

GOLDEN GATE DISTRICT NO. 21

Ahepa Traveler

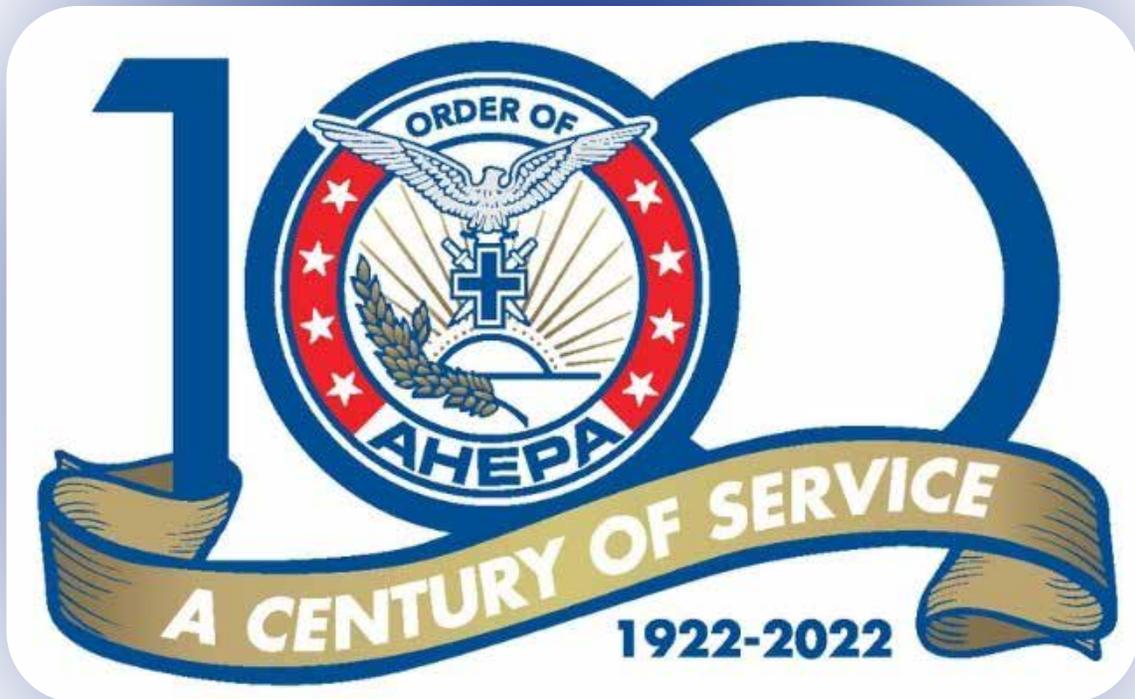


CHAPTERS THROUGHOUT NORTHERN CALIFORNIA AND WESTERN NEVADA

Volume 72, No. 2

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Summer/June 2022



In this issue . . .

District Convention - pages 6-7
Supreme Convention - pages 8-9
Chapter News - pages 11-21
Scholarship Awards - pages 21-31
Rhetoric of Aristotle - page 32
..... and much more!



"AHEPA TRAVELER (Est. 1950) 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.

EDITORIAL STAFF - AHEPA TRAVELER

BILL CHRISTIE, Editor
Editorial Staff for
AHEPA and AUXILIARIES
408 891-9225
Email: billchristie1@mac.com

Traveler Ads Manager
George Koumis
Cell 916 607-3020
Email: georgekoumis@outlook.com

Daughters of Penelope Traveler Editor
Alicia Frangos
Cell 650 245-2256
Email: alifrangos@gmail.com

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Will Travel



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Installations
Initiations
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Charity Raffles
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**AHEPA DISTRICT LODGE
2021-2022**

