL IN A CHESS TOURNAMENT AND HIS DREAM IS TO BECOME A CHAMPION!



SO, WE SHOULD MAYBE TRY IT. BECAUSE THEN WE CAN PLAY AT ANY TIME AT HOME. IT WILL BE A NICE CHANGE FROM BOARD GAMES.

AS THEY CONTINUED THEIR WALK AROUND THE FACILITIES, ARCHERY CAUGHT THEIR ATTENTION.

ARCHERY IS AMAZING TOO! I TRIED IT SOME TIME AGO AND I REALLY LIKED IT. I FELT LIKE ROBIN HOOD!



FSSSTANG!

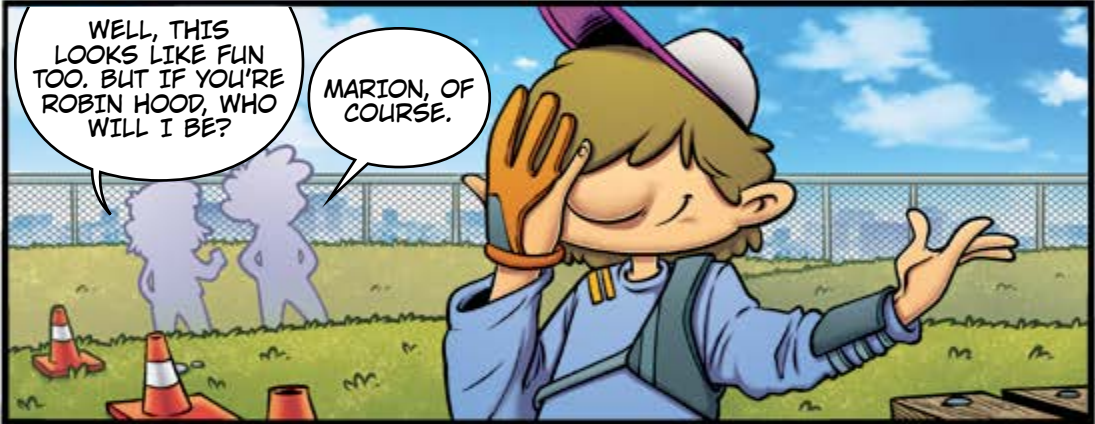
I DON'T KNOW... I THINK IT'S FOR BOYS.

YOU ARE NOT RIGHT. I'VE SEEN GREAT FEMALE OLYMPIC ATHLETES ON TV.



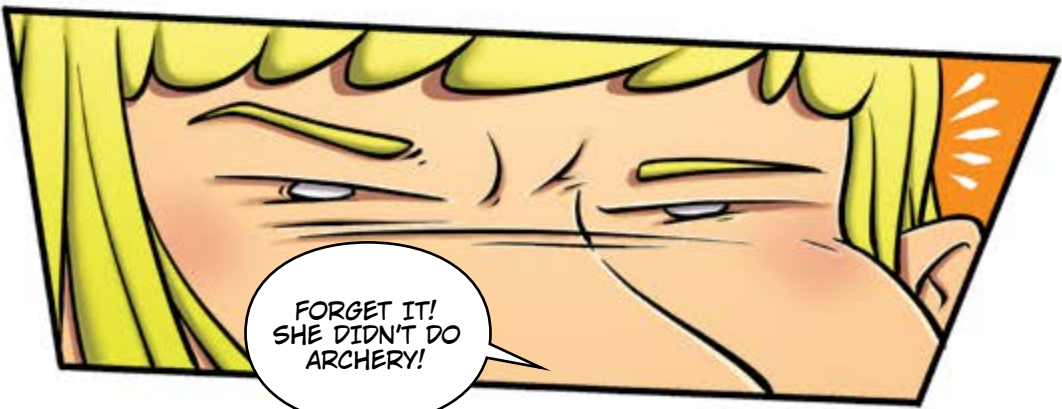


OKAY, KIDS!
LET'S PUT OUR
PROTECTIVE
GEAR ON, SO WE
CAN START THE
LESSON.

