

Ahepa Traveler

CHAPTERS THROUGHOUT NORTHERN CALIFORNIA AND WESTERN NEVADA

Volume 70, No. 1

OFFICIAL PUBLICATION OF DISTRICT 21

Spring/March 2020

Are you ready for?

2020

WESTERN REGIONAL DISTRICT CONVENTION

WRDC Seattle 2020 information:

Chris Saites 262-488-4461 or
Chris Economou 206-940-9455



2020 AHEPA Family WRDC

The Westin Bellevue Hotel
Seattle, Washington

JUNE 18-21, 2020

Visit convention website: ahepa.wrdc.org
for

- Registration Form
- Commemorative Album Form
- Hotel Registration
and additional information

AHEPA FAMILY
SUPREME CONVENTION
AT DISNEY'S CORONADO SPRINGS RESORT
JULY 19-26, 2020

Visit ahepa.org/events for convention info

W... and four magical Theme Parks, the amazing Water Parks, spectacular Resort hotels and an exciting mix of shopping, dining and entertainment. There's something for everyone to visit Walt Disney World Resort. Plus, by purchasing multi-day tickets in advance, your family can take advantage of great value, dine with flexible options and special benefits, while experiencing everything our "World" has to offer.

Walt Disney World.

A world of magical
memories

"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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JUNE 1, 2020

Have Ritual Manual . . .
Will Travel



Can Do:

Installations
Initiations

Seminars:

Chapter Duties
Membership Drives
Charity Raffles
Rituals

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Daughters of Penelope District Governor's Message



Dear Sisters and Brothers,

I want to thank every D21 chapter for the extraordinary hospitality shown to our District 21 lodge this year. Each visitation was very special for us and we especially appreciated each chapter discussing their many activities. In addition, we shared lots of ideas to expand our sisterhood and to reach out to our church and local communities.

The Western Regional District Convention (WRDC) will be held in Seattle, WA from June 18 – 21, 2020. We will once again join our sisters and brothers from District 17, 20 and 22. It is an excellent opportunity for us to learn and share with other chapters from the western part of the U.S. and I encourage you to attend. It is time to elect your chapter delegates for this convention. It is at these conventions that the delegates make decisions for the enhancement of our district, so please consider attending! Check <https://ahepa-wrdc.org> for details.

The Ahepa Family Supreme Convention will be held at Disneyworld in Orlando, FL from July 19 – 26, 2020. I believe that this is an excellent opportunity to meet and share with your sisters and brothers from all over the world and to appreciate the depth and scope of the AHEPA family around the world. Now is the time to also elect your chapter delegates for this important convention. Supreme Convention Information and the Tentative DOP Schedule was distributed in your E-Package from National to Chapter Presidents a few weeks ago.

District 21 Reminders:

- Distribute and sell all **Opportunity Drawing** tickets. The winning tickets will be drawn at the WRDC Convention in June 2020. First prize will be \$1,000, second prize will be \$500, and third prize will be \$300. Proceeds will benefit the St. Nicholas Ranch renovation and the D21 Scholarship Program.

- **Scholarship applications** have been distributed to each chapter President and Secretary. Contact Alicia Frangos at 650-245-2256 with any questions. The Scholarship packets are located our DOP District 21 website: <https://dop21.org/scholarships/index.htm#>

- **Memorials and Tributes Program** is a perfect way to honor or memorialize someone special and support our DOP D21 Scholarship Program. The form is on the dop21.org website.

- **Growth and Expansion Contest** - Initiate new or reinstate former members by May 31, 2020. Details are on the dop21.org website. (forms and documents)

- Create Committees to choose your Chapter's **Penelope of the Year** and **Daughter of the Year**.

On behalf of the District Lodge – Laurie Sahines, Angela Christon, Mary Gavrilis, Sherri Darpinian, Helen Sexton, Foula Vasilogiorgis and I want to wish you a blessed Easter season and look forward to seeing you at the WRDC and Supreme Convention!