Website: www.ahepa21.org

District Governor

Chris L. Frangos, Jr.
650 868-2402 Email: christofrangos@gmail.com

District Lt. Governor

Mark Hallock
916 956-5188 Email: mjhallock@mac.com

District Secretary

George Koumis
916 607-3020 Email: georgekoumis@outlook.com

District Treasurer

Demos Papadopoulos
916 601-5569 Email: demos@MyCaRealtor.com

District Warden

Dr Vassilis Zarifis
650 796-9710 Email: vgzari@gmail.com

District Marshal

George C. Buck
209 478-8903 Email: garrettbuck83@gmail.com

District Chaplin

Steve Miller, PDG
510 569-2876 Email: fogmog2@yahoo.com

District Advisor

Alex Mallas
650 591-1010 Email: almallas@yahoo.com

District Athletic Director

Stamus Cocolos
209 545-1787 Email: scocolos@yahoo.com

District Sons Advisor

Dr. Ioannis Kokkinidis
540 260-5598 Email: piraesus34@gmail.com

Chairman District Scholarship Foundation

Chris L. Frangos, Jr.
650 868-2402 Email: christosfrangos@gmail.com

District Auditor

Andrew Mastoras
559 439-3311 Email: amastoras@comcast.net

District Legal Counsel

Steven Alfieris
559 696-9691 Email: sa@pappastv.com

**DOP DISTRICT LODGE
2021-2022**

Website: www.dop21.org

District Governor

Linda Belba
Cell 408 234-9226
Email: ljbelba@yahoo.com

District Lt. Governor

Alicia Frangos
Cell 650 245-2256
Email: alifrangos@gmail.com

District Secretary

Maria Karapanos
Cell 209 559-5101
Email: maria@karapanos.net

District Treasurer

Bev Kennedy, PSG
Cell 209 815-6052
Email: capoodlegiris@gmail.com

District Marshal

Angie Legakis
Cell 408 666-2963
alegakis@yahoo.com

District Lodge Advisor

Foula Vasilogiorgis
Cell 415 378-7200
Email: fouladopdistrict21advisor@gmail.com

District Maids of Athena Advisor

Open

District Scholarship Chairman

Alicia Frangos
Cell 650 245-2256
Email: alifrangos@gmail.com



AHEPA GOLDEN GATE DISTRICT 21

AHEPA District 21 Governor's Message



Dear AHEPA Family,

As we look forward to summer and a more open world , I hope to see you at our District Convention in Stockton on June 10-12th. We are planning a nice event hosted this year by your District Lodges. We will have meetings on Friday followed by a welcome night and a bowling event .

I would like to congratulate our scholarship recipients . On Saturday we will honor our students at the Scholarship luncheon.

Saturday evening our Glendi will be held.

Please help sponsor our convention by having each chapter donate \$100 for our sponsor banner in lieu of an ad book. Sponsor forms should be in the traveler.

I hope, if you want to go to the AHEPA event of the century , to see you in Florida for AHEPA's 100th anniversary convention. This promises to be an all out convention.

As we wind down for the chapter meetings and elect new officers I look forward to a normal year with the District visiting your chapter once again. I hope all the chapters are meeting in person again.

The district lodges are going to put out a 100th anniversary album for our district which will chronicle our chapters' histories and also raise funds to finish paying off the St. Nicholas ranch project. I have found this year that we have interest in people becoming involved with the AHEPA family and we must seize the opportunity to welcome new members into our organization. I was able to attend the Daughters founders day in San Francisco, and I was very happy with the turnout at our conference in Sacramento (Elk Grove Church). We have many new changes happening and we hope to have a good turnout at the convention. I hope everyone had a good celebration for AHEPA day and I hope to see you all soon.

Fraternally,

Chris Frangos

AHEPA District #21 Governor



Daughters of Penelope District 21 Governor's Message



Dear Sisters and Brothers,

I want to offer you my sincerest thanks for your love and support. I have absolutely enjoyed, and I appreciate my tenure as DOP D21 Governor! I will admit that I was a bit apprehensive at first, yet the Grand Lodge, Past District Governors, District Lodge Officers, Chapter Officers, and Members were instrumental in guiding my journey. I learned that we are all sisters and brothers with a common passion reflected in our mission: Promoting Hellenism, Education, Philanthropy, Civic Responsibility, and individual Excellence! I can honestly say that this has been a rewarding experience that I will cherish.

District 21 2022 Annual Convention June 10 – June 12, 2022

I am looking forward to our District 21 AHEPA Family Annual Convention, to be held from June 10 – June 12th in Stockton, CA. This will be our first in person Convention in three years! I hope you have chosen to attend as we will meet and plan to advance our goals and mission within our communities.

AHEPA Family Supreme Convention July 17 – July 23, 2022

I plan to attend the AHEPA Family Supreme Convention at the Walt Disney World Resort in

Orlando Florida from July 17 – July 23, 2022. I hope to see many of our D21 members attend! This is the event that truly displays the influence and reach of our Order, and we make new forever friends from all around the world!

