

GOLDEN GATE DISTRICT NO. 21

Ahepa Traveler

CHAPTERS THROUGHOUT NORTHERN CALIFORNIA AND WESTERN NEVADA

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Best Wishes for a Merry Christmas, a Happy Holiday Season
and a Happy, Healthy and Prosperous New Year!



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**AHEPA
DISTRICT
LODGE**

2010-2011

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**DOP
DISTRICT
LODGE**

2010-2011

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AHEPA District Governor's Message



Nick Pries
District Governor

Dear AHEPA Brothers

You've heard of a "Definitive Moment" well October 2010 will always be known to my family and I as a "Definitive Month." My beloved mother was in a fatal accident on her way to church Sunday, October 3rd. She was devoted to our Saint Nicholas of San Jose. May family and I deeply appreciate all you condolences and donations

in my mother's name to Saint Nicholas Building Fund. Efharisto!

Then on October 23rd Evangelia and I proudly gave our daughter, Penny, away in marriage to her Demetrios!

DOP District Governor Margo Drosos and I began visitations in November, later than usual, to San Mateo, Modesto, Stockton and Reno. All the chapters are busy and engaged in good works. I'm proud of you and thank each of you for your gracious hospitality.

By now all of our chapters should have received AHEPA Charitable Raffle tickets. I challenge each of you to be involved selling these tickets as "educating" is a noble cause. Make the scholarships a reality, sell the Raffle Tickets!

The Supreme Lodge has aggressively begun a campaign to the Port Authorities of New York and New Jersey to rebuild Saint Nicholas which was destroyed in 9/11. Please go to our AHEPA website, print out a copy of the petition, have your friends sign and bring to your local chapter to send to headquarters. This effort is of prime importance!

Spring Conference will be in San Francisco, March 12, 2011, please plan to attend plus District Convention in Oakland, June 24 and 25, 2011. Soon I will be asking our chapters to select and send delegates to our conventions. A great time is being planned for us at each scheduled AHEPA event. Your input is important and WELCOMED.

At this extraordinary time of year I would like to express my gratitude to my AHEPA Lodge, our Daughters of Penelope District Governor Margo Drosos and her Lodge. And to each and everyone of the AHEPA Family and their loved ones, a Merry Christmas, good health, well being, wealth, and greater enthusiasm I wish for AHEPA in the New Year! Hornia Polla! ❖

God bless all of you.

Nick Pries, District Governor

DOP District Governor's Message

Dear Sisters,

We are quickly approaching the Christmas Season – a season for love, a season for kindness, a season for giving, a season of sharing, a season for reflection, a season of faith, and last, but certainly not least, a season of miracles. It seems this year, as in the past few years, our fellow sisters and relatives need a season of the kindness, sharing, giving and miracles that will hopefully grace us.

By the time this goes to print, we will have completed visitations to half our chapters – Eos, Sparta, Elis, Phaedra, Leto, and Urania. Each visit has had its own rewards – they have been enjoyable and uplifting. Phaedra has installed and reinstated new members. We have enjoyed the warmth and camaraderie shown us. The remaining visitations will be held in January and February. The Lodge is certainly looking forward to each one of them.

A very gracious thank you goes to the San Jose Ahepa Family for hosting the Fall Conference. It was well attended and very organized. We were fortunate to have in attendance Grand Vice President and District #21 Liaison Nicky Stamoulis join us. A very informative tour of the Hellenic Museum by Marina Moustakas followed the conference and those who attended were impressed.

Our 81st Anniversary, Founder's Day weekend was quite enjoyable. The theme for this year was "It's A New Dawn". Friday night began with a reception at the home of Sophia Goultas for Christine Constantine, Grand President. On Saturday, the luncheon was memorable. The food catered by Stella's Cuisine was fabulous. The centerpieces reflected autumn colors and the ambiance was warm and welcoming. Dignitaries in attendance were Christine Constantine, Grand President and Cleo Rumpakis, Grand Governor Zone IV. Also present was Past Grand President and current Foundation President Joanne Booras, along with many Past District Governors.

The end of December is rapidly approaching – please remember to send in your per capita to Daughters of Penelope headquarters. And don't forget to mark your calendars - our Spring Conference will be held on Saturday, March 12, 2011 in San Francisco. Let us show our Ahepa family support!! You will receive more information in my monthly bulletin.

With the end of 2010 rapidly approaching, I would like to thank Ahepa District Governor Nick Pries and his lodge for their support and encouragement. The Ahepa Lodge has been a joy to work with. I would be totally remiss if I didn't extend our deepest sympathies to Nick Pries and his family on the sudden loss of his mother. Penelope Pries was a warm, loving woman who will be deeply missed by not only her family but the many friends and people whose lives she touched. May her memory be eternal.

On behalf of P.J. Rishard, Chrisanthi Panagopoulos, Helen Sexton, Kathy Leles, Sylvia Golfes, Tina Demetriou, and me, we wish all our Ahepa Family – Ahepa, Daughters, Maids & Sons - a very Merry Christmas and a Happy, Healthy and Prosperous New Year! ❖

Love In Theta Pi,

Maro Drosos, District Governor



Margo Drosos
District Governor

SCHEDULE OF DISTRICT LODGE VISITATIONS & EVENTS 2010 - 2011

December

4	10:00am	Saturday	Fresno	St. George Church
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January

6	7:00pm	Thursday	Contra Costa/AHEPA	St. Demetrios Church
8	11:00am	Saturday	Walnut Creek	TBA DOP Only
11	6:30pm	Tuesday	San Jose	St. Nicholas Church
22	10:00am	Saturday	Marysville/Sacramento	Annunciation Church

February

5	10:00am	Saturday	Vallejo	Sts. Constantine & Helen
8	6:30pm	Tuesday	Oakland	Ascension Cathedral

March

12		Saturday	Spring Conference	San Francisco
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May

TBA		Saturday	Sisterhood Conference	
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June/July

24-25		District Convention		Oakland
July 18-24		Supreme Convention		Miami, Florida

Daughters of Penelope

LOOK for Legislation Forms being sent to all Chapters in early 2011

by Jan Spanos, 2010-2011 National Legislation Chairman

I am humbled and honored to have been asked by our Grand President Christine Constantine to chair this very important committee and look forward to a rewarding learning experience from my contact with each of the Chapters in our Domain.