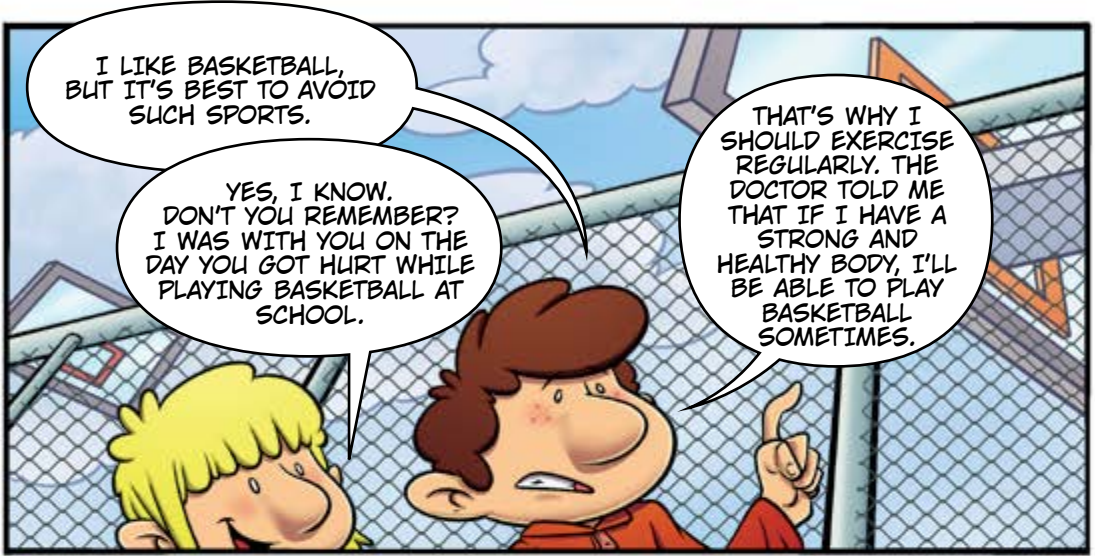


WELL, THIS
LOOKS LIKE FUN
TOO. BUT IF YOU'RE
ROBIN HOOD, WHO
WILL I BE?

MARION, OF
COURSE.



FORGET IT!
SHE DIDN'T DO
ARCHERY!



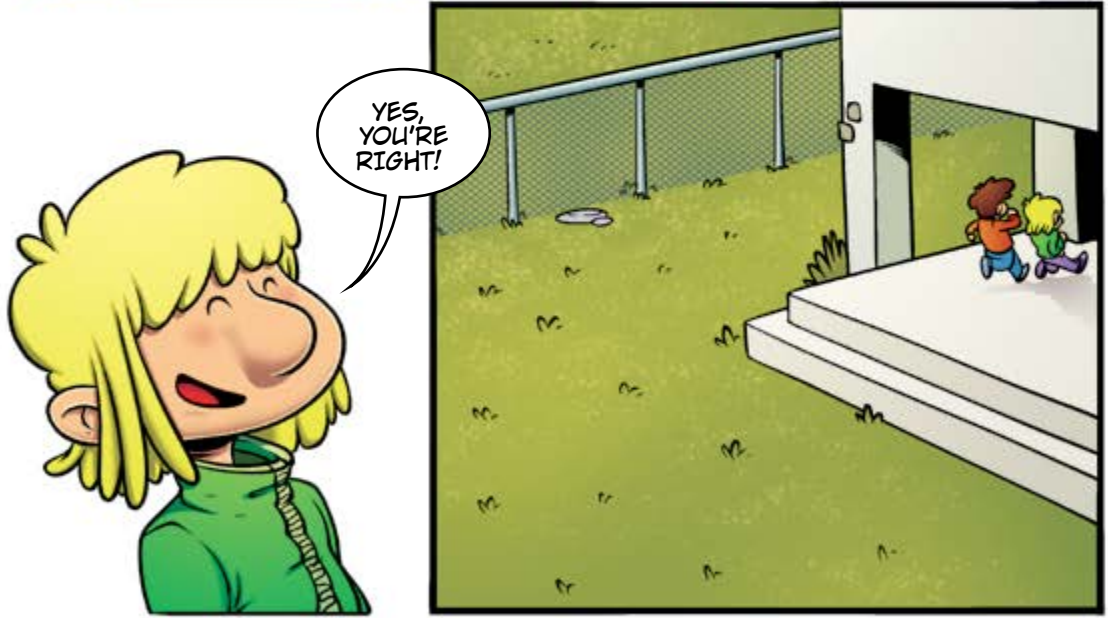
I LIKE BASKETBALL, BUT IT'S BEST TO AVOID SUCH SPORTS.