Love in Theta Pi,

Linda Belba

District 21 Governor



District 21 Winter Conference - San Francisco



SATURDAY, JANUARY 11, 2020

by District Governor Linda Belba

We had a very successful Winter Conference. Thanks to all who attended! We learned and shared a lot of information. Many thanks to EOS #1 and Golden Gate Pacific #150 for hosting our event. They did a fabulous job!

We were honored by a visit from Alexander Soles, AHEPA Supreme Governor Region 8, Beverly Kennedy, DOP Grand Governor Zone IV, and Kathy Leles, Grand Maids of Athena Advisor. They briefed us about the activities of the Grand Lodge.

We also had two Maids of Athena attending from Ismene Diana #163 in San Jose.

Thanks to PGP Jan Spanos for her presentation about fundraising. Near the end of the conference, we broke into separate workshops to educate our chapter officers on their duties and responsibilities.

I also had the honor to present our District 21 Penelope of the Year plaque to our newest recipient, Grand Governor of Zone IV Beverly Kennedy.



Thank You

EOS No. 1 cordially invites you to
our

THANK YOU LUNCHEON

Honoring Past District 21 Governor

FOULA VASILOGIORGIS

Sunday March 15TH, 2020

12:30 pm Reception...1:00 pm Luncheon

BASQUE CULTURAL CENTER

599 Railroad Avenue
South San Francisco CA

\$45.00 per Adult

Please RSVP by March 10th. Only paid reservations honored at the door.

Reservation Questions: Judith Rigas 650-755-6048

Print Name: _____ Phone No: _____

Salmon with Champagne Sauce and rice "or"
Rack of Lamb with scalloped potatoes
(Choice also includes salad, vegetable, dessert and wine)

Print names and meal choices for each person attending with you on reverse

\$45.00 X _____ (number of adult guests) = \$_____

Make checks payable to DOP EOS No. 1 and mail to
Judith Rigas, 37 St. Marks Court, Daly City, CA 94015

Fresno Chapter 121 Sons of Pericles Basketball Team

Congratulations to a group of 7 Sons of Pericles from Fresno, California who went to Seattle Washington to a Sons of Pericles sponsored “Greeks in Seattle” basketball tournament.

The Fresno team won their first two games to qualify for the championship game. Unfortunately in a tightly contested game they were defeated by the host Seattle team to earn second place.

Ahepa District 21 would be proud of their effort, sportsmanship, and willingness to participate in this event. The Fresno Sons of Pericles Chapter 121 appreciates all the financial support they received from Ahepa District 21, Ahepa Chapters, and individual Ahepans to attend this year tournament, but also last year when they attended tournaments in Long Beach and Atlanta Georgia.



Bottom row left to right: Alex Mazare, Harrison Wolf, Aidan Wolf, Laith Khoury, Sons of Pericles Advisor Ioannis Kokkinidis. Back row left to right: Coach Stamus Cocolos, Bassel Khoury, Trace Mathias, Jerad Simonian.

San Jose Ahepa Family kicks off the Lenten season with an Apokriatiko Glendi/Madre Gras Dinner and Dance



Farewell Letter from Elias and Loula Tsiknis

Daly City, February 14, 2020

From the desk of Elias Tsiknis

Dear Brothers and Sisters of the San Francisco AHEPA family.

It is with heavy heart and mixed feelings that Loula and I are leaving you, our Brothers and Sisters, after so many very good years of Family life and with so many moments and events that are forever in our hearts and fun memories. I was initiated in the AHEPA on February 26, 1969 and many of you are part of my family for that many years and I cherish those memories as well as the ones that came afterwards. Also I had convinced my wife Loula to join into the DOP EOS #1 and she also made you all her new Family since.

For more than 25 years we also made you our business customer's family and we had a lot more chances to see and enjoy this relationship.