READ BEFORE USING. These words are found on manuals that come with equipment or appliances so that as a consumer you get the optimum results from your purchase. This same advice applies to the Constitution, By-Laws and Ritual Manuals that come with the Daughters of Penelope. Please take some time to re-read, or perhaps read for the first time, these documents that outline the principles, powers, duties

and manner by which our organization is governed.

The Constitution and Ritual have seen many changes in our 81 years. These changes have come from you the members and have allowed the Daughters of Penelope to keep up with changing times while still respecting our founding traditions.

It is wonderful to have this procedure that permits such grass roots management. At your chapter level, examine the Constitution and Ritual. If a change feels necessary, the proper form is submitted to your District Convention Legislation Committee; if approved at the District level, the form is then submitted to the National Legislation Chairman to be presented at the National Convention Legislation Committee. The National Legislation Committee considers all requests for legislative changes and if changes are approved by this committee they are

presented to the convention body for a final decision.

The instructions and proper form for submission of legislation or ritual changes can also be found on the Daughters of Penelope website: [Daughters of Penelope.org](http://DaughtersofPenelope.org). A letter with a due date and the form will also be sent to all District Governors prior to District Conventions.

The Constitution, By-Laws and Ritual of the Daughters of Penelope represent the structure of our Order. The opportunity for keeping this structure strong, and giving it a longer and stronger life, exists only when we the members become involved in changes and transitions for the Good of the Order. If you have any questions or concerns, that you feel I may be of assistance to you with, please do not hesitate to contact me at janspanos@aol.com. ❖

SAN JOSE, CALIFORNIA

DISTRICT 21

OCTOBER 9, 2010

FALL CONFERENCE



A GREAT TURNOUT FOR THE CONFERENCE. REPORTS WERE GIVEN AND PLANS FOR THIS YEAR WERE DISCUSSED. BOB SEXTON, LT GOV. CONDUCTED THE MEETING.

Golden Gate District Holds Fall Conference

We came together to conduct the business of the AHEPA Family. Introductions were made, committee reports were given and the vision and schedule was discussed. The District Convention information was presented by the Host City, Oakland.

The Charitable Raffle results were presented and the the strategy for this coming year discussed. The Educational Foundation also gave their report. "The Traveler" District publication made it's debut as a website publication. The comments were positive.

The Luncheon, provided by John's Xelent Foods on Lincoln Avenue, San Jose. The Pot Roast served is their Thursday Special.

The Status of St. Nicholas Church, NYC, destroyed in 9/11, was discussed and Petitions were circulated for signatures to "Cut the Red Tape."

Our deepest sympathy to Nick Pries, District Governor, who lost his Mother and the Pries Family who lost their Matriarch. May her memory be eternal.



WHO'S COOKING?



PRESIDENT OF THE YEAR

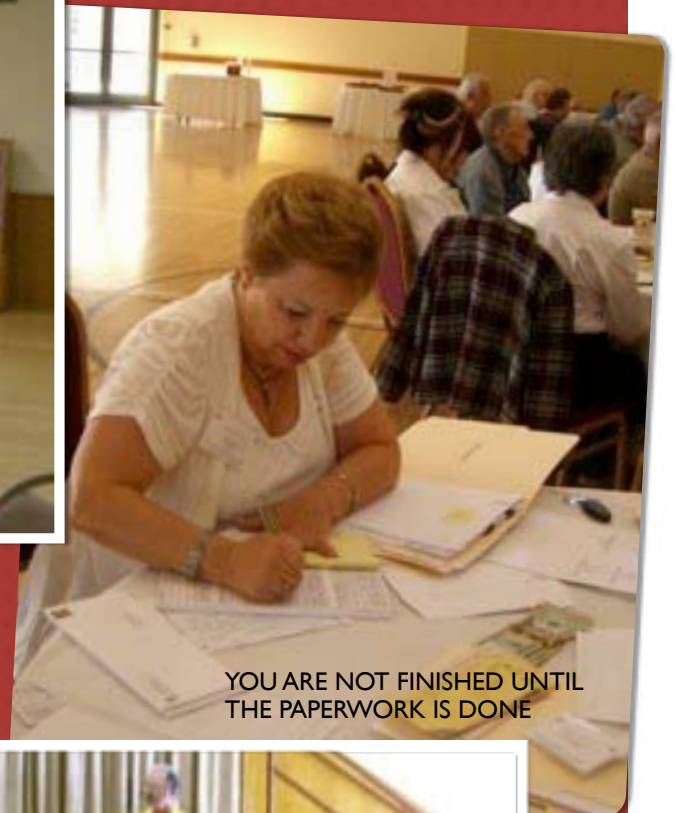


CHAPTER OF THE YEAR

FALL CONFERENCE PHOTOS



AND THAT IS THE WAY WE
BALANCE THE BUDGET



YOU ARE NOT FINISHED UNTIL
THE PAPERWORK IS DONE



THE TEACHER AND THE DOCTOR



DISCUSSIONS ON AHEPA DISTRICT HALL OF FAME
INDUCTEES AND INCREASING MEMBERSHIP WERE
DISCUSSED. ALSO DISCUSSED WAS PROMOTING
MORE PARTICIPATION FOR THE SUPREME



I don't care if you drive a yellow Corvett
NO TEXTING IN THE MEETING!



A SUCCESSFUL CONFERENCE



THE JOINT SESSION



THE STATESMAN



THE ROCKAS

NINE SECRETS OF SISTERHOOD

1. STAY CLOSE
2. SPREAD HAPPINESS
3. RESPECT
4. INTERESTED IN EACH OTHER
5. SUPPORT EACH OTHER
6. TRUST & LOYALTY
7. FAMILY HONOR
8. SHARE THE PROMISE
9. PROMOTE EACH OTHER

Niki Stamoulis, Grand Vice President, DOP, Addresses the Fall Conference

Future: Remember, you are the "heartbeat" of the Daughters of Penelope. We need you to continue with your dedication of time and energy to the existing programs and persist to promote the benefits of continuing being a member, and becoming a member of this great organization.

Why should I continue, or become a new member? Busy women of today want to feel involved in projects that have meaning and bring personal satisfaction and others want to meet new people. So, perspective members might be approached with specific community projects in mind. Get to know your potential members, know their interests and strengths. Determine which project category they may fall into. It may be philanthropy, helping with local shelters, or education, helping with scholarship or literacy projects, or it may be cultural,

supporting a library or museum, or civic projects. All types of people are needed to have a strong organization. Teamwork is the next step. Include the new members in the goal setting process. Your recruiting materials should address all possible motivations.