YES, I KNOW. DON'T YOU REMEMBER? I WAS WITH YOU ON THE DAY YOU GOT HURT WHILE PLAYING BASKETBALL AT SCHOOL.

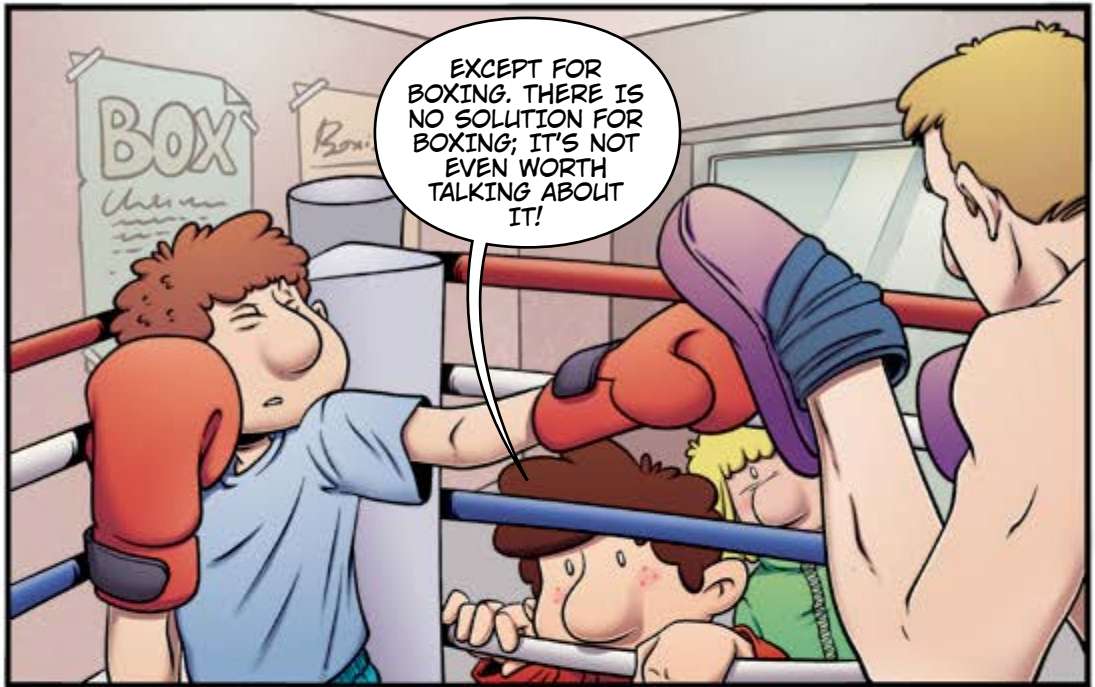
THAT'S WHY I SHOULD EXERCISE REGULARLY. THE DOCTOR TOLD ME THAT IF I HAVE A STRONG AND HEALTHY BODY, I'LL BE ABLE TO PLAY BASKETBALL SOMETIMES.

