

GOLDEN GATE DISTRICT NO. 21

# Ahepa Traveler



CHAPTERS THROUGHOUT NORTHERN CALIFORNIA AND WESTERN NEVADA

Volume 59, No. 4

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December/Winter 2011



*Merry Christmas  
and a  
Happy, Healthy and Prosperous  
New Year to All!*

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### GOLDEN GATE DISTRICT #21 DISTRICT CONVENTION

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SATURDAY, MARCH 10, 2012

LOCATION TO BE ANNOUNCED

Hosted by the San Mateo Ahepa Family

"AHEPA TRAVELER is published quarterly, four times a year March, June, September and December by Order of AHEPA, 3327 Lake Albano Circle, San Jose, CA 95135."

AHEPA TRAVELER is the official publication of Golden Gate District 21 Order of AHEPA (American-Hellenic-Educational-Progressive-Association). It is published and distributed to members and friends. There are thirty Ahepa, Daughters, Sons and Maids Chapters in Northern California and Western Nevada.

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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## ***Message from District Governor Robert Sexton***

Happy Holidays from the District 21 Lodge!

As I am writing this, Thanksgiving is just around the corner. Curiously, we will be spending the holiday in -wait for it- Death Valley. It will certainly make for an unusual and “interesting” holiday. Death Valley is one of those remarkable natural features that makes California the exceptional state it is, at least in terms of natural resources. The vast deserts of the south-east part of our state contain many natural wonders and are worth your consideration as a travel destination -at the right time of the year! Well, enough. Ask us about it when we return.

But working our way back in time through this fall season, we are looking forward to our visitation to the San Mateo chapter, who always put on a great Thanksgiving feast. (Maybe it will make up for the Death Valley experience in advance.) Our most recent foray was to the bay area for the Eos DOP chapter Founders Day luncheon, with the DOP Grand President and Vice President in attendance. And it was a double header, with a fine Thanksgiving dinner by the Oakland chapter that evening.

The prior weekend saw us visit Fresno (on Thursday), Reno (on Saturday) and Stockton (on Monday.) it made for an intense and busy weekend, especially dodging that first snowstorm over the Sierras. But it was a great and memorable trip, made especially enjoyable by the warm, hospitable welcome we were given at every chapter.

Before even that, we held the Fall Conference in Stockton, book-ended by enjoyable visitations to San Francisco and San Jose. The conference was a great success, made so by the efforts of the Stockton AHEPA family. The program included our first efforts at seminars designed to help you as members be effective officers of your chapters. Whether you are a seasoned veteran or completely new to holding a chapter office, shared experience can help you do your jobs better. Even if you are only contemplating it as a possibility, come to the next conference for more insight into the problems, both theoretical and practical, of conducting your chapters business. Our special thanks to Stockton for a job well done!

Which brings me to the theme I have been speaking on at every opportunity. All these visitations, conferences conventions and other chapter and district events do not happen by themselves. But you know that. It is the many, the group, working together that make them successful. That requires our participation, and our enthusiasm to make it all come together.

This leads me back to our constant concern -membership. It is said that a salesman has to believe in his product. Our “product” is AHEPA and our participation and enthusiasm for our organization will be the yardstick by which potential members will measure us and decide whether to join. There are many programs in AHEPA at the local, district and national level in which we can participate, and by taking part in our chapters. Persuade those prospects that AHEPA is for them.

So we are half way through the visitation cycle. January and February will see us on the road again, perhaps to visit your chapter. Our thanks go to every chapter we have visited, and will visit, for making this another great year for District 21. And don’t forget the Spring Conference to be hosted by the San Mateo AHEPA family March 10 next year. See you there!

Finally, to all of you from myself and the District Lodge, may you have a very merry Christmas and a Happy New Year.



## *Message from District Governor Helen Sexton*

Dear Sisters,  
Holiday Greetings!

As I write this message before the Thanksgiving celebration, I pause to think how fortunate we all are for all the blessings we have received, among which is belonging to our wonderful D. O. P. organization. It is encouraging and heartwarming to see, during our visitations, the cooperation, love and great works that are going on in many of our chapters.

I am very pleased to see that many chapters have acquired new members and reinstated others who had fallen by the wayside. For all of you sisters, and for all of your hard work and dedication, I am very thankful!

We are, however, faced with many challenges. But if we work together with love, harmony and respect for each other we can overcome many of these challenges. We must always keep the ideals, traits and spirit of Penelope in our hearts. If we do so, our sisterhood will become bigger and stronger and we will be able to accomplish our dreams.

Participation is key to a successful chapter and district. Our Fall Conference was quite productive and well attended. Many thanks to our hosts, the Stockton AHEPA family for a job well done. Dr. Eleni Rockas spoke on how to recognize if one is having a stroke and what needs to be done in the event. The oath of office was given to newly appointed district lodge officers, Brenda Johnson, Treasurer, and Cathy Photopoulos, Marshall, by sister Connie Banis, PDG, PGP. Also sister Cathy was honored with the presentation of a plaque by sister Connie for being selected as the district's Daughter of the Year. In addition, workshops were held on the subject of the duties and responsibilities of chapter officers.