Together we saw your families grow and your children were our nephews and nieces or that's how they felt and they gave us their respect and love to carry for the rest of our lives... All that is what we call the sadness that our hearts feel, as we get ready to take off to a new destination, but in reality an old one. We had decided to sell the business and move back to Greece for the later years of our lives and we are looking forward to this new chapter with the relatives and new friends to fill our hearts... That makes the happy events we are looking forward to and prepare ourselves for... We are sure of that and we will try to keep in touch with you via e-mail and Facebook...

We wish you ALL in our AHEPA Family good Health, Happiness, Joy of life and the future may bring us together again in some event or visit or anything else. We thank you for being there for us every time...

We will never forget you!!!!

KALH ANTAMOSH BROTHERS AND SISTERS.

Elias and Loula Tsiknis

Elias and Loula Tsiknis Farewell Response

Good Evening Sisters and Brothers,

A sad farewell with tears and laughter, mixed with so much emotion, namely LOVE! The Daughters of Penelope, EOS#1 and the Golden Gate Pacific #150 Chapters of San Francisco bid farewell to long time members, Sister Loula and Brother Elias Tsiknis, on their awesome journey and exciting adventures in their retirement years in our beloved Greece! God be with you both, and may each day be filled with utmost love and exhilarating happiness!

Truthfully? After today and listening to your kind and heartfelt words of wisdom, I am so ready to travel to Greece and live out my years with you both as well!!! Can you all imagine? You won't have to drive a car!! The church, the caffenios, the butcher, the baker, (did someone say "the candle stick maker"?) , are all within walking distance. No need for a car! Support, love and most important, Elias and Loula, your family is within reach. God is good!

Today, once again, proved to me what our Ahepa Family provides for our own well being. Elias, I remember many, many years past when you worked with my daughter, Suzanne, at KTSE. You loved her, and you wouldn't go "on air" if she wasn't directing. You were amazing, supportive and such a "fatherly figure". Thank you!

Loula, thank you for all you did to make our lives easier, especially when we had our Daughter meetings. You always were so generous! I will, personally, never forget running into your store and saying, "I need the GOOD filo, Loula! I'm making spanakopita for my kids!"

Today, at Holy Trinity Church, we gathered together during the "coffee hour" to bid farewell to two outstanding citizens, a unique Sister and an amazing Brother! It's NOT a goodbye! It's a "'til we meet again"! If it was good enough for Roy Rogers, it's good enough for us.

A special "thank you" to Tasia Misthos, Effie Makras, Christi Tsiplakos, Diane Antonis, Eva Skoufis, Ernie Antonis, John Bardis, and Pete Kireopoulos for hosting such an eventful occasion. Father Aris? You are so the best! Thank you for always standing by us!!! AXIOS!

Love in Christ, and

Love in Theta Pi,

Marion Parashis

Memo from Vasilios Kalavrouziotis

Chair of the AHEPA Technology Toolkit Committee

Email Phishing has been an issue that has been brought up by many members of our AHEPA community.

What is Phishing?

Phishing is the fraudulent attempt to obtain sensitive information such as usernames, passwords and credit card details by disguising oneself as a trustworthy entity in an electronic communication. Typically carried out by email spoofing or instant messaging, it often directs users to enter personal information at a fake website which matches the look and feel of the legitimate site.

Many organizations fall victim of "Spear Phishing", which is a targeted attempt to extort information or money from individuals. A large organization like AHEPA is susceptible to this because it has so many members and it is easy to find out the basic information and pretend to be someone else who need of fellow members from websites, Facebook, events, news articles, etc.. This doesn't mean we should abolish all new technology and only communicate with carrier pigeons; we simply need to be a little bit more diligent with our communications.

How What to look for in a phishing email

How to spot a fake message from a fellow member. AHEPA is a large organization with thousands of members so it is difficult to know everyone. These steps will help keep us safe.

FOLLOW UP - One way to keep yourself safe from disclosing information or transferring money to a fake member is to follow up in person or with a phone call. A good practice is to include a signature in your official emails that may include a contact number for people to confirm verbally.

SPREAD THE WORD – If you're feeling suspicious, get more people on board with the conversation. Follow up with people that would be in the know. Also letting others know of what's going on will keep them alert and protect them from falling for a scam as well. Two heads are better than one.