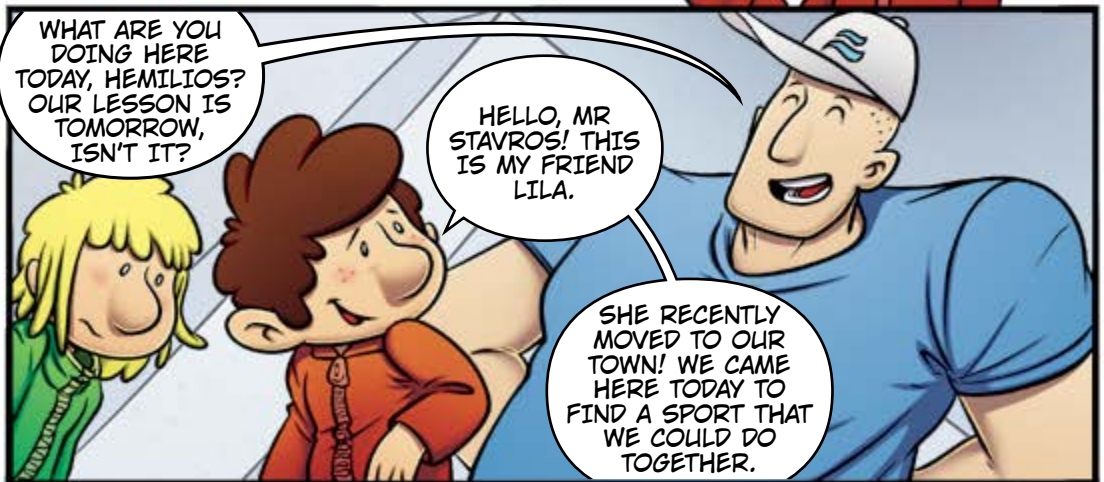
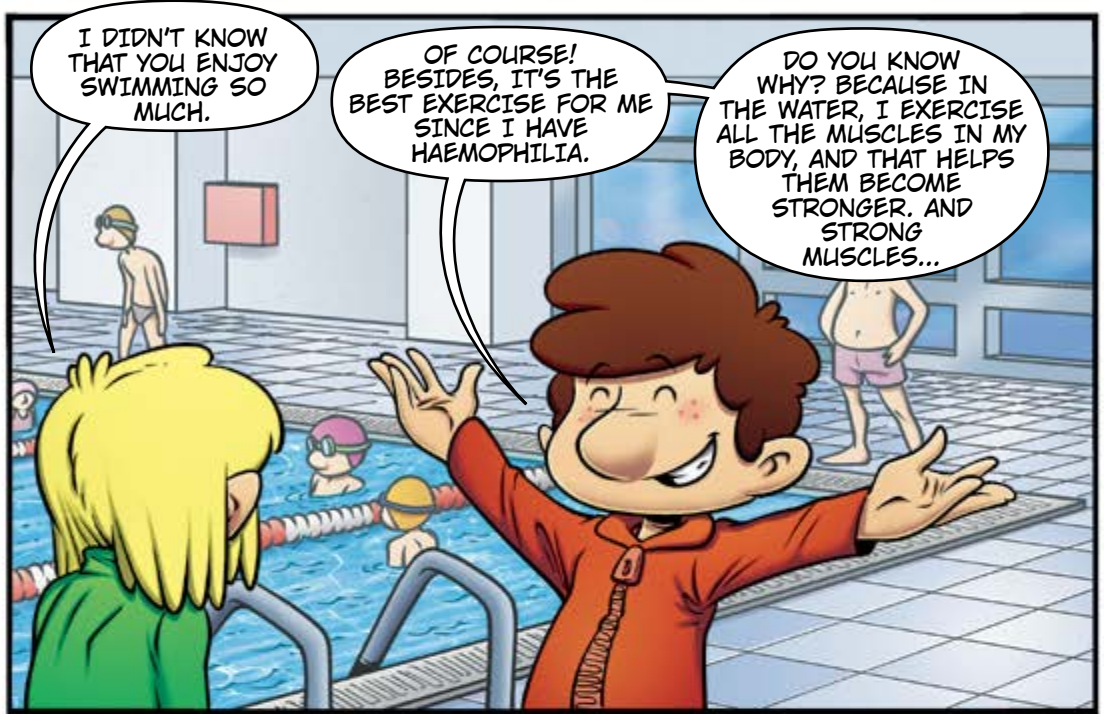


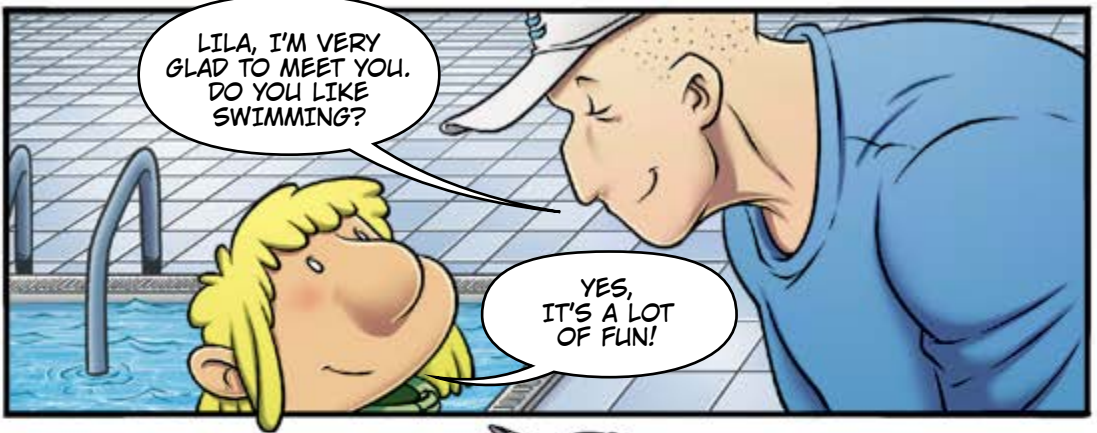
IN ORDER TO DO THIS, I'LL HAVE TO TAKE MY TREATMENT ON THAT DAY AND WEAR KNEE AND ELBOW PADS; IT'S ALSO PREFERABLE THAT I PRACTICE MY SHOTS. SEE? THERE'S A SOLUTION TO EVERY PROBLEM!