Founders Day was celebrated by Eos #1, the mother lodge of the Daughters of Penelope, with a fabulous luncheon at the San Francisco Airport Hilton Hotel. Among the many dignitaries in attendance were Grand President Nicky Stamoulis, Grand Vice President and District 21 liaison Joanne Saltas, AHEPA District Governor Bob Sexton, many DOP Past District Governors and the Consul General of Greece, Ioannis Andreadis. Many thanks and congratulations to Eos #1 chapter President Marion Parashis and her able team for putting on a wonderful 82nd D.O.P. Birthday celebration!

The same evening, the Grand President, the Grand Vice President and both District 21 Governors attended Oakland's AHEPA Thanksgiving dinner. The Ahepans honored their long time members with their pins and presented their chapter scholarship. It was a very nice affair.

Sisters, here are some reminders:

- Memorial and Tribute donations can be made throughout the year. Please send your donations to Marshall Cathy Photopoulos. They benefit our scholarship program.
- The Spring Conference will be hosted by the San Mateo AHEPA family on March 10th, 2012.
- The Sisterhood Conference will be hosted by District 20 on April 20th -22nd, in Torrance, CA.
- The District 21 Convention will be hosted by the Sacramento AHEPA family on June 7th-9th, 2012 at the Thunder Valley Casino.
- The Supreme Convention will be held in Las Vegas on July 22nd – 27th, 2012.
- There will be NO charitable raffle this year.

Please mark your calendars for all these events. More information will be forth coming. And remember sisters, participation is the key to success!

In closing, my District Lodge and I wish you and your families a very blessed holiday season and may the spirit and good will of Christmas be with us always to guide us in all of our undertakings.



## Golden Gate District #21 Lodge Visitations & Events (Tentative Schedule)

### January

14	Saturday	Visitation	Contra Costa Walnut Creek	St. Demetrios Church TBA
21	Saturday	Visitation	Sacramento Marysville	Annunciation Church

### February

4	Saturday	Visitation	Vallejo	Sts. Constantine & Helen
11	Saturday	Visitation	Oakland	Ascension Cathedral

### March

10	Saturday	Spring Conference	San Mateo	TBA
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### April

20-22		Sisterhood Conference	Torrance, CA	TBA
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### June

7-10		District Convention	Sacramento	Thunder Valley Casino
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### July

22-27		Supreme Convention	Las Vegas	Monte Carlo Hotel
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### ***AHEPA Supports Military Family Reading Program Through The USO!***

*AHEPA National President Dr. John Grossomanides announced the organization's support of military families by selecting the United Through Reading? Military Program as a national service project, working in cooperation with the United Services Organization (USO). United Through Reading is a program that enables service members to video record themselves reading books to their children back home and provides a DVD of the recording and a copy of the book to the child.*

***Go to the following links to learn more and make a chapter or individual donation for as little as \$10***

*Join Team USO-AHEPA and Make a Donation*

*Read About the Last "I Love You" Feature in The Ahepan Magazine*

*Read the AHEPA News Release*

## ***Founder's Day Luncheon***

*The 82nd Anniversary luncheon took place on Nov. 12, 2011 at the Hilton Hotel in Burlingame. Many Daughters of Penelope chapters around the Bay Area helped celebrate this special occasion and all enjoyed themselves visiting with our Grand President Nicky Stamoulis from Seminole, FL. and Grand Vice President Joanne Saltas, Liaison to District #21 from Salt Lake City, Utah.*

*Clockwise starting top right: Brenda Johnson & GP Nicky Stamoulis*

*GP Nicky Stamoulis & Pres Marion Parashis*

*DG Helen Sexton & GP Nicky Stamoulis*

*GP Nicky Stamoulis & GVP Joanne Saltas*

*Peter Kireopoulos, Paul Eliopoulos, Jan Spanos & Sam Chicos*

*Jan Spanos, Nicky Stamoulis, Sylvia Golfes & Christie Tsiplakos*

*Photos submitted by Stella Kyriakos*





## ***Founder's Day Continued***

*Clockwise starting top right:*

*DG Robert Sexton, EOS Pres. Marion Parashis & GP Nicky Stamoulis*

*Sophia Goultas, Vasiliki Moulas, Koulas Meletis & Gina Pappan*

*Charyn Fotinos, Elaine Makras, Vivian Leo & Deanna Kanellos.*

*Consul General Andreadis, Marion Parashis & Nick Johnson*

*DG Helen Sexton GP Nicky Samoulis, Marion Parashis & Georgiou  
Family*

*Marion Parashis & Brenda Johnson*

*DG Helen Sexton GVP Joanne Saltas, Marion Parashis, Mary Chicos,  
& Sophia Eliopoulos.*

*Pres. Nick Johnson, MC Kathleen Bardis & Fr. Nico Bekris.*





**Members of EOS #1 with DG Helen Sexton and GP Nicky Stamoulis at the Founder's Day Luncheon**



**FALL CONFERENCE STOCKTON OCTOBER 8, 2011**

*Photos submitted by Marion Parashis*

**BartMary Chicos, Eva Skoufis, Vaso Moulas, Marion Parashis, Brenda Johnson**



**Brenda & Nick Johnson, Sam Chicos**



**Vivian Leos, Paul & Sophia Eliopoulos**







## ***San Francisco Visitation***

*Top left: Daughters of Penelope District Lodge  
with President Marion Parashis*