DO NOT SHARE PERSONAL INFO – If someone is reaching out to you, that you don't know, and needs your social security number, do not give it to them. Use common sense when it comes to sharing information. Exercise caution when talking to people you do not know personally.

How to spot a fake message from a fake company or organizations. Many times, you may receive an email that has a bogus invoice or asks you to sign in and fill out something.

Generic greeting. Phishing emails are usually sent in large batches. To save time, Internet criminals use generic names like "First Generic Bank Customer" so they don't have to type all recipients' names out and send emails one-by-one. If you don't see your name, be suspicious.

Forged links. Even if a link has a name you recognize somewhere in it, it doesn't mean it links to the real organization. Roll your mouse over the link and see if it matches what appears in the email. If there is a discrepancy, don't click on the link. Also, websites where it is safe to enter personal information begin with "https" — the "s" stands for secure. If you don't see "https" do not proceed.

Requests personal information. The point of sending phishing email is to trick you into providing your personal information. If you receive an email requesting your personal information, it is probably a phishing attempt.

Sense of urgency. Internet criminals want you to provide your personal information now. They do this by making you think something has happened that requires you to act fast. The faster they get your information, the faster they can move on to another victim.

Go through Official Channels. A good rule to follow is to avoid clicking links in emails and go through the official websites.

For example you receive an email from "rewards@amazonrewards.com" that says to sign in and claim your \$50 gift card, you may think that it is a good deal, but they would send you to a fake amazon sign in page where they can steal you username and password. If you want to check something go to the official site. If you did indeed win a gift card, they wouldn't keep it on a secret site, but rather inform you directly on their official website.

This is a basic guideline to avoid falling for scams. Below are a few links for more information about phishing. The internet isn't as scary as we all think, we simply need to be a little diligent and smart about how we use it.

Please refer to the following useful links as well.

How to Recognize and Avoid Phishing Scams. <https://www.consumer.ftc.gov/articles/how-recognize-and-avoid-phishing-scams>

7 Ways To Recognize A Phishing Email: Email Phishing Examples <https://www.securitymetrics.com/blog/7-ways-recognize-phishing-email>

What is phishing? <https://www.zdnet.com/article/what-is-phishing-how-to-protect-yourself-from-scam-emails-and-more/>

Avoiding Social Engineering and Phishing Attacks. <https://www.us-cert.gov/ncas/tips/ST04-014>

Vasilios Kalavrouziotis For more information contact me at Jerseyfreshmedia@gmail.com

With its four magical Theme Parks, two amazing Water Parks, spectacular Resort hotels and an exciting mix of shopping, dining and entertainment, there's never been a better time to visit Walt Disney World Resort. Plus by purchasing multi-day tickets in advance, your family can take advantage of great value along with flexible options and special benefits while experiencing everything our "World" has to offer.

Walt Disney World.

A world of magical
memories

Disney's Animal Kingdom Theme Park Disney Springs Disney's Fort Point Disney's Yacht & Beach Club Resorts

The AHEPA Annual Supreme Convention
July 19-26th, 2020
Disney's Coronado Springs Resort
Start planning your trip today!
<https://www.mydisneygroup.com/ahepa2020>

Book your rooms for Supreme Convention 2020!

AHEPA Headquarters has already gotten numerous inquiries as to when you'll be able to start booking rooms for the 2020 Supreme Convention in Walt Disney World. The answer? Now!

Headquarters has worked with Walt Disney World to secure a room rate of **\$174/night** at the brand new **Coronado Springs Resort!**

Just like the last convention we had in Orlando, in order to take advantage of this rate, you must be an active, dues paying member of AHEPA. If you are not, you will have to pay the non-AHEPA rate for the room, upwards of \$400/night.

Reservations should be made online. We expect this convention to be one of our biggest and best, so don't miss out! Book today!