YES, YOU'RE RIGHT!







LILA, I'M VERY GLAD TO MEET YOU. DO YOU LIKE SWIMMING?

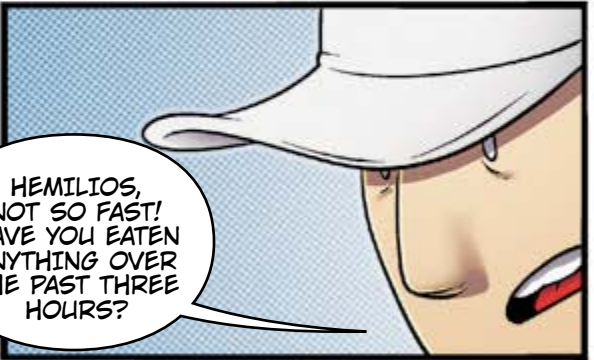
YES, IT'S A LOT OF FUN!



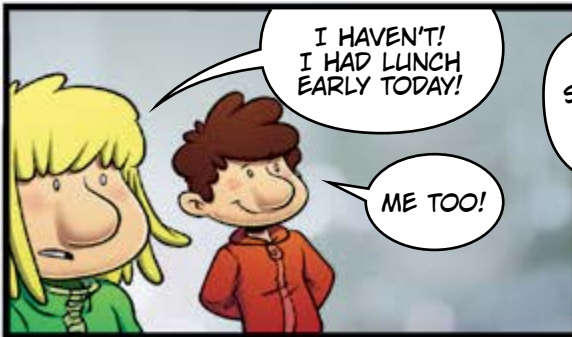
AND IT'S NOT JUST THAT! IT HELPS YOU BUILD A STRONG BODY AND A HEALTHY HEART! DID YOU KNOW THAT WHEN HEMILOS INJURED HIS KNEE, SWIMMING HELPED HIM GET WELL SOONER?



COME ON LILA, LET'S SWIM FOR A WHILE! I KNEW WHAT I WAS TALKING ABOUT WHEN I TOLD YOU WE SHOULD BRING OUR SWIMMING SUITS!

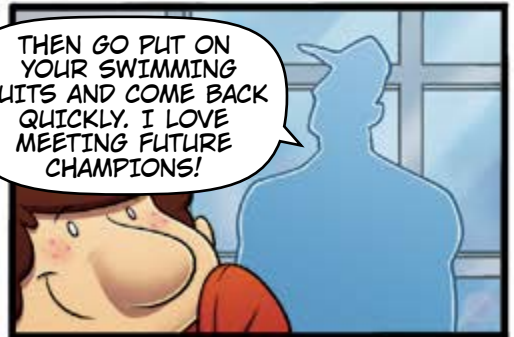


HEMILOS, NOT SO FAST! HAVE YOU EATEN ANYTHING OVER THE PAST THREE HOURS?