*Middle left: Mary Chicos serving the DOP Lodge*

*Middle right: Sophia Eliopoulos, DG Helen  
Sexton, Mary Chicos*

*Bottom left: Helen Sexton, Brenda Johnson,*

*Bottom right: Ahepa District Lodge. Alex Bazos,  
DG Robert Sexton, Bill Booras, Tom  
Chiarchianis*

*Photos submitted by Stella Kyriakos*







DISTRICT 21 LODGES AT THE FRESNO VISITATION NOVEMBER 3, 2011





## Serious Fun and Games: AHEPA's Third Annual Hellenic History Tournament

NOVEMBER 27, 2011

BY GREEK NEWS

New York.- By Vicki James Yiannias

A flawless combination: encouraging Greek American youth to know the history of their ancestors while providing a great, stimulating day for bonding with other kids. The Annual Hellenic History Tournament, born of Nicholas Nickas' strong desire to preserve a bit of Hellenic consciousness in our youth for as long in the future as possible, even as they lose the ability to speak Greek, is an idea with big potential.

All contestants with John Grossomanides at right and Emmanuel Moshovos at left.

Statements from enthusiastic participants (and members of the winning team of the tournament) are a case in point. High school senior, Jordan Augustinos: "I enjoyed gaining new knowledge about our long Greek history and culture in preparation for the competition, as well as competing alongside my teammates. High school sophomore, Kapetanopoulos: "It was great learning about my heritage and I enjoyed working with my friends from church. High school sophomore, Alexandra Walsh: "The tournament was a great chance for me and my friends to learn about our history and culture in a team setting." Alexandra gives a lot of credit for her success in the tournament to her study of Ancient Greek, a class taught by Mr. Mark Pearsall at Glastonbury High School.

Nikas, who is Supreme Governor of New England and Chairman of the tournament, is busy publicizing the tournament to AHEPA chapters in Massachusetts and beyond. He hopes that as more AHEPA districts decide to hold their own tournaments around the country, there will come a time to hold a national competition to determine the overall winners.

Nikas, a member of Archangels Greek orthodox Church of Stamford, CT., and resident of Old Greenwich, CT., created the Hellenic History Tournament three years ago when he was District Governor. The first tournament was held in Norwich Free Academy in 2009.

The 3rd Annual Hellenic History Tournament was held on Saturday, October 29, 2011, at the facilities of St

Barbara Greek Orthodox Church in Orange, CT. The tournament was sponsored by the chapters of Yankee District #7 (Connecticut and Rhode Island) of the Order of AHEPA and hosted by the New Haven chapter and the St. Barbara community under the leadership of AHEPAN Tom Tambis. The Supreme President of the Order, Dr. John Grossomanides, was in attendance and took an active part in the proceedings, as did District Governor Emmanuel Moshovos."

Some of the tournament's captivating team names—historical or imaginatively whimsical (and amusing)—show that in all cases, the kids got into the spirit and put thought into them: They are: the Cataphracts (from kataphraktos, "clothed in full armor"), Lacedaemonian Hoplites, Athena's Owls, Olympians, History Hunters, Demi-Gods, Greek Kouklas, Byzantine Beasts, and Herodotus.

Noting that the competition is a single elimination tournament, also known as "sudden death", Mr. Nickas explained to the GN how the tournament works.

Teams comprised of three high school students each compete with each other, on how well they know the millennia-long history of the Hellenes by answering multiple-choice questions. After every match, the losing team drops out, while the winning team goes on to compete in the next round with another winning team. Members of the team that wins the final match receive a trophy (The Hellenic History Trophy) and \$1,000 each. The second place winners each get \$500.

Who qualifies: Any student who is in grades 8-12 during the 2010-2011 academic year, is sponsored by selected AHEPA chapters in NJ, NY, CT, RI, or MA, and who either knows or wants to learn something about the 3,500 year history of the Hellenes (Greek speakers).

The tournament questions are based on Hellenika: Heritage and History, a beautiful book written by Peter Limber and provided to the participants by Dr. George Melikokis, Principal of St. Demetrios Day School in Jamaica, Queens, to study over the summer. Complete with colorful maps and illustrations of the Mediterranean region, Hellenika covers the entire sweep of Greek history, showing migrations of various peoples over time.

Chairman Nickas talked about this year's tournament, beginning with how the date was chosen. "October 29 had been chosen back in March as the best time to hold this year's tournament. It was going to be a glorious New England fall day, with mild temperatures and the sun shining on fiery orange and red maple leaves." The day before, the picture looked bleaker, with snow in

the forecast for Saturday night, but because the event was scheduled to end in the late afternoon, Nikas and Governor Moshovos decided to proceed with the plan.

By 11:30 am on Saturday, the spacious hall of St. Barbara was full of participating students, parents and volunteers who run the tournament, says Nikas, and after a brief lunch, AHEPA Supreme President John Grosomanides handed each student a certificate of participation and posed with all of them for a group photograph along with Governor Moshovos.