"Let the public know what involvement opportunities our organization provides".

You are the Heartbeat of the Daughters of Penelope.



Maids of Athena

Sparta #1

Tacoma, Washington

“Celebrating 80 Years”



In attendance for this special occasion was Kiki Amanatidis, MOA Grand President, Constantina Yannitsos, MOA Grand Governor, Demi Thomas, MOA Grand Advisor and members of Sparta #1.

THE MAIDS OF ATHENA PHILOSOPHY

The Maids of Athena is a living/learning experience, a microcosm of the world at large where a young woman can grow and seek life's answers as she realizes the potential of her individuality through constructive means.

The Maids of Athena is not a singular experience, but interwoven with the thread of humanity: to seek, to grow, to become...hand in hand with one's Sister.

The Maids of Athena is the embracement of ARETE: Virtue in the ancient Greek sense of the meaning an all-encompassing excellence through self-knowledge and individual perfection, which will ultimately benefit society.

The Maids of Athena is concerned with building character spiritually, intellectually, and socially. The virtues of Athena and ancient Greek ARETE are meant to guide and prepare young women to lead socially productive lives. Not only through the aims and ideals of the Order, but also through the numerous activities, programs, and strong bonds of friendship provided by the structure of our Sisterhood.

The goals and ideals of our Sisterhood are meant to capture and glory and grandeur of ancient Greece, which gave the world so much artistically and philosophically. As well, to inspire the individual to heights which lead Pericles to exclaim "that Athens is the school of Greece and the individual Athenian in his own person seems to have the powers of adapting himself to the most varied forms of action with the utmost versatility and grace"

The Ancient Greeks did not feel that every man was free to fashion his own destiny, but that being what he is, he should make the most of himself. This belief gave great importance and responsibility to the individual to allow him to develop in his own way. The important thing was that he should reveal his powers in ARETE and become the kind of person who is at once a full human being and a member of the society.



District 21 Scholarship Program

Daughters of Penelope

Proudly Announces the 2011 Scholarship Awards

Undergraduate

District 21 Scholarship \$2000

District 21 Scholarship \$2000

DOP Past District Governor's League—\$2000

Graduate

Angela Mouroufas Memorial Scholarship \$2000

Ekaterini Tsakopoulos Memorial Scholarship \$2000

Kalliopi Alexopoulos Memorial Scholarship (*Medical Field Only*) - \$1000

**April 1, 2011
Deadline**

Re-Entry/Continuing Education

District 21 Scholarship \$1,000

**Scholarship Applications are available On the District website
www.dopdist21.org Link "What New"**

If you have any questions contact

Joanne Booras—DOP District Scholarship Chairman

Home—925-736-1343—

Email: joanne16@sbcglobal.net



FOUNDATION NEWS

www.dopfoundationinc.com

Scholarships



Education is the primary path toward advancement of women in today's society. Under the direction of The Daughters of Penelope Foundation, Inc., the Daughters of Penelope have granted over a quarter of a million dollars to women involved/related to the AHEPA Family. The Daughters of Penelope Foundation, Inc. has been mandated with the responsibility to:

- Promote the scholarship program
- Steward scholarship funds
- Enhance the scholarship program
- Acquire funding for new scholarships
- Maintain historical information relating to scholarships

Districts, Chapters, and/or Individuals can underwrite a scholarship in honor of or in memory of an individual, family, or group of their choice.

*Deadline for submitting scholarships: **December 31, 2010** | 2011 Applications will be available in **January 2011***



Book Club

Read a great book, join a meaningful conversation and strengthen literacy in women.

Each month the Daughters of Penelope Foundation Book Club offers a Main Selection, a Greek Selection and a Just For Fun/Gift Selection to our members and anyone interested in books! Our selections include fiction, mystery, memoirs and history in addition to some very special cookbooks, gardening guides, great beach reads and humorous books.

How do I participate?

We encourage you to form local book clubs organized by your Daughters of Penelope chapter or amongst a group of your friends. These book club meetings offer a wonderful opportunity to strengthen the bond of sisterhood through lively discussion. You might discover that some of your "dues only" members who are avid readers will reconnect with the chapter through the social aspect of these meetings. Also, you may find new members for your chapter by inviting non-members to join your book club.

To join the Book Club simply visit our website on a monthly basis! Links to monthly Book Selections and Discussion Questions for the Main and Greek Book Selections will be available on the 25th of each month. If you don't have a local book club gathering in your area, you may also sign up each month to "discuss" these books in our online chat room called Book Talk. The Foundation organizes all the discussion questions and an online chat room no charge.

How can we help the foundation?

By purchasing your books through the Amazon links on this website, a percentage of your purchases are remitted to the foundation – at no additional charge to you! Any funds raised through online purchases is earmarked for scholarships so please consider always shopping through the foundation's website so we can benefit more young women in their pursuit of higher education.



iGive.com
Change online shopping for good.

Donate by Shopping online with iGive

Do you shop online at home or for your business? Did you know that by taking 5 minutes and signing up with iGive.com that your online shopping could help the Daughters of Penelope Foundation, Inc. ... at no additional cost to you?

Simply go to **www.iGive.com/DaughtersofPenelopeFound**, sign up, **[install the iGive Toolbar](#)** and every time you shop at a store which partners with iGive a donation of up to 26% of your purchase will automatically be tracked and received by the Foundation — it's as simple as that!

If each of our members signed up today, the Foundation could make up to **\$1,000 in one year** for use towards projects and/or scholarships. Up to 26% of each and every purchase benefits the Daughters of Penelope Foundation, Inc., and donation rates vary by store. Donation rates are clearly listed within the iGive Mall. When you shop, every penny of the advertised donation goes directly to the foundation. No administrative costs, fees, no mark-ups. We promise, you'll never pay more to shop through iGive.

OCTOBER 31, 2010

ATHENS

GREECE

2010 MARATHON



THE MARATHON MEDAL

<- AT THE STARTING LINE



Race Day in Marathon

All the preparations and training are complete. The Blue Line, on the pavement signifying the Marathon route is in place. All the signs and markers are up. The sun is shining and the temperature is perfect for the runners. Buses continue to arrive with runners. Water bottles and Medics take their stations. The nine blocks of runners take their positions. Ready... Set... GO!