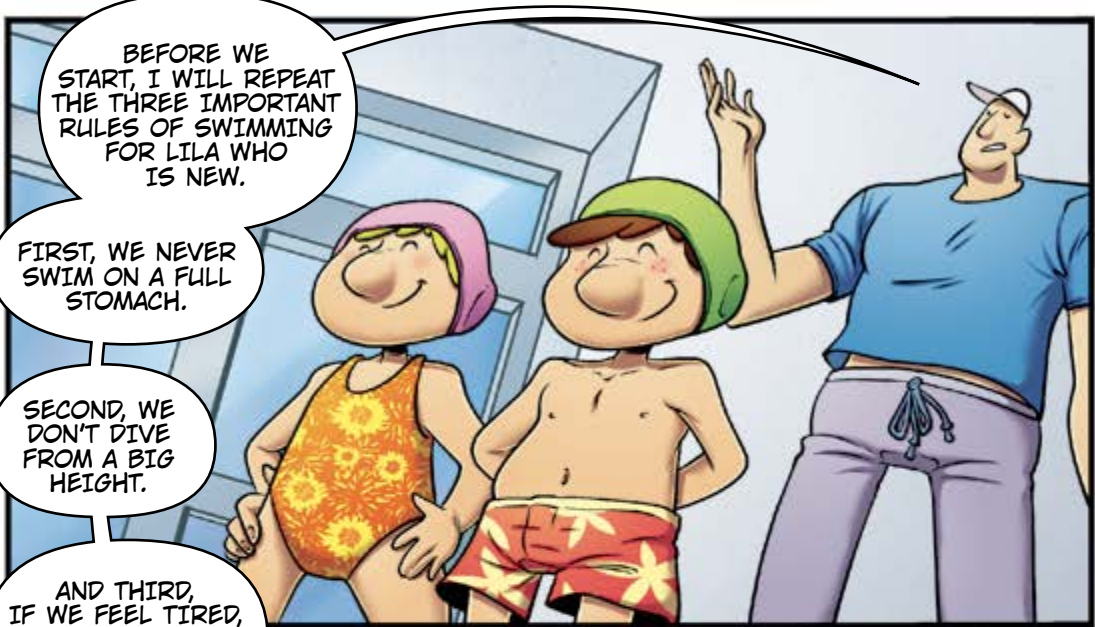


I HAVEN'T! I HAD LUNCH EARLY TODAY!

ME TOO!



THEN GO PUT ON YOUR SWIMMING SUITS AND COME BACK QUICKLY. I LOVE MEETING FUTURE CHAMPIONS!



BEFORE WE START, I WILL REPEAT THE THREE IMPORTANT RULES OF SWIMMING FOR LILA WHO IS NEW.

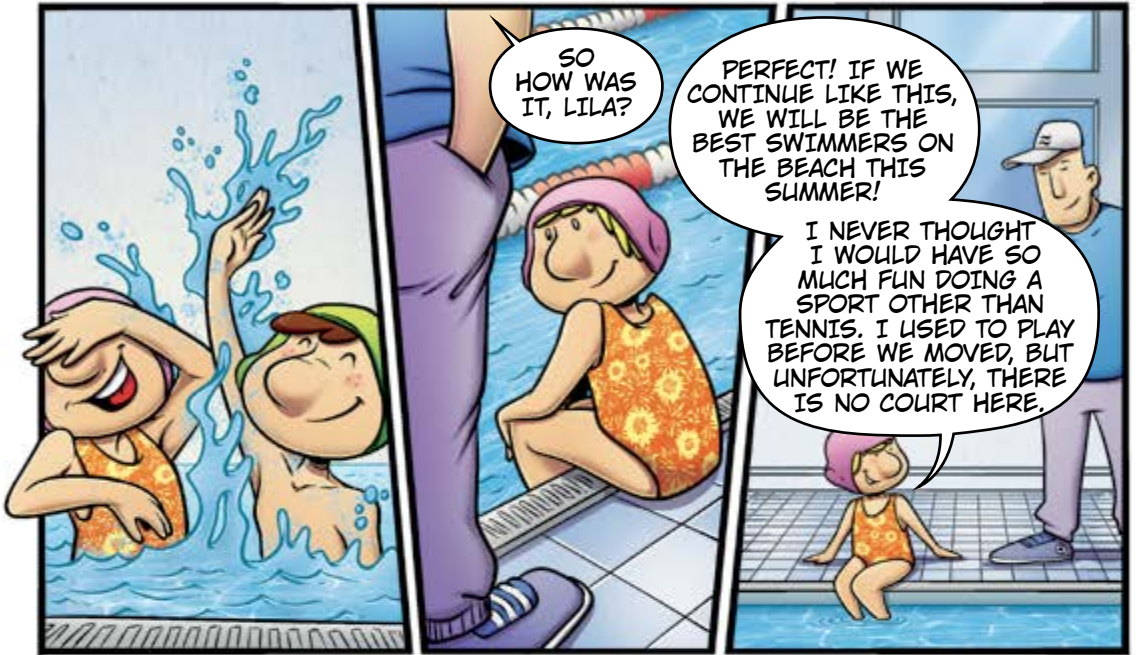
FIRST, WE NEVER SWIM ON A FULL STOMACH.