"I explained the rules of engagement, and by 12:30 pm the first of four rounds of competition had started. Unfortunately, so had the heavy snowstorm. Even though the students seemed focused on the competition, there was an undercurrent of anxiety caused by the desire to finish as quickly as possible and start on the long way home through the slush," Nikas recalls. "The matches were run by computers, but the computers were controlled by human moderators who were equally concerned about the drive home."

For the first time in the three-year history of the tournament, procedural missteps caused a couple of disputes, which were settled quickly by Chairman Nikas. AHEPA volunteer Greg Stamos, an attorney who witnessed the disputes, quickly came up with a protocol for handling appeals, for use in future tournaments.

Nikas explains that sixteen teams of three high school students each (48 students) had originally signed up to compete for the \$4,500 in prizes. The AHEPA chapters sponsoring teams this year were Waterbury, Hartford, Bridgeport, Danbury, New Haven, Stamford, Norwich and New Britain (all from Connecticut), Newport, RI, and guest chapters from Boston, MA, and New Rochelle, NY. By tournament day, three teams had dropped out and some teams competed with fewer than the original three students. Still, 13 matches in four rounds were needed to determine the winners.

First prize (\$1000 each) was won by the Cataphracts from Hartford, Jordan Augustinos, Elias Kapetanopoulos and Alexandra Walsh (all active members of the St. George Hartford GOYA). Second prize (\$500 each) went to Daniel Hawkins, Nicholas Manos and Ryan Vecchitto, a team sponsored by the New Britain Daughters of Penelope.

Despite the adverse weather, there were numerous expressions of appreciation from the attendees, says Nikas, noting three that stand out in his memory: "It is a memory I will cherish for a very long time"; "We had a great

time! Please have it again"; and "A superlative event! One our District should be, and is, very proud of."

#### **Note from District Governor Robert Sexton**

*Brothers- Here is one of the programs that was presented at the District Governors Conference last September. Do read the article and let me know if there is interest. This could be sponsored by one of the chapters or by the district, perhaps in conjunction with the district convention. it is an interesting idea, worth your consideration.*

#### **Note from the creator Nicholas Nickas**

*For those of you interested in having your own, I will prepare a manual on how to run your own district's Hellenic History Tournament by the end of January 2012.*

## **To The Members of AHEPA Chapter #171**

Please accept my sincere gratitude for this scholarship award. I would specifically like to thank AHEPA Chapter #171 and all its members who have contributed to the scholarship fund. This scholarship will to a long way in providing for my college expenses. As I stated in my application, I have been blessed in the opportunities that God has given me and this is another fine example of just how generous and kind we can with the Lords guidance.

I would also like to thank my grandfather, Gary Sostchen for encouraging me to apply for this scholarship. My family has been extremely supportive and this scholarship will help ease the financial burden of attaining a college education.

This scholarship will also help me to continue my journey towards becoming an Oral Surgeon and productive member of society. I am one step closer to achieving my bachelor's degree and will have my associate's degree at the end of this semester.

The AHEPA Chapter #171 Scholarship is a true example of community service and in helping students like myself to achieve their educational goals and is a fine example of what we should all strive to be doing during the course of our lives. In conclusion, I would like to quote Philo of Alexandria, a Hellenistic Jewish Philosopher, who aslo was a contemporary of Jesus Christ: "One who hungers and thirsts after knowledge is eager to learn what is not known, Abandoning all other objects of care, is eager to become a disciple, and day and night watches at the doors of those accounted wise."

Respectfully,

Alexander O'Brien

## Medical history: Compiling our medical family tree

Your family medical history provides insight into the conditions that are common in your family. Use this history to give you clues about your risk of disease.

*By Mayo Clinic staff*

Your family medical history, sometimes called a medical family tree, is a record of illnesses and medical conditions affecting your family members. Here's why a family medical history comes in handy — and how to create a family medical history of your own.

### How is a family medical history used?

You inherit half of your genetic profile from each parent. Along with the genetic information that determines your appearance, you also inherit genes that might cause or increase your risk of certain medical conditions. A family medical history can reveal the history of disease in your family and allow you to identify patterns that might be relevant to your own health.

Your doctor might use your family medical history to:

- Assess your risk of certain diseases
- Recommend treatments or changes in diet or other lifestyle habits to reduce the risk of disease
- Determine which diagnostic tests to order
- Determine the type and frequency of screening tests
- Determine whether you or family members should get a specific genetic test
- Identify a condition that might not otherwise be considered
- Identify other family members who are at risk of developing a certain disease
- Assess your risk of passing conditions on to your children

A family medical history can't predict your future health. It only provides information about risk. Other factors — such as your diet, weight, exercise routine and exposure to environmental factors — also affect your risk of developing certain diseases.

### What's the best way to gather family medical information?

Your family might want to work together to develop a family medical history. Consider kicking off the project at a family gathering, such as a holiday or reunion. Keep in mind, however, that some loved ones might be uncomfortable disclosing personal medical information — perhaps due to guilt, shame or a reluctance to face painful memories.

### If you encounter reluctance, consider these strategies:

Share your purpose. Explain that you're creating a record to help you determine whether you and your relatives have a family history of certain diseases or health conditions. Offer to make the medical history available to other family members so that they can share the information with their doctors.