The Marathon is one of the most significant challenges to athletes. It takes you to the brink of disaster, then euphoria! The

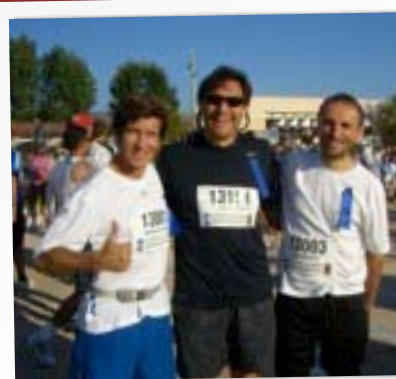
opponent is you. ever trying to better your time. This race is as much mental as physical. And at the end of the race when you have nothing left, it is all mental. Strategies developed include, Run (if you are in the Elite Group) Run-Walk, jog with a lot of walking. Surprisingly there were many older Athletes. They came from many countries to participate in this historic Race. Athletes came for different reasons. A Marathon on every continent. My first Marathon, 25th and this 2500th Historic Marathon. All came to have fun and be part of a very historic event.



EVERYBODY LINE UP

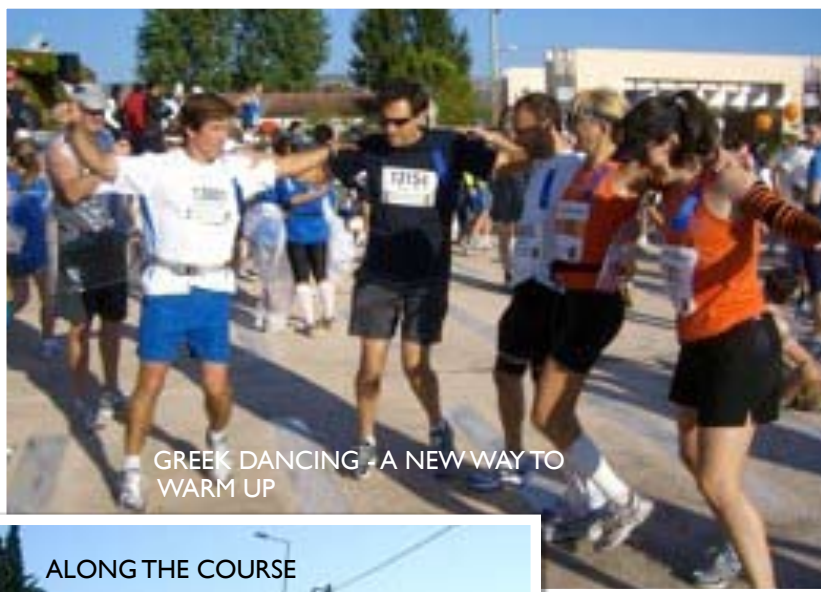


WELCOME TO MARATHON



MANY NEW FRIENDSHIPS

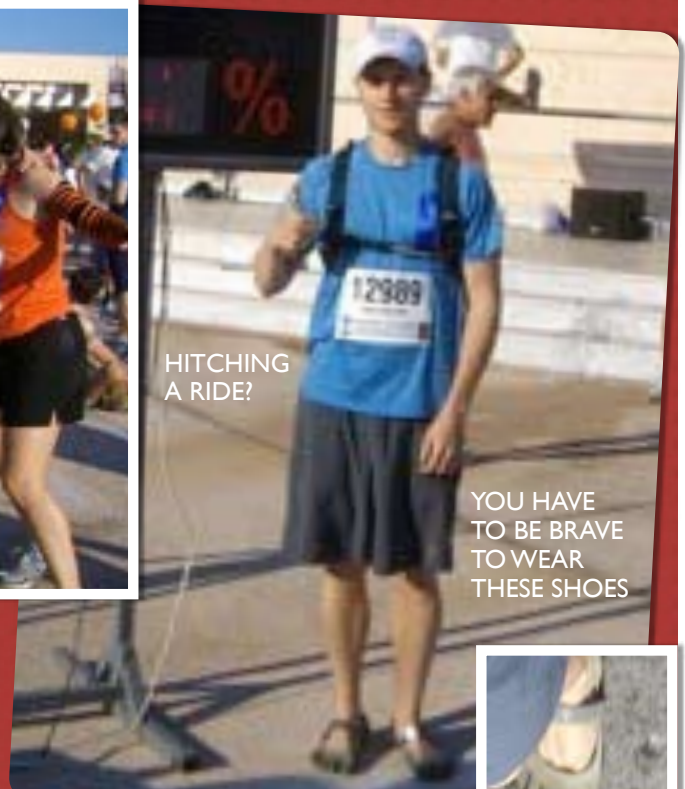
2010 ATHENS MARATHON



GREEK DANCING - A NEW WAY TO WARM UP



ALONG THE COURSE



HITCHING A RIDE?

YOU HAVE TO BE BRAVE TO WEAR THESE SHOES



VOTED THE BEST KAFENIO TO WATCH THE RACE

LIFE IS FULL OF CHALLENGES. THE MARATHON TO ATHENS RACE GAVE BIRTH TO MARATHONS AROUND THE WORLD. TWENTY SIX MILES WAS NOT ESPECIALLY SIGNIFICANT EXCEPT THAT AFTER THE BATTLE OF MARATHON, IN 490 BC, WHERE THE PERSIANS WERE DEFEATED BY A SMALL GREEK ARMY. A MESSENGER WAS SENT TO TELL THE ATHENIANS OF THE VICTORY. HE ENTERED THE CITY AND SHOUTED "NIKI" THEN COLLAPSED AND DIED OF EXHAUSTION. CONTRIBUTING TO HIS DEATH WERE A TWO DAY RUN TO SPARTA TO SEEK ASSISTANCE.

Over 12,500 Athletes participated in the 2,500 Anniversary of this Athens Classic Marathon.



They came as competitors and parted as friends. There are many stories in this years Marathon. Some personal, some to have their name immortalized in the museum, but for some it was life changing. Some came for the Historic aspect of this race some to meet the challenge. Some were ready and some were nursing injuries. Some came to win others came to just finish. Some stopped to encourage runners to continue and finish. But all came to enjoy the event and have fun. All are better for the experience.

The beneficiaries are the AHEPA Family Charities. This event shall provide funding for Medical Research, Education and

Penelope House for Victims of Domestic Violence.