<https://www.mydisneygroup.com/ahepa2020>



AHEPA Family District 21 Project

AHEPA & DOP Chapters



ST. NICHOLAS RANCH BOYS DORM RENOVATION PROJECT

Total project cost \$ 180,000

Completed Phases I & II - consisting of two dorm rooms - at cost of \$100,000

Remaining goal of \$ 80,000 to complete third dorm section (\$50K) and conference room (\$30K)

Your generous contributions will help us reach our Phase III and Phase IV goals.

\$ 180,000
Total Goal

\$ 100,000
Achieved



Project entails new plumbing & fixtures, electrical, flooring, doors, windows and paint.

Individual, corporate or group donations welcomed and appreciated.

Please make checks payable to Greek Orthodox Metropolis of San Francisco - indicate AHEPA Dorm Project in memo

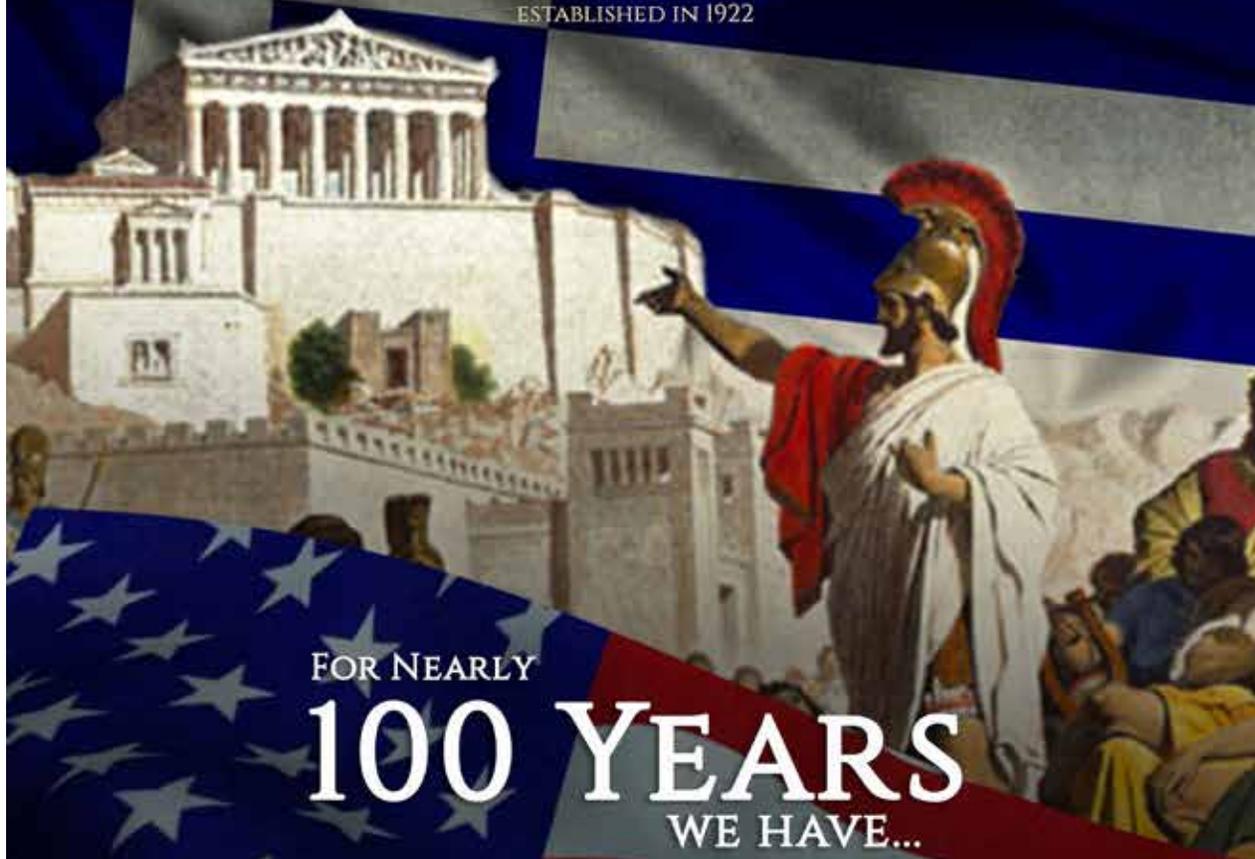
Hand checks to Chapter President ... or mail to Greek Orthodox Metropolis of San Francisco, 245 Valencia Street, San Francisco, CA 94103

THANK YOU FOR YOUR SUPPORT !