Provide several ways to answer questions. Some people might be more willing to share health information in a face-to-face conversation. Others might prefer answering your questions by phone, mail or email.

Word questions carefully. Keep your questions short and to the point.

Be a good listener. As your relatives talk about their health problems, listen without judgment or comment.

Respect privacy. As you collect information about your relatives, respect their right to confidentiality.

### Medical history: Compiling your medical family tree

#### What other sources of information may be beneficial?

You might want to consult family documents, such as existing family trees, baby books, old letters, obituaries or records from places of worship. Public records — birth certificates, marriage licenses and death certificates — are usually available in county record offices. If you or your family members maintain electronic personal health records, use them.

If you're adopted, ask your adoptive parents if they received any medical information about your biological parents at the time of your adoption. Adoption agencies also might have family medical information on file. If you were adopted through an open adoption process, you might be able to discuss your family's medical history directly with members of your biological family.

### What information should be included in a family medical history?

If possible, your family medical history should in-



clude at least three generations. Compile information about your grandparents, parents, uncles, aunts, siblings, cousins, children, nieces, nephews and grandchildren. For each person, try to gather the following information:

Sex

Date of birth

Ethnicity

Medical conditions

Mental health conditions, including alcoholism or other substance abuse

Pregnancy complications, including miscarriage, still-birth, birth defects or infertility

Age when each condition was diagnosed

Lifestyle habits, including diet, exercise and tobacco use

For deceased relatives, age at the time of death and cause of death

Pay special attention to conditions that develop earlier than usual, such as high blood pressure in early adulthood, or conditions that affect multiple relatives.

### How should the information be compiled?

Once you've gathered information about your family, create a diagram that visually depicts the relationships among family members. Record medical information and other details about each person on your tree. If information about a disease or cause of death is unknown, don't guess at the answer. An incorrect guess can result in a poor interpretation of your medical history. Don't worry if some details are missing.

Give your doctor a copy of your family medical history and ask him or her to review it with you. Your doctor might ask you questions for clarification and can help you interpret the relevance of certain patterns in your medical history, including the need for preventive measures or screening tests. Going forward, update your family medical history every couple of years. Be sure to share updates with your doctor.

**Ed. Note:** Dr. Helen Rockas (Fresno Chapter) asked to have this article from the Mayo Clinic included in the Traveler. For the latest health information, you can sign up for House-call, Mayo Clinic's free weekly e-newsletter at:

**MayoClinic.com**

## EXPERIENCE THE VICTORY!

OCTOBER 10, 1911—OCTOBER 10, 2011

by Diane Petersen PGG Artemis #5

Oh my just getting on the right kind of clothes is a must. Can't show my ankles.

Get the hats, but wait it's raining so get the umbrella, too. Pick up my daughter (Athena). She looks so 1911 especially with her shoes and jacket. Raced to Sacramento in the pouring rain. Hats on, umbrellas up, and we dash across to the museum.

Put on our VOTE FOR WOMEN sashes and march with the rest of the women, men, and children to the Capitol. We couldn't stand on the steps outside of the Capitol because of the rain. So inside we go and listen to AAUW Officers, California Suffrage Singers, elected officials (including a letter from Senator Barbara Boxer), and other invited guests.

After lunch downstairs in the Capitol, we go up to hear the Suffrage Singers, then the Living History Presenters-portraying California Suffragists—Maud Younger, Caroline Severance, Clara Shortridge Flotz, and Selena Solomon, and finally see a short play. It seems that these women have something in common with Alexandra Apollides Sonenfeld. A lot of them started women's clubs and from there expanded into campaigning for the women's right to vote.

For six hours two Daughters of Penelope, from Artemis #5, Sacramento relived the moment that California men voted for women's suffrage in California by a margin of 3,587 votes. Only Washington, Idaho, Wyoming, Utah, and Colorado had previously voted for women's suffrage. This all happened nine years before the 19th Amendment was ratified.

### WE WILL NEVER FORGET THIS DAY!

#### Attention All Chapters!

Bring your chapter information up to date on the district websites; [www.ahepa21.org](http://www.ahepa21.org) and [www.dopdist21.org](http://www.dopdist21.org)

for AHEPA send information to :  
Chris Frangos at: [cfrangos@cbnorcal.com](mailto:cfrangos@cbnorcal.com)

for Daughters send information to:  
Sylvia Golfes at: [sylvia94523@comcast.net](mailto:sylvia94523@comcast.net)

## Oakland Chapter #171

By Bill Anton, Chairman

As is the tradition of Oakland Chapter #171, it was time for their annual Thanksgiving/Awards Night Dinner. Our chef, George Giouzelis and his crew prepared the traditional turkey dinner with all the trimmings, including pumpkin pie for dessert. The Oakland Chapter of the Maids of Athena did a magnificent job with serving and clean up. Thank you, ladies. After all, they are the future of the Daughters of Penelope.

Unfortunately, the Daughters of Penelope Echo Chapter #4 did not wish to participate this year. All but one of their officers decided to boycott this affair, as did a few of their close friends. They missed the good fortune of dining with our special guests, the Grand President, Nicky Stamoulis, and Vice Grand President, Joanne Saltas. Brother Robert and Sister Helen Sexton, our District 21 Governors, were also in attendance.