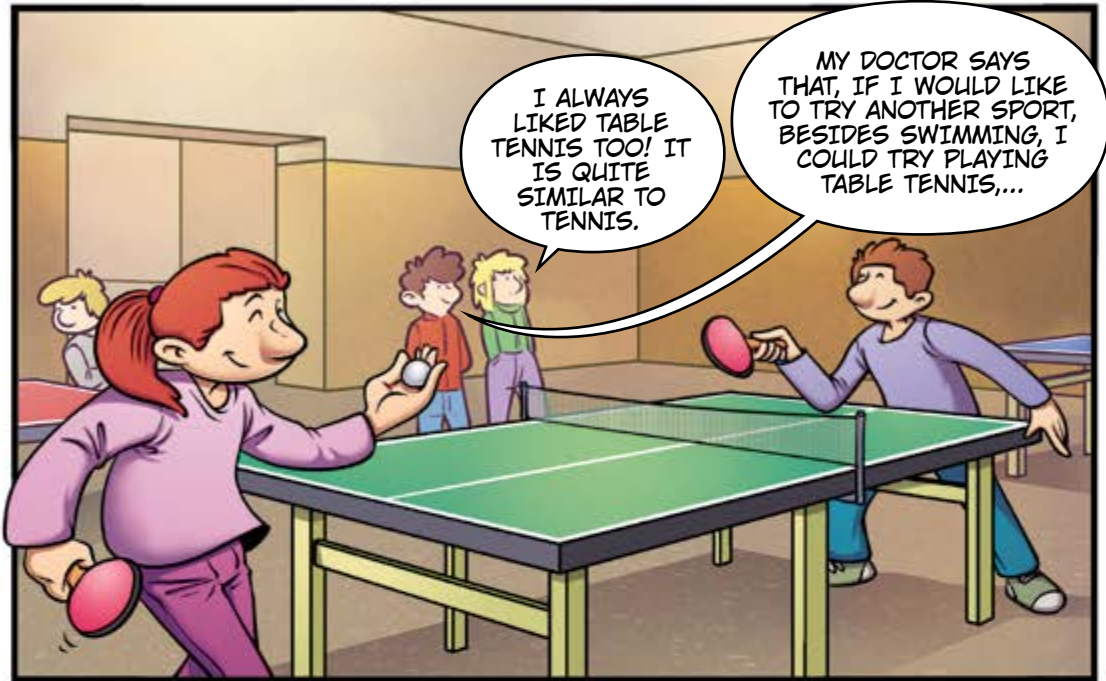
SECOND, WE DON'T DIVE FROM A BIG HEIGHT.

AND THIRD, IF WE FEEL TIRED, WE IMMEDIATELY GET OUT OF THE WATER. OKAY?

YES, MR STAVROS!







I ALWAYS LIKED TABLE TENNIS TOO! IT IS QUITE SIMILAR TO TENNIS.

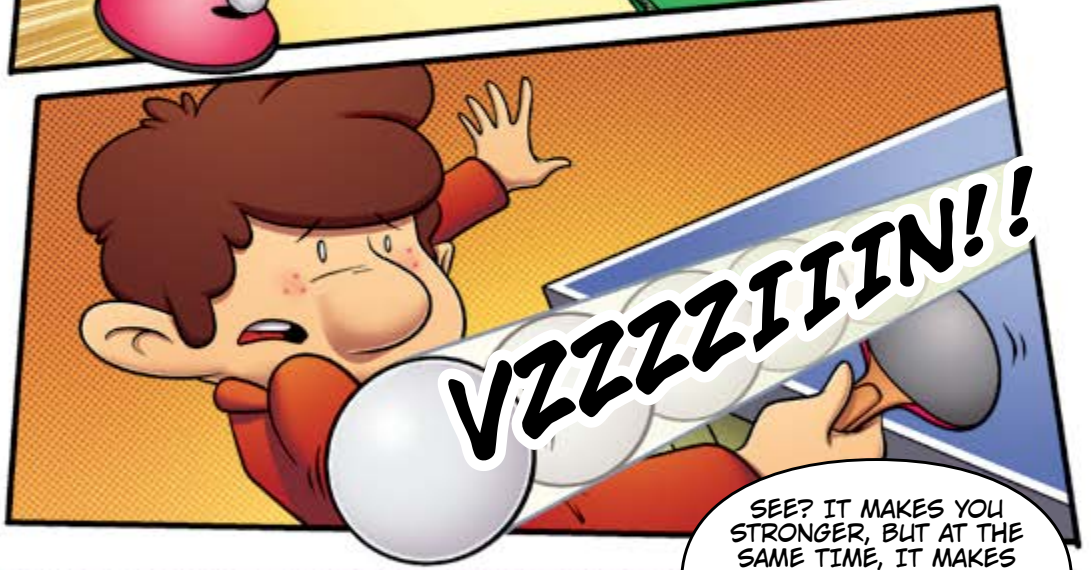
MY DOCTOR SAYS THAT, IF I WOULD LIKE TO TRY ANOTHER SPORT, BESIDES SWIMMING, I COULD TRY PLAYING TABLE TENNIS,...