More information can be found on www.ahepa.org

Thank you to my District Lodge for their commitment and support; Lieutenant Governor Alicia Frangos, District Secretary Maria Karapanos, District Treasurer Mary Gavrilis, District Marshal Angie Legakis and District Advisor and PDG Foula Vasilogiorgis. You have been a joy to work with!

To all Chapter Officers and members, I thank you from the bottom of my heart for your continuous dedication and contributions. I value the relationships I've made with you. You are leaders in your communities, and I am grateful to know you!

Finally, I want to thank the AHEPA D21 Governors I served with, current Supreme Governor Region 8 Alexander Mallas and District Governor Chris Frangos. It was a pleasure to work together with you to promote growth and improvement in our District.

Love in Theta Pi,

Linda Belba

District 21 Governor

Follow us on



AHEPA Supreme Governor's - Region 8 Message



AHEPA Family,

This year we saw a lot of progress relating our Chapters and Districts activities and the Covid situation/A lot of Chapters continue the zoom meetings, many started in person meetings and a few Chapters have hybrid meetings, in person and zoom meeting, for those members who choose to attend remotely. The latter saw significant improvement in members' attendance. Looking forward starting next September to visit as many Chapters as my schedule allows. I am honored to represent our Region at all the 2021 Supreme Lodge Meetings and convey the National news, messages and projects to our Region Districts leadership.

The winter Conferences took place in Palm Desert for District 20 on 1/21-1/23 and District 21 at Elk Grove on 1/29. Attended both, they were very successful and productive.

I want to take the opportunity to thank all the Brothers and Sisters who helped, like every year with the same enthusiasm, organizing the 201 years of Greek Independence, March 25, 1821, celebrations, raising the flags at State Capitols, City Halls and had the City Councils issue proclamations!

I had the honor to be invited by the Honorable General Consul of Greece in San Francisco, Mr. Sokratis Sourvinos, to attend the celebration at the City Hall hosted by the Mayor of San Francisco, the Honorable London Breed.

I am looking forward to meeting all of you in person at the upcoming District Conventions: District 21 in Stockton, 6/10-6/12 and District 20 in Las Vegas, 6/16-6/19. Hope to see you in Orlando for the Supreme Convention, July 18-22 to celebrate together AHEPA's 100 years anniversary!

Fraternally,

Alexander Mallas



District Convention Banner and Album Sponsor Opportunities

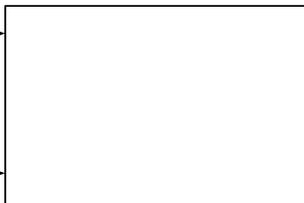
BANNER EXAMPLE

**AHEPA FAMILY GOLDEN GATE
DISTRICT #21
90th ANNUAL CONVENTION STOCKTON
JUNE 10 - 12, 2022**



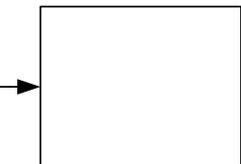
Platinum Sponsor (\$500)

10"x15" on Banner & Album Outside Back Page or Album Inside Front Cover



Platinum Sponsor (\$400)

10"x15" on Banner & Album Inside Back Page



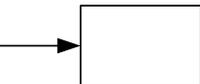
Gold Sponsor (\$250)

8"x10" on Banner & Album Full Page



Silver Sponsor (\$150)

5"x10" on Banner only



Bronze Sponsor (\$100)

4"x 6" on Banner only

NOTE: Banner size will be approx. 30"x80". The final area for each ad may be slightly different to utilize the total available Banner area best.



Guaranteeing the Future of AHEPA

AHEPA Capital Campaign

In preparation for the Centennial Celebration, the Order of AHEPA has created an opportunity for its members and supporters to become part of the organization's history, international presence and lasting legacy.

Special salutes in the historically significant AHEPA Global Headquarters building, located in downtown Washington, DC, may be reserved and secured by any member or Chapter, District and National officer. This permanent messaging, located on a commemorative wall in the lobby entrance, is limited to 1,000 donors, who may honor a chapter, a family member, a birthplace or a milestone (subject to the approval of the Campaign Chairman).