Sister Nicky wanted to say, "It was with pleasure that I joined you to celebrate your traditional Thanksgiving dinner. Thank you for your hospitality and wish everyone happy holidays."

A good time was had by all!

Receiving their pins were members:

Nick Apostolopoulos, 25 years  
Charles Spyropoulos, 25 years  
Nick Bulgar, 30 years  
George Giouzelis, 30 years  
George D. Demakas, 35 years  
Alex Preftokos, 40 years  
Markos Lagious, 45 years  
Chris Kiteas, 50 years

Congratulations to all and a special congratulation to lifetime member, Chris Kiteas.

*Photos by Andy Saffas*



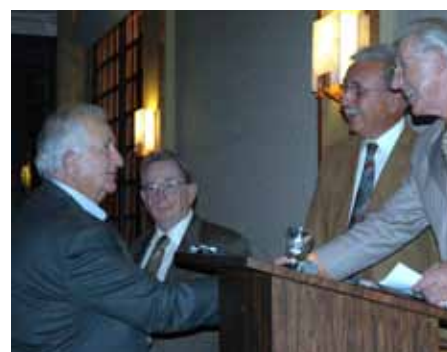
**George Giouzelis receiving his pin from Bill Anton with District Governor Robert Sexton.**



**Chris Kiteas receiving his 50 year pin from District Governor Robert Sexton.**



**Daughters of Penelope Grand President Nicky Stamoulis and Chairman Bill Anton.**



**Nick Bulgar receiving his pin from Bill Anton with DG Robert Sexton and President Harry Metaxas.**

## In Memorium

**Dr. Karl A. Konstantin MD**

October 18, 1924 -

November 22, 2011

Resident of Oakland

Karl A. Konstantin, M.D., a longtime resident and family practice Doctor in Oakland, California passed away on November 22 from natural causes at the age of 87. He is survived by his wife of 45 years, Vasiliki Konstantin, sons A.G. Konstantin, Esq. (Anna) and John K. Konstantin M.D. (Anna), daughter Sophia Counelis (George M.D.), grandsons Demetrios and Demosthenes Counelis and Kyriakos Konstantin, and sisters Maria Gerontides and Sevasti Hatzimichael. He is also survived by many cousins, nephews and nieces.

Dr. Konstantin was born October 18th, 1924 in Asia Minor. He graduated from Medical School in 1954 in Thessaloniki Greece. He immigrated to United States and eventually settled in Oakland in 1964. He met and married the love of his life, Vasiliki, in 1966. He established his medical practice in East Oakland where he served the underprivileged until health problems forced his retirement in 2007. He was a proud citizen of Oakland. Dr. Konstantin also enlisted in the U.S. Army where he served in its reserves program and retired as a Lieutenant Colonel.

He was a member and past President of the Greek Orthodox Cathedral of the Ascension in Oakland. He was very active in local and national associations that promoted his home country of Greece and particularly the Order of Ahepa and the Pan Macedonian Association.

## **Daphne Chapter #29 San Jose**

*By Laurie Sahines, President, PDG*

Here it is, December already and everyone is full of turkey and stuffing and preparing for the Christmas Holiday. Don't forget to put the reason for the season ahead of all else and take the time to reach deep into your pockets to help those who can't help themselves.

The Daughters have had a busy schedule since our meetings that began in September. We have our visitation under our belts, donated to Saint Nicholas plea for help twice, contributed to the success of the Gala, donated food cards for the needy, donated gently used bras to women in need, helped with the Volleyball Tournament held in November and together with the Ahepa had our annual Thanksgiving Dinner where we honored our Past President, Sister Helena Findikaki as well as our senior citizens. We also donated food cards to help out at Thanksgiving. Not too shabby for a beginning.

Our future events include our Christmas Ornament Exchange hosted by Sister Christine Sarantinos, annual Christmas Dinner with the Ahepa to be held on December 13th at the Flames Eatery, and the Vasilopita Tea to be held in conjunction with Saint Annas Philoptochos and the Saint Basil Mission Ministry that will be held on January 21st, 2012 in the Community Center. The speaker for this event will be our own Roberta Sardell and the proceeds this year will go to the Support a Mission Priest.

We are extremely pleased and honored this year to have a new officer in our midst, Sister Christine Sarantinos. She has graciously agreed and was unanimously elected to serve as our Treasurer. Among the many things she does here at St. Nicholas, she is also a member of our Sunday School Church Council.

I would like to take a minute of your time if I might to acknowledge some of the members of our organization who have been so active for so long.

I'd like to start with Sisters Cathy Photopoulos and Marina Moustakas who hold memberships of 11 years. Sister Cathy has gone through most of the Chairs and served as our President for three years. She has chaired and worked on almost every committee we have had, is a member of the Parish Council and is now serving as our

District Marshal. She was also named our District #21 Daughter of the Year. Sister Marina has become active and helped out in so many arenas of the Daughters at the same time promoting Hellenism through her many endeavors at the same time keeping up the many responsibilities of the Hellenic Heritage Museum.

Sister Desi Gallmeister holds 24 active years with us and has not only served as a President of our chapter but has had the honor of being our District #21 Penelope of the year. She is also responsible for our support of the battered women's shelter we donate to.