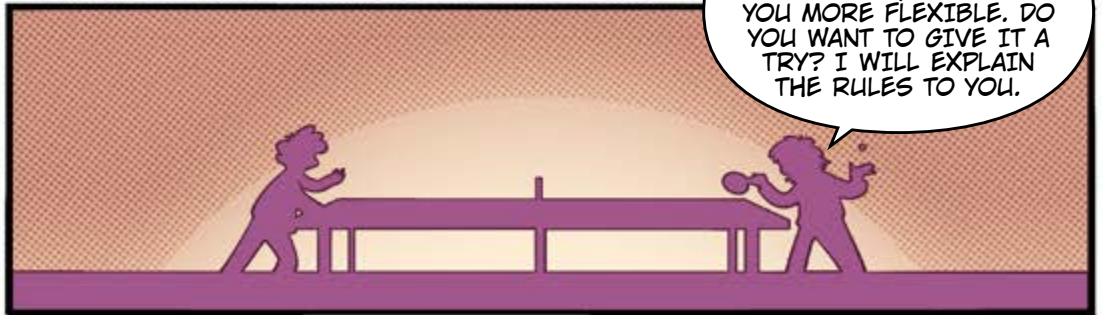
... BECAUSE IT EXERCISES MY JOINTS AND IT IS VERY SAFE. AND IT LOOKS LIKE FUN!



DON'T BE FOOLED! IT REQUIRES A LOT OF CONCENTRATION AND ENDURANCE. SINCE THE TABLE IS SO SMALL, YOU MUST MAKE QUICK DECISIONS. HERE, LOOK.



SEE? IT MAKES YOU STRONGER, BUT AT THE SAME TIME, IT MAKES YOU MORE FLEXIBLE. DO YOU WANT TO GIVE IT A TRY? I WILL EXPLAIN THE RULES TO YOU.



IT'S GETTING DARK AND THE TWO FRIENDS ARE ON THEIR WAY HOME. ALTHOUGH THEY ARE TIRED, THEY FEEL FULL OF ENERGY AFTER EXERCISING.

SO, TELL ME YOUR THOUGHTS. WHICH SPORT DID YOU LIKE BEST?

HMM!
I CAN'T MAKE UP MY MIND!
EACH ONE HAD SOMETHING SPECIAL. I CAN'T CHOOSE ONE!

YOU DON'T NEED TO CHOOSE ONE.

BUT WE WON'T BE ABLE TO DO THEM ALL WHEN SCHOOL WILL START.

TRUE, BUT NOW WE'RE ON HOLIDAY! SO, WE CAN TAKE OUR TIME AND TRY DIFFERENT SPORTS.

MAY I TELL YOU SOMETHING, HEMILIOS? I THINK YOU WERE RIGHT AFTER ALL.

WHAT DO YOU MEAN?

A FEW DAYS AGO, I WAS WORRIED THAT CHRISTMAS WOULD BE BORING THIS YEAR.

BUT YOU SHOWED ME THAT I CAN FIND NEW WAYS TO HAVE A GOOD TIME.

THERE'S A SOLUTION TO EVERY PROBLEM!

THE END





This booklet is distributed free of charge to the families of children with haemophilia.



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Christmas is just around the corner and Hemilios can't wait for the school holiday to start. However, his best friend, Lila, is sad. The recent move to the provincial town and the new environment scare her, and she thinks she won't find new activities to do in her spare time during the holiday period. But there's a solution to every problem. Hemilios takes action, and with the help of the nice weather, he will prove to her that there are many things the two of them can do. They will try cycling, hiking, swimming in the indoor swimming pool and other interesting sports, which are fun and at the same time safe for Hemilios, who has haemophilia. So, the two of them will have an unforgettable time together!

Visit the website www.hemilios.gr to read the whole series in digital form.