We thank the Companies, Corporations, AHEPA Family District, Chapters and individuals that made this Marathon possible. We thank the runners for their valiant effort, training and sacrifice. Last, I would like to thank Demetri Kireliles, District Governor 2, who came up with this idea as a fundraiser for AHEPA Charities. Anthony Kouzinus, AHEPA Supreme Secretary, who worked to have AHEPA involved and kept the Supreme Lodge Informed, George Vasilas, DG 23, who sparked the interest in Canada, and participated, Headquarters Staff and countless Volunteers. Also thanks to Paul Samaras and his Company, Apostolos Tours, who handled the AHEPA Team professionally, with a courteous and knowledgeable staff. The Hotels and their staff that were very accommodating for the runners.



THE RACE



HI MOM



ENCOURAGEMENT

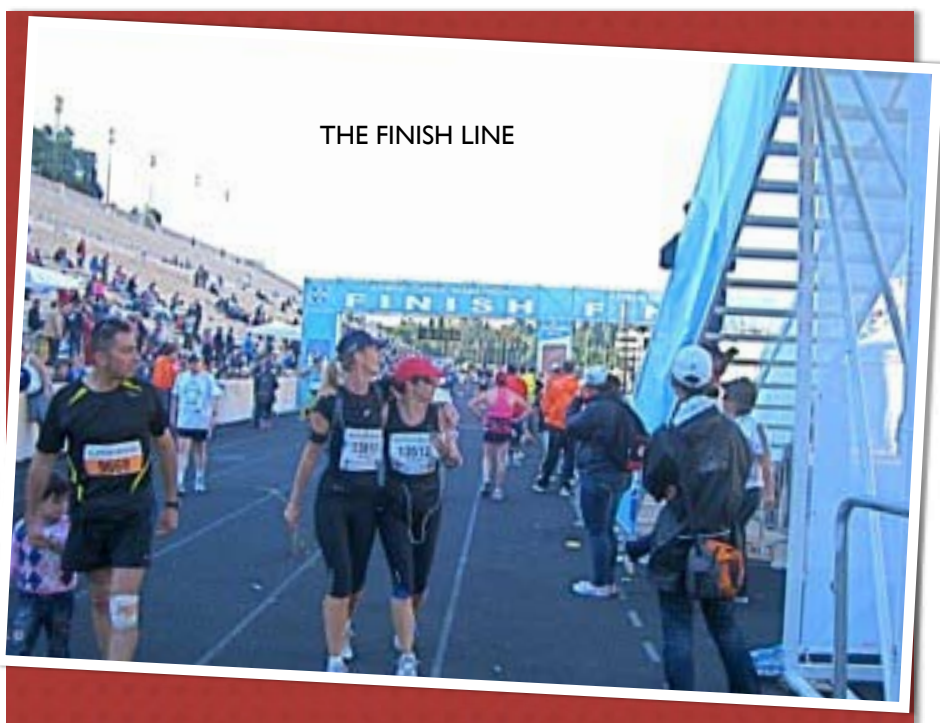


ALONG THE ROUTE



STADIOU

THE FINISH LINE



2010 ATHENS MARATHON



Last minute instructions by
Jeff Galloway and Paul Samaras



Last minute instructions then off to the Marathon

AHEPA CHARITIES

1. EDUCATION FOUNDATION
2. PENELOPE HOUSE
3. COOLEY'S ANEMIA
4. BONE MARROW REGISTRY
5. DISTRICT SCHOLARSHIPS

Kostas Gus Hazifotis
Citizen-AHEPAN



This is the most inspiring program AHEPA has because it reaches out to the Community. On the AHEPA Team, seventy runners, five (5) countries were represented. All non members were interested in learning more about the AHEPA Family.

The hotel accommodations were great, with expert Tour Guides and transportation in comfortable buses and 24 hour assistance. A bonus, Friendships that will last a lifetime.

Runners are different. They share their experience, pass along hints and offer suggestions to help other runners.

Jeff Galloway, noted Marathon Runner and Trainer, is working with The AHEPA Team to assist runners with their running program.

The Marathon shall, hopefully, be an annual event to help support AHEPA Family Charities. Get in shape and plan to run the 2,501 Athens Marathon. Every District and Chapter should consider sponsoring a runner.



OCTOBER 31, 2010

ATHENS

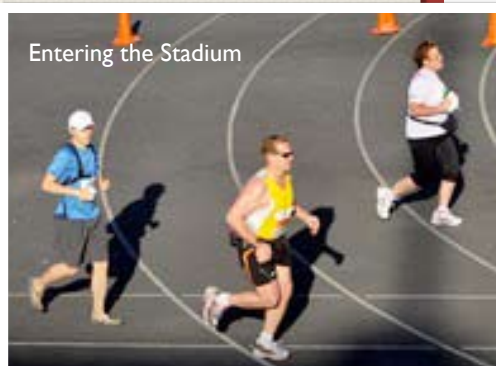
GREECE

2010 MARATHON-2



A PICTURE AFTER THE RACE

AHEPA TEAM



Entering the Stadium



Nina

A Marathon Runner's Story

friends and family:

I'd like to thank you again for sponsoring me in the Athens Marathon fundraiser. With your support I managed to come in second internationally in fundraising, and raise \$7217.00 for the AHEPA Bone Marrow Registry.

I am happy to report that I did complete the entire marathon and the experience will live with me forever. I had the opportunity to meet some wonderful people and learn many new things. I learned that the Athens marathon is ranked the 2nd most difficult in

the world (second only to Boston)... I learned that doing math problems in your head while you're running is a good way to take the focus off of the pain in your body... I learned what an incredible feeling it is when a Greek spectator hands you an olive branch while you're running and thanks you for participating in their country's event... I learned that cursing (and crying) at the site of another hill is OK, and expected... I learned that there is no shade anywhere on the road between Marathon and Athens... I learned that the last 5 kms are MUCH longer than the first 5...

..but most importantly I learned that nothing can prepare you for the euphoria and overwhelming rush of emotion you feel when you run into the ancient Greek stadium and cross that finish line. Thank you all for helping me achieve this experience of a lifetime!!