Sister Athena Mastora has held membership for 20 years and has been very instrumental in our success for the majority of her time. Festival would not be complete without her decorations and the many hours she puts serving behind those steam tables.

Our next Sister may be far away in distance but she has been so very supportive and helpful with our Festival, Ahepa Family Picnic, Ahepa Family Thanksgiving Dinner and any and all conferences we host here. She is none other than Sister Argie Gionis who holds membership for 32 years.

I would be truly remiss if I did not include a Sister who has been a very active member of the Daughters of Penelope for 43 years. She has served as officers in Chapter, District and National level and has served our Daphne Chapter in so many ways. She has served on the Grand President's Advisory Board as well as the Daughters of Penelope Foundation. Her experience and knowledge of our Organization is greatly appreciated. She served as my mentor during my term as District Governor and served as the Daughters of Penelope Grand President, the highest honor you can get in our Organization. I know I have missed a good amount of her accomplishments but we have been very fortunate to have her in our midst and is none other than Sister Connie Aretos-Banis.

My purpose in stating all of the above is to give you a glimpse into the Daughters of Penelope with what they do and the incredible amount of talent and dedication they have. If I've sparked an interest contact me at [lsahines@comcast.net](mailto:lsahines@comcast.net) – we'd love to have you join!

We wish you all a very Merry Christmas and a successful and Happy New Year.



## Fresno Chapter #151 News

By Chris Rockas, PSC

Our new officers for the 2011-2012 year have our chapter up and running. President George Gianopulos was one of our chapter's representatives to the Fall 2011 Conference. He presented a power point lecture on the function of an Ahepa Chapter. He also covered the function of each elected officer. It was well received. Also attending from our Fresno Chapter was Past Supreme Counsel Chris E. Rockas; District Marshal, George Gianopulos; Executive Secretary Bill Booras and District Governor Robert Sexton. All of us agree that the Stockton Chapter did a great job hosting the Fall Conference.

In the works for this coming year will be preparation for our 85th Anniversary Celebration to be held in 2013. We are in hopes of putting on a Grand Banquet with National and District Officers as well as state and local political personages. The latter are to be invited so that they can become aware of the accomplishments of Ahepa as well as its contribution to our general society.

Also in the works is a visit to the Downing Planetarium at Fresno State University.

On September 24, the newly formed Pan-Cretan Association, ALIKIANOU Chapter of Fresno put on a top notch dinner-dance affair wherein most of the net proceeds were donated to the newly formed Pan Hellenic Hellenism Project (formerly the National Ahepa Hellenism Project).



**Secretary Steve Alfieris of the Fresno Cretan Chapter donating a check to Chairman Chris E. Rockas of the Pan Hellenic Hellenism Project Oversight Committee.**

The evening of November 3, was the official District Lodge visitation to the Fresno Chapter. Every single district officer was present - this was an unprecedented turn out. I can't when such a 100% turn out of district offices had ever occurred. Thank you, District Lodge Brothers!

In the meantime until the next issue, we wish everyone a Merry Christmas and a Happy and prosperous New Year.



**Save the Date!**

**AHEPA Family Supreme Convention**  
**The Monte Carlo Casino Hotel and Resort**  
**in Las Vegas, Nevada**  
**July 22-27, 2012**

Book your reservation early and quickly for this wonderful destination. The Supreme Lodge and Board are excited to announce that the dates of this convention were changed in an effort to accommodate our brothers and sisters who wanted the convention in July.

Make your reservations today by calling the Monte Carlo at the number listed below or by clicking on the web site provided below.

### HOTEL RESERVATIONS

The Hotel Reservation Department's toll-free number is 800-311-8999. In order to receive the group rate, callers must identify their affiliation with Annual Supreme Convention 2012, and a group code XASC12 and confirm their reservations with a deposit prior to the cut off date.

### Direct Online Booking Link:

<https://reservations.mgmmirage.com/bookingengine.aspx?pid=MCH&host=group&code=XASC12>

## Garden City Chapter #251-San Jose

The San Jose Ahepa Family's District Lodge visitation took place on Tuesday, October 11th. District Governor Robert Sexton and Executive Secretary Bill Booras attended. District Governor Sexton presented Past President Richard Kylan with "Chapter President of the Year" award for 2011. Bill Christie was awarded "District Ahepan of the Year" for 2011.



Nick Pries, PDG, DG Robert Sexton and "Chapter President" of the year Rick Kylan



Bill Christie receiving "District Ahepan of the Year" award from District Governor Robert Sexton

**Michael Frangadakis** - *Michael is a member of Chapter 251 and a past president.*

Just after 9/11, Los Gatos Realtor Michael Frangadakis, 64, went to the U.S. Army recruiting office in San Jose and asked if there was anything an "old soldier from the '60s" could do to help the military as a civilian.



A young buck sergeant gave the Vietnam War veteran a puzzled look and asked him his age. When he told him he was 54 years old, the sergeant and others in the room chuckled upon hearing that someone over the 42-age-limit wanted to join the reserves. "Needless to say, I walked out very embarrassed," remembers Frangadakis.