Individuals may secure their tribute with a \$250 donation. Donations in the name of a family member are available for \$500. Recognition of AHEPA chapters are \$750 and courtesies to AHEPA districts are provided for \$1000.

Become an AHEPA Legend by joining the ranks of our Legacy Program. The Centennial Legacy program is a special status which enables AHEPA members to leave a lasting impression on our great organization.

When you become a Legacy member you

One: You are helping us strengthen the AHEPA – where no one does more for the Greek American (Hellenic) community.

Two: Making a strong statement of support in honor of our 100th Anniversary which is quickly approaching July 26, 2022.

Three: Setting an example to other AHEPA members who may not yet see the fulfillment of membership like you already have.

Learn more about the AHEPA Capital Campaign at: ahepa.org/ahepa-century-capital-campaign/



AHEPA Centennial Supreme Convention

JULY 18 - JULY 22, 2022

The Order of AHEPA turns 100 next year, and to celebrate, we're taking you back to the happiest place on earth, the Walt Disney World Resort in Orlando, Florida! Pack up your families and bring plenty of sunscreen to join the AHEPA in this once in a lifetime celebration of a century of service!



Our 2020 Disney Convention had to be postponed due to the pandemic, so in 2022, we're going to make up for it and bring you a week full of fun that you won't want to miss out on! We've worked with Walt Disney World Resort to secure a special convention rate for our attendees of \$179/night plus tax and we anticipate that these rooms are going to sell out quickly!

Meetings will start on Monday, July 18th and Installations will conclude the convention on Friday, July 22nd, but we encourage you to take advantage of our rate and plan your family vacations around these dates. Our room rate is available at the Coronado Springs from July 13-26th! Visit the link below to book your room today!

mydisneygroup.com/ahepa2022

CELEBRATE **100 YEARS** OF AHEPA AT THE HAPPIEST PLACE ON EARTH!



2022 marks the Order of AHEPA's 100th Birthday, and to celebrate, we're taking you back to the happiest place on earth, the Walt Disney World Resort in Orlando, Florida! Pack up your families and bring plenty of sunscreen to join the AHEPA in this once in a lifetime celebration of a century of service!

We've secured rooms at Disney's Coronado Springs Resort starting at the rate of \$179/night + tax and resort fee. Reservations can be made online by visiting mydisneygroup.com/ahepa2022

Disney's Coronado Springs Resort
1000 West Buena Vista Drive
Lake Buena Vista, FL 32830
(407) 939-1000



CONVENTION AGENDA

SATURDAY JULY 16

AHEPA Housing Meetings

SUNDAY JULY 17

AHEPA Housing Meetings
DOP Grand Lodge Meeting
DOP Foundation Meeting
AHEPA Supreme Lodge Meeting
AHEPA BoT Meeting
Official AHEPA Welcome Ceremony

MONDAY JULY 18

AHEPA National Golf Outing
AHEPA & Guest Registration
AHEPA General Session
DOP Registration
DOP General Session
AHEPA & DOP Committee Meetings
Local Event

TUESDAY JULY 19

AHEPA & Guest Registration
AHEPA General Session
DOP General Session
DOP Registration
AHEPA Family Athletic Luncheon
AHEPA Committee Meetings
AHEPA Greek American Dance @ EPCOT

WEDNESDAY JULY 20

AHEPA Convention City Golf Outing
AHEPA Family Awards Brunch
AHEPA General Session
DOP General Session
AHEPA Committee Meetings
Sons of Pericles General Session
Maids of Athena General Session
Hellenic Cultural Comm. Presentation
AHEPA Service Dogs for Warriors
AHEPA 100th Anniversary Event @ EPCOT World Showcase EPCOT

THURSDAY JULY 21

SOP & MOA Celebrate the Youth Awards
AHEPA PSP Breakfast
AHEPA Hellenic History Tournament
AHEPA General Session - Voting
DOP General Session - Voting
DOP Salute to Women
AHEPA Family Grand Banquet
AHEPA Family Grand Ball

FRIDAY JULY 22

AHEPA Family Officers Installations
DOP Grand Lodge Meeting
AHEPA Supreme Lodge Meeting
AHEPA BoT Meeting

WWW.AHEPA.ORG/SUPREME-CONVENTION

Yiasou Elias! Christos Anesti!

After 53 years apart we had Easter together with my brother Demetrios... Finally we did it this time in his house in Gravia and we were very Happy to have our family together!!!!