Nina Antonakes, Past President, Daughters of Penelope, Toronto



SEE YOU AT THE FINISH LINE



THE LAST 200 METERS



THE AWARDS BANQUET

2010 ATHENS MARATHON

CHEERING THE LAST OF THE RUNNERS



THE SPRINT TO THE FINISH LINE



William Wolf, SOP & AHEPA
 Jeff Galloway, Marathon Coach
 Demetri Kirkiles, DG 2



ENTERING THE STADIUM



THE FANS AT THE STADIUM



"NIKI"
 A MOMENT
 OF PRIDE



KG Hazifotis, Citizen-AHEPAN
 Nick Papadopoulos, D 25 Sec
 Paul Samaras, Organizer
 Thanais Papantonopoulos, Media



There are 12,000 stories at this historic Marathon. Personal challenge, ethnic pride, historic significance... It is often difficult to express the emotions as you run this Classic Marathon. Within your busy schedule, you trained but haven't run a Marathon yet. The big day is here and you are as ready as you can be. You reach the starting line. A photo with friends and now your block is up. Your heart is pounding as you take your first steps. Pace yourself... pace yourself.

But forever, there is the Kennedy's Assassination, Armstrong's landing on the moon and the 2010 Athens Marathon. Best of all, you finished.

"This is the first Marathon I have run, where the people along the route, thanked me for coming."

2010 MARATHON PHOTOS



AWARDS BANQUET



OPA!



A Toga Party?



ONE, TWO, THREE, KICK

THE THREE
DOP

There was the Marathon Race, then an Awards Banquet and a Greek Dance Exhibit. So what do you do after running 26 miles...you Greek Dance. A great time was had by all.

The olive wreaths were brought from near Olympia. They also received a small amphora clay vase. A copy of a museum piece. Each AHEPA Team Member received round trip air fare, 6 days, 5 nights hotel, local transportation and transfers, some meals and tours. They also received a warmup suite with the AHEPA name and Logo. The best part, AHEPA Charities benefited greatly from this effort.

2010 MARATHON PHOTOS



THE AWARDS BANQUET

YOU WILL NEVER
GUESS WHAT WE
DID ON OUR
HONEYMOON



2011 MARATHON

1. PLAN TO ATTEND, NOV 2011
2. REGISTER-AHEPA TEAM
3. GET IN SHAPE
4. START RUNNING 5K, 10K
5. RAISE MONEY FOR CHARITY



Marathon. Where it all began.

The AHEPA Team was made up of 70 runners from 5 Countries. It was interesting to watch the dynamics. They asked a lot of questions about Greece and the AHEPA Family. That is when you realize, we of Greek descent take a lot for granted. We were born in it, are often immersed in it, but talking to the Xenoi that came for the Marathon, makes you realize that we have a rich history and we are proud yet humble about all that Greece has given the civilized world.

Hopefully the 2011 Athens Marathon will include the history of the Battle at Marathon and the history of the Marathon Race. It is a way to promote Hellenism and raise money for the AHEPA Charities.

The Greeks who lined the streets of the Marathon cheered the runners and made them feel welcome. This doesn't happen at any Marathon, anywhere in the world.

The event was well planned and executed with minor glitches. Next year will even be better. Plan to come and participate or sponsor a runner.

To all involved...AXIOS!



Spectators Cheering Athletes



The Hellenic Heritage Institute of San Jose

by Steve Frangos, c.2010 grecianmon@yahoo.com
(Editor's note: reprinted from the National Herald)

The Hellenic Heritage Museum is an especially unique expression of the many new Greek American museums, archives, cultural centers springing up all around the country. The Hellenic Heritage Museum is part of the 14-acre San Jose History Park which showcases 27 original refurbished homes, businesses and landmarks that collectively highlight various periods of Santa Clara Valley's past (www.historysanjose.org). The Hellenic Heritage Museum fills the Nelson-DeLuz House which is a renovated neo-classical home built about 1905 and originally located on the corner of South Eleventh and Williams Streets in San Jose. Since its grand opening on May 26, 2002, this beautiful white neo-classical structure has served as the headquarters of the Hellenic Heritage Institute (HHI). Given that the Hellenic Heritage Museum is host to several thousand visitors a year, not counting those who attend for the special events and tour groups, it behooves Greek-America to become more aware of this successful and singular cultural institution.

A Triptych of Cultural Programming

The HHI has quite consciously developed a "triptych" of Greek cultural programs focusing on education. First of these triptychs, is the Hellenic Heritage Museum. The principal theme of the museum is to present an Arhondikon, or Greek nobleman's home. The approximately 3,500 to 4,000 square feet of the Nelson-DeLuz's home has been transformed into an exhibition space composed of authentic Greek-made furniture and other historical objects such as photographs, needlework heirlooms, folk costumes, religious artifacts and other decorative elements all drawn from various parts of Greece. It was a stroke of genius to recreate a Greek merchant home of the 1880s-1890s. This choice of offering an upper-class home is striking because not only is it the only such exhibition outside of Greece but it is also unique in Greek-American historical presentations.

The vast majority of Greek sojourners to North America between 1880 and 1920 were overwhelmingly from peasant households of the Peloponnesos and the Aegean islands. But certainly not all Greeks everywhere were peasant farmers or shepherds, not even in North America. A vibrant Greek merchant class was found in coastal cities in the United States by the 1830s, and in ever growing numbers from the 1860s throughout the 1880s, just before the massive waves of the laborers in the 1890s. While Greek American historical accounts sometimes discuss the rise of a business class within the ranks of the overall community few systematic studies of this class exist.

As a first-time visitor to The Hellenic Heritage Institute I was especially struck by this presentation of a wealthy merchant family. The usual offering of Greek life, in standard American accounts and museum exhibitions, is one focused on rural life and that of the farming or shepherd class. The

HHI offers a more complete view of the complexity and variety of social strata in Greece. As I was told by local Greek-Americans, during the course of my stay in the San Jose area, even many of the local Greek-Americans were especially surprised by this aspect of the Hellenic Heritage Museum. Unfortunately the vast majority of Greek Americans know little of the actual history of the Greek people. In this simple act of accurate inclusion the Hellenic Heritage Institute offers a social economic perspective unique among all the museums or archives I have seen so far in North America.

For those wishing to better understand the early Greek merchant class one needs only consult Michael Contopoulos' in-depth study of the early merchants of the 1830s-1890s periods in his 'The Greeks in New York City: Early Years to 1910 (Aristides D. Caratzas Publisher, 1992).' For those wishing to extend their study of the Greek merchant class on a world wide basis I suggest you review Christopher Long's website (www.christopherlong.co.uk/migrations) and the Rallis Brothers entry on Wikipedia.org. I should also quickly note, if only in passing, that Professor George Kouvetaris has not only written of the Greek entrepreneur class but frequently lectures on this topic.