JOIN THE ORDER OF AHEPA

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ESTABLISHED IN 1922



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AHEPA.ORG





AHEPA VETERANS REGISTRATION

AHEPA Medal for Military Service is awarded to all veterans in Honor of their service to the United States.

“The Mission of the Order of AHEPA Veterans Committee is to archive and recognize all veterans of the Order and Hellenic community through sound communication and publication. Furthermore, to conduct fund raising and philanthropic outreach through a cohesive, limited, yet well defined activity that reflects well on the Order of AHEPA and brings credit to the organization at large.”

The AHEPA Medal for Military Service, approved by the 106th Congress, was presented to all AHEPA veterans present at the 34th Biennial Congressional Banquet, March 29, 2000. The Supreme Lodge then encouraged its districts and chapters to present this medal to its deserving veterans unable to attend this banquet. It is this committee’s intent to register AHEPA Veterans and have the AHEPA Medal presented at appropriate events at the District and Chapter levels. Funds collected through this effort cover medal production and other administrative costs to include shipping. Remaining proceeds will be donated to the Wounded Warrior Program annually.

Eligibility requirement for AHEPA Medal for Military Service includes Honorable Service and Discharge. Service includes Active Duty, National Guard, or Reserve status of the United States Armed Forces. REGISTER ONLINE AT WWW.AHEPA.ORG. File a copy with your chapter Secretary after registration is complete. Medals are normally shipped in the fall and in time for Veteran’s Day celebrations in November.

Registration form on next page



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*

3/26/2018 REVISION

AHEPA VETERANS REGISTRATION

AHEPA Medal for Military Service is awarded to all AHEPA veterans in honor of their service to the United States.



“The Mission of the Order of AHEPA Veterans Committee is to archive and recognize all veterans of the Order and Hellenic community through sound communication and publication. Furthermore, to conduct fundraising and philanthropic outreach through a cohesive, limited, yet well-defined activity that reflects well on the Order of AHEPA and brings credit to the organization at large”

AHEPA Medal is available for all AHEPA Family members, SOP & MOA will be respective adult group
 AHEPA Veterans committee is run under direction of AHEPA National Lodge, AHEPA.org

The AHEPA Medal for Military Service, acknowledged by the 106th Congress, was presented to all AHEPA veterans present at the 34th Biennial Congressional Banquet, March 29, 2000. The Supreme Lodge then encouraged its districts and chapters to present this medal to its deserving veterans unable to attend this banquet. It is this committee’s intent to register AHEPA Veterans and have the AHEPA Medal presented at appropriate events at the District and Chapter levels. Funds collected through this effort cover medal production and other administrative costs to include shipping. Remaining proceeds will be donated to the AHEPA Veteran Affairs projects annually.

The eligibility requirement for AHEPA Medal for Military Service includes Honorable Service and Discharge.

Service includes Active Duty, National Guard, or Reserve status of the United States Armed Forces. Please fill out the form and use this information to register at <https://ahepaveterans.org>. **MAIL THIS FORM ONLY IF YOU CANNOT COMPLETE THE REGISTRATION PROCESS ONLINE, NEED ASSISTANCE, OR IF SENDING A CHECK.**

File a copy with your chapter Secretary after registration is complete. Complied excel sheet can be attached for multiple awards ordered by respective Chapters or Districts Veterans Committee Chairman. Please have a completed bottom form below for each medal requested

Mailed to: LAST NAME: _____ FIRST NAME: _____ TITLE: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP CODE: _____