But as the country went to war following the worst terrorist attack on U.S. soil, Frangadakis wanted to do something to help the young men and women being deployed to the Middle East.

In 2003, he started the Los Gatos-Monte Sereno organization Operation Yellow Ribbon to support local troops and their families. There are more than 60 soldiers from both communities serving in either Iraq or Afghanistan, according to Frangadakis.

In 2004, at a meeting with fellow Realtor Don Newhall, he learned that his friend was sad to retire from the California State Military Reserve, a component of the U.S. National Guard trained in Homeland Security.

To his surprise, the organization accepted "older" soldiers and average civilians who want to serve their country and still lead normal lives.

"Never in my wildest dreams did I ever think I would be back in uniform helping train soldiers being deployed on how to save themselves and their buddies," says Frangadakis.

The father of three is now a senior combat life-saving instructor who has taught at every major military base in Northern California. He's also trained in homeland security and is a certified military emergency management specialist, having worked two state emergencies that involved wildfires.

"I wanted our citizens to appreciate what our military was doing for us and the sacrifice involved. I want our troops to feel the gratitude they deserve from all of us, unlike the opposite feelings of the war in the '60s," Frangadakis says about his reasons for starting Operation Yellow Ribbon and joining the state reserves.

This Sunday, as the nation commemorates the 10th anniversary of 9/11, Frangadakis plans to visit the Veterans Administration Hospital in Palo Alto to offer emotional support to soldiers dealing with all kinds of post-war issues and needs, including mental health rehabilitation and post-traumatic stress disorder.

# AHEPA Chapter 246

## 19<sup>th</sup> Annual Crab fest

**\*A party at every table a must be at event!\***

**Saturday, February 25<sup>th</sup> 2012**

**5pm Vespers • 6pm no-host social hour**

- 7pm all you can eat, chowder, salad, pasta, and Crab**

Very Rev. Emmanuel Papageorge Cultural Center

313 Tokay Ave Modesto



**\$40 per Adult (13 and under \$20) ♦ 8 or 9 per table**

**Tickets at door will be \$45/\$25**

**Seating is Limited! Purchase by Feb. 24<sup>th</sup> to assure seating.**

**\*\*Due to State Licensing and Insurance reasons  
we ask that you refrain from bringing your own wine\*\***

**Tables are assigned on a first pay basis.**

**For tickets and seating arrangements fill out form on back or contact:**

**Alex Bazos (209) 524-2414**

**email: alex@laserplusmod.com**

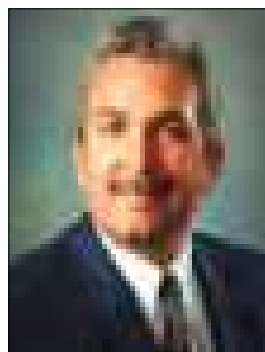
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Robert Sexton, Governor Tom Chiarchianis, Lt. Governor

### **GOLDEN GATE DISTRICT No. 21**

#### **DISTRICT LODGE**

Alex Bazos, Treasurer Bill Booras, Secretary  
Nick Pries, Advisor

Petros Priftis, President Argiris Giannikos, Vice President

Compliments of

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Meets 1st Thursday each month

St. Demetrios Church • 1056 Kirker Pass Road, Concord

Steve Filios, Treasurer George Tsapouklis, Secretary

John Lagios, President John Copoulos, Vice Pres.

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### **RENO CHAPTER No. 281**

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St. Anthony Church • 4795 Lakeside Dr., Reno, NV

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### **OAKLAND AHEPA CHAPTER No. 171**

Meets 2nd Tues. each month

4700 Lincoln Ave., Oakland

Gary Sostchen, Treasurer Dennis Metaxas, Secretary

Nick Johnson, President Diamond Leos, Vice President

Compliments of

### **GOLDEN GATE PACIFIC CHAPTER No. 150**

Meets 1st. Wednesday

Holy Trinity Church • 999 Brotherhood Way  
San Francisco 94132

Paul G. Eliopoulos, Secretary/Treasurer

**DAUGHTERS of PENELOPE**  
**2011-2012 DISTRICT LODGE**

**Helen Sexton, Governor**

Chrisanthy Panagopoulos, Lt. Governor Kathy Leles, Secretary

Kathy La Giusa, Treasurer Brenda Johnson, Marshal

Margo Drosos, Lodge Advisor/MOA Advisor

Michael Prokopakis, President Alex Giakoumis, Vice President

Compliments of

**GARDEN CITY CHAPTER No. 251**

Meets 2nd Tuesday each month

1260 Davis Street • San Jose 95126

George Berberis, Treasurer

Bill Christie, Secretary

Marion Parashis, Pres.

Elaine Makras, Vice Pres.

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

Meets 1st. Wednesday

Holy Trinity Church • 999 Brotherhood Way

San Francisco 94132

Yvonne Stamatakis, Treasurer

Brenda Johnson, Rec. Sec.

Stella Kyriakis, Coores. Sec.

Jeff Brown, President

Dr. Paul Forakis, Vice President

Compliments of

**MODESTO CHAPTER No. 246**

Meets 3rd Tuesday every month

313 Tokay Ave., Modesto, CA

Stamus Cocolos, Treasurer

Fred Thompson, Secretary



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