To be sure other exhibitions and art can be found in the various rooms of the Nelson-DeLuz House. Just to quickly mention one work of art we need only note Kati Casida's, 'The Memorial Chair of the Missing Persons of the Turkish Invasion of Cyprus.' As Casida describes her artistic memorial: "The village chair, wrapped in layers of white doves printed with names of 1,532 Greek Cypriots and Greek soldiers, missing after the tragic 1974 Turkish invasion of Cyprus, is a symbol of our hopes and prayers that many of them may still return to sit at their family tables. May we always remember and celebrate their lives."

Hellenic cultural classes compose the second triptych. The HHI annually offers classes consisting of dance, language, and cooking instruction which are geared for both 'people of Greek origin who wish to rediscover their roots and for non-Greeks who choose to explore the many aspects of Hellenic culture.' Depending on circumstances these classes are held or presented at the Nelson-DeLuz site or elsewhere. A working kitchen in the rear of the Nelson-DeLuz House makes the efforts at hosting and culinary instruction a seamless aspect of the Museum's everyday activities.

The third triptych focuses on the hosting and/or sponsorship of cultural events. These cultural events are meant to "entertain, educate and familiarize the general public with different aspects of performing arts including lectures, movies, theatrical performances, and concerts." Notable among these activities was a mock Cretan-style wedding held at the San Jose Historical Park with all the trimmings. The organa walked the bride and groom to an abstract altar with a choir which sang a few of the wedding hymns. A traditional wedding feast with roasted lamb and dancing followed. The HHI has also developed a program for school children who study Greece as part of their Social Science Curriculum. 6th grade social science this program includes history, language, Olympic Games, Greek folk dancing cooking and art. A Greek film festival is also part of the annual programs. All in all as far

as the HHI can determine (and I would have to agree) there is no other organization offering this kind of a complex of Greek cultural classes anywhere in the United States.

An Institute's Historical Development

Since 2005, among the many material products of the Hellenic Heritage Institute are the annual Kazamias/Almanacs. In keeping with the nature of Greek almanacs these publications offer the cultural calendar for the Hellenic community along the western coast of the United States. Predominately English-language kazamias' aside from the calendar of cultural and social events, offer 200+ pages of essays on all facets of Hellenism's culture and history, proverbs, recipes, and extensive cultural and business resources of Greeks found in the western coast of the nation. These are truly impressive volumes that, without exaggeration, could well be used in Greek school or Sunday school classes by Greek communities around the nation.

In the 2009, HHI kazamia we find an account of HHI's history development: "The Hellenic Heritage Institute (HHI) evolved from the Demotic Greek Folk Dance Group, comprised of San José State University Faculty wives. It was established in 1963 by Marina Moustakas, a faculty wife herself. The group existed for several years and performed at festivals, ethnic celebrations and international fairs.

In 1974, Marina Moustakas taught Greek Folk Dancing at the YWCA. Several faculty wives followed her there and were joined by a new group of enthusiastic dancers, among them Lorraine McBride, who became the star student of that class. Lorraine eventually took over the Demotic Dancers and directed the group with the ease of a native Greek.

In 1989 the group established itself as a non-profit organization under the name of Hellenic Traditional Arts Institute. The newly-named group continued its tradition of performance and education in the history of Greek dancing, costumes, music, and songs associated with the folklore of Greece.

In 1999 Marina Moustakas was reunited with the group, the scope of which was broadened to include many other aspects of Greek Culture and the Hellenic Heritage Museum was established. The Hellenic Museum is the culmination of years of hard work and dedication of those people who truly believe in the preservation and propagation of the Hellenic Heritage.

The first time that the concept of a Greek Museum was presented to the public, in the Bay Area, was in 1971, when the first Cultural festival took place in San José. A Museum of Hellenic Culture was built for two days only! Some of those displays are now permanently housed in the Hellenic Heritage Museum."

In 2000, Marina Moustakas relates it, by total chance; she got in touch with San Jose History Park and secured the Nelson-DeLuz House for the site of the Hellenic Heritage Museum. The rest, as they say, is history.

Marina Moustakas remains the fire-brand behind the establishment and maintenance of the Hellenic Heritage Institute. Born in Kozani, Greece Marina Moustakas first came to

the United States as a Fulbright student at the University of Oregon. Moustakas has a diploma of Social Work from Greece, a B.A. in Sociology, and the credentials to teach Greek as a Second-Language from the State of California.

In 1962, she married Evangelos Moustakas, Professor of Electrical Engineering and moved to Santa Clara California where she still lives. The Moustakas couple has two children: Aristides and Sophia, and given that both are married three grandchildren Alexia Niki, Michalaki-Dimitri, and Andrea-Aristidi.

It is no exaggeration to say that Marina Moustakas remains the very heart of The Hellenic Heritage Institute.

Cultural Outpost for Hellenism

The Nelson-DeLuz site is also the HHI's administrative headquarters. Within the Museum is one of the ongoing projects of the HHI which is the establishment of a Hellenic Reference Library. At the moment the HHI has some 600 volumes of books in Greek and English covering such topics as history, geography, Greek folk costumes, Ancient Greece, cooking traditions of the Greeks, The Olympic Games, Modern Greek Literature, Poetry, Children's stories, Byzantine architecture and culture as well as numerous volumes on Modern Greece. Most of the volumes today housed at the HHM library have been catalogued and entered into a data base by a small team of dedicated volunteers under the direction of the steadfast Ed Hughot.

Several thousand visitors a year tour through The Hellenic Heritage Museum. This says nothing of those who attend the cultural programming.

As I visited the HHI earlier this year I was struck by question of 'How is it that such an articulate and active organization remains so little known outside its immediate region?' Especially, when the evolution of this group matches many other Greek American cultural organizations around the country. Having said that let me stress the point that no other Greek-American museum or organization anywhere in the United States exhibits the socio-economic complexity of the Greek people as seen on a daily basis at The Hellenic Heritage Museum.