E-Mail: _____ DAYTIME TELEPHONE: (____) _____

1. Medal QTY / 1 per Veteran or Family of Deceased Veteran, qty _____ @ \$ _____ (\$10.00 per medal)
2. Donation to AHEPA Veteran Affairs projects (\$10.00 per, requested) \$ _____ (donation)

Remit your check to “AHEPA” (or credit card via the website) \$ _____ TOTAL

Pricing: **\$20.00 total** is requested per medal to provide a Medal and to assist the AHEPA Veteran Affairs Projects

Address if mailing in a check: **AHEPA HQ (Attn: Veterans Affairs)**

Note: Please write “**Veterans Medal**” in memo section of check **1909 Q Street NW
 Washington D.C., 20009**

Please fax documents to 866.679.6562 or email to webmaster@ahepaveterans.org if preferred,
 proof of payment will be needed before any medals are shipped

VETERAN REGISTRATION

Please have a completed form below for each medal requested

VETERANS LAST NAME: _____ FIRST NAME: _____ MIDDLE INITIAL: _____

BIRTH DATE: _____ DISTRICT # _____ CHAPTER # _____ CITY _____ STATE _____

1. (Check One) AHEPA DOP MEMBER # _____
2. (Check One) Army _____ Navy _____ Marine Corp _____ Air Force _____ Coast Guard _____
3. (Complete) Highest Rank: _____ Dates of Service (Years only) _____
4. (Complete) Highest Medals and Decorations: _____
5. (Circle) Retired / Confirm Honorable Discharge if **not** retired
6. Personal Information:

Note: Families may also register deceased Veterans for inclusion in our future “Virtual Wall of Honor”.

Additional information is required about the deceased Veteran:

1. Killed in Action (KIA): Date _____ Conflict / Location: _____
2. Missing in Action (MIA): Date _____ Conflict / Location: _____
3. Deceased Veteran: Date _____ Burial City: _____

ORDER OF AHEPA
Chapter Presidents and Secretaries 2019-2020



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Stockton #212 Second Wednesday St. Basil Church	Tom Chiarchianis 209 576-1665 59tommyc@gmail.com	George Kaplanis 209 888-5548 georgekaplains@hilton.com
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Reno #281 Third Thursday St. Anthony Church	Dr. John Lagios 775 892-2421 doclagios@gmail.com	John Copoulos 775 883-7332 ioannis51@sbcglobal.net
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DAUGHTERS OF PENELOPE
Chapter Presidents and Secretaries 2019-2020



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Artemis #5 Sacramento Third Tuesday Annunciation Church	Jan Spanos, PGP 916 925-9022 janspanos@aol.com	Diane Petersen 916 214-4644 ladypetersen@earthlink.net
Sparta #18 Stockton Second Tuesday St. Basil Church	Maria Karapanos 209 727-7042 maria@karapanos.net	Eleni Zarefakis 209 815-3637 elleni@netscape.net
Daphne #29 San Jose Second Tuesday St. Nicholas Church	Laurie Sabines 408 823-0111 lsahines@comcast.net	Victoria Panayotopoulos 408 564-3525 hello@victoriasmyrniotis.com
Phaedra #64 Modesto Third Tuesday Annunciation Church	Sherril L. Darpinian 209 345-6964 sherrid@igniteu.com	Tina Gianopoulos 209 342-0690 tinaki26@gmail.com
Leto #71 Fresno 1st Wednesday St. George Church	Evelyn T. Boosalis 559 297-1762 eveboosalis@comcast.net	Lorraine Bukilika 559 224-6554 manalbukilika@sbcglobal.net
Elis #89 Reno Third Sunday St. Anthony Church	Nikki Feister 775 852-2640 nfeister@yahoo.com	Barbara Contos 775 358-8577
Urania #290 San Mateo Third Thursday Holy Cross Church	Matina Polakis 650 345-9290 matinap@sbcglobal.net	Alicia Frangos 650 595-2036 alifrangos@gmail.com
Harmonia #367 Walnut Creek First Thursday TBA	Margo Drosos 925 932-3547 yasoumargo@comcast.net	Open

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Stockton, California

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