Just like all the cultural organizations around the United States, The Hellenic Heritage Institute of San Jose, California (95112) needs your support (www.hhisj.org 408.247-4685). As a nonprofit organization the HHI is dedicated to the preservation and dissemination of various aspects of the Greek heritage. Monetary contributions are always welcomed certainly but other forms of support are as necessary, if not more so, for this especially fine institution to function successfully as a social institution. Simply serving as a volunteer for the public programming and other events are just as valuable as gold. For the real daily effort of the Hellenic Heritage Institute, aside from education, is to pass on Hellenic culture to the next generation of Greeks in North America. Come and visit The Hellenic Heritage Museum for yourself and see how a judicious mix of Elliniki philoxenia and education always makes it the next best thing to visiting Greece. ♦



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Oakland AHEPA Family

by Harry Metaxas

AHEPA Chapter #171 and Daughters of Penelope Echo Chapter #4 Annual Thanksgiving Dinner and Awards Night.

Oakland Chapter #171 of Order of a AHEPA and the Daughters of Penelope Echo Chapter #4 celebrated their Annual Thanksgiving Dinner and Awards Night on Saturday, November 13th at the Ascension Cathedral community center in Oakland with over 120 guests in attendance. The highlights of the evening in addition to a sumptuous Holiday Dinner prepared by the AHEPA chefs included:

- Membership Pins from the chapters were awarded to many of the longtime members from the AHEPA and the Daughters of Penelope.
- Scholarships were awarded to Anthie Booras and Samantha Demetriou from the Nap Dokos Scholarship Fund.
- Chapter #171 received the "Chapter of the Year" plaque awarded at the District 21 Convention this past June in Stockton.

Thanks for the hard work of chairmen, Ben Gipson, Vice President of Chapter 171 and Tula Sostchen, Vice President of Echo 4, the event was a great success; thanks also to Steve Brogoli and George Giouzelis, chefs, and the members of the local Maids of Athena Chapter who assisted with the serving. ❖



Nick Gianopoulos receives District 21 "Chapter of the Year" plaque from District Governor, Nick Pries, also pictured are Ben Gipson, Vice President 171 and co-chair Thanksgiving Dinner event.



Samantha Demetrio receives one of the Chapter 171 Nap Dokos Scholarship awards from Nick Gianopoulos; also pictured, Steve Miller PDG and Ben Gipson 171 Vice President.

We wish everyone Happy Christmas

Greetings to all of our Friends.

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Nick Giannopoulos, President Ben J. Gipson, Vice Pres.

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Meets 2nd Tues. each month

4700 Lincoln Ave., Oakland

Dennis Metaxas, Treasurer Harry Metaxas, Secretary

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Sylvia Golfes, Advisor Tina Demetriou, Advisor to M. O. A.

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GOLDEN GATE PACIFIC CHAPTER No. 150

Meets 1st. Wednesday

Holy Trinity Church • 999 Brotherhood Way
San Francisco 94132

Paul G. Eliopoulos, Secretary/Treasurer

Harmonia Chapter #367 Walnut Creek

by Ceil Koplos

Daughters of Penelope Harmonia Chapter #367 honored Margo Drosos as District Governor and District #21 Penelope of the Year. The chapter also honored Past President, Georgia Lamph and Sylvia Golfes, Past District Governor. The festivities were held at a luncheon at Jack's Restaurant in Pleasant Hill. Members from various chapters attended the event.

Ceil Koplos, National Penelope, Echo Chapter #4, was pleased and honored to present Margo her "District #21 Penelope of the Year" pin. ♦



Vassiliki Moulas, Pres. Anne Jouganatos, Vice Pres.

Compliments of

EOS CHAPTER No. 1, D.O.P.

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San Francisco 94132

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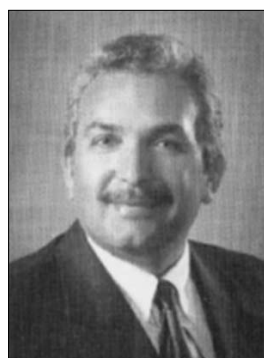
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Bev Kennedy	(209) 815-6052	email: beverlyK@olives.com

Proceeds support our Church projects, local charities and scholarships

Eos #1 San Francisco

by Stella Kyriakis

On September 1, 2010 AHEPA Chapter #150 and Eos #1 hosted a Visitation Dinner for District Lodge #21. All enjoyed the wonderful dinner that was served by Chefs John and Yvonne Stamatakis.

District Governor Margo Drosos had the pleasure of swearing in the newly elected officers of Eos #1 for the new term 2010-2011. ❖



President N. Johnson, Secretary B. Johnson, C. Fotinos



A. Argyres, A. Jouganatos, V.P.



President V. Moulas sworn in by
District Governor M. Drosos



Brothers Constantine, J. Bardis, J. Johns



Sisters C. Tsiplakos, V. Leos, M. Parashis, E. Makras



DOP District Lodge #21



Sisters M. Pappas, F. Vasilogiorgis,
Y. Stamatakis, D. Angelopoulos, L. Anagostou



Chef John Stamatakis and son with
District Governor Nick Pries.



Eos #1 Group with District Lodge #21



District Lodge with J. Dariotes PDG



Eos #1 new officers

Founders Day Luncheon 2010

by Stella Kyriakis

Our 81st Anniversary Founder's Day which took place on Saturday, Nov. 6, 2010. The Luncheon was well attended at the Fr. Kosturos Hall at Holy Trinity Church. Our Grand President Christine K. Constantine attended as well as Gov. Cleo Rumpakis, Liaison, District Governor. Margo Drosos, President Vaso Moulas of Eos #1, and our Penelope of the Year, Yvonne Stamatakis, who was honored at our Luncheon.

Kathleen Bardis, Chair of Founder's Day along with Elaine Markas, Co-chair, gave a wonderful program with dance groups from Annunciation Cathedral and Holy Trinity Church.

The evening before the Founder's Day Luncheon, Hostess Sophia Goultas opened her home for a reception for Grand Pres. Constantine. Many sisters attended to welcome our Grand President to San Francisco. ♦



District Governor Drosos, Grand President Constantine, Y. Stamatakis, Chapter President Moulas and Eos Members



Chapter Penelope of the Year Yvonne Stamatakis and Pres. Vaso Moulas



Governor Cleo Rumpakis, District Governor Drosos



Grand President Constantine and District Governor Drosos



Kathleen Bardis, Chair of Founder's Day and Brother John Bardis with guests



Marion Parashis



Hostess Sophia Goutas



Sisters enjoying themselves



Grand Pres. Constantine



Holy Trinity's Dance Group



Annunciation Cathedral Dance Group

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Article III – This Order shall be non-partisan in politics and non sectarian in religion. All partisan political and all sectarian religious discussions are prohibited in any official deliberations thereof.

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