Elias Tsiknis



GOLDEN GATE DISTRICT 21
Spring Conference March 19, 2022
Hosted by the Sacramento AHEPA Family

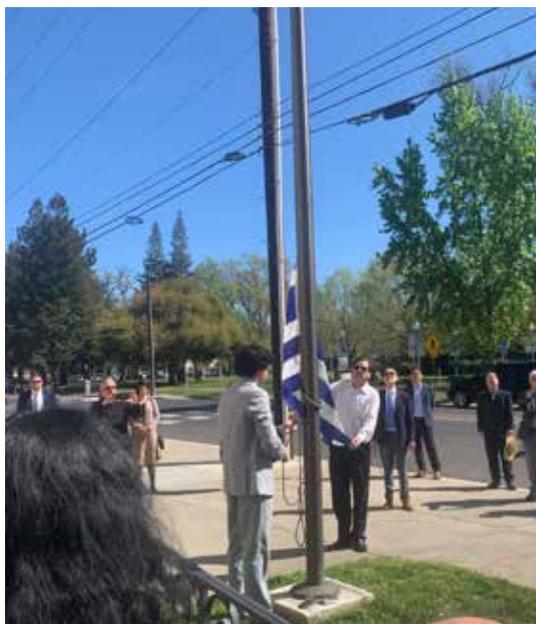


Sacramento AHEPA Family Celebrates Greek Independence Day

The Sacramento AHEPA family organized the raising of the American and Greek flags after the conclusion of the Holy liturgy on March 25th at Annunciation Church. The Annunciation Choir led the participants with the National Anthems.

Alexander Eriksson, the son of Brother Dan Ericksson and Sister Dr. Maria Sampanis (Past Maids of Athena President), did the honors in raising the flags.

A luncheon followed the flag-raising event at the Hellenic Hall and a speech by Sister Dr. Sampanis. In her remarks, Dr. Sampanis traced people's quest for freedom from the ancient times, to the 1821 heroes, to today. Some projector slides accompanied the presentation.



Sacramento Ahepa Family Remembering an AHEPA Founder

After the conclusion of the March 25th celebrations at the Annunciation Church in Sacramento, AHEPA Brothers from Chapter 153 and DOP Sisters from the Artemis Chapter visited the Sacramento Historic Cemetery. At the cemetery, the AHEPA family visited the gravesite of one of the eight

AHEPA founders, Spiros J. Stamos. Fr. Robinson from the Annunciation performed a Trisagion, and AHEPA performed a modified version of the AHEPA funeral ceremony. Flowers with an olive wreath were also laid at Mr. Stamos's gravesite.

Brother Kuchulis, an Ahepan for 67 years, personally knew the founder talked briefly about Mr. Stamos and the wonderful and delightful person he was.



Sacramento Ahepa Family Celebrates AHEPA DAY . . .



To commemorate AHEPA Day, the Sacramento AHEPA Chapter 153 and DOP Artemis Chapter #5 co-sponsored Artoklasia and coffee hour at the Annunciation and St. Katherine's Churches.

Artemis 5 - Sacramento

by Diane Peterson, PGS

WE ARE ON THE GO!

On March 19th we hosted a successful District #21 Conference at St. Katherine's Greek Orthodox Church in Elk Grove. (Pictures include all Past District Governors who attended with District Governor Linda Belba).



March 25th Raising the Greek flag at Annunciation Greek Orthodox Church in Sacramento. (Picture of some of the Daughters of Penelope who attended this event).



The Daughters of Penelope attended the Mother's Day Luncheon on May 7th at St. Katherine.



AHEPA Family Day was celebrated on May 15th at Annunciation and St. Katherine Churches. (Pictures are from the event at St. Katherine).



The AHEPA Family from the Sacramento area are looking forward to the District #21 Convention in Stockton from June 10th to June 12th.

On June 21st the Artemis #5 Chapter will install our new 2022-2023 officers and initiate two new members at our meeting at the Hellenic Center in Sacramento.

On July 3rd the AHEPA Family will once again be sponsoring a 4th of July Luncheon at St. Katherine.

Some members will be attending the National Convention in Orlando at Disneyworld.

As you can see WE ARE ON THE GO IN THE SACRAMENTO AREA.

Stockton Sparta Chapter #18

by Stephanie Leles

DOP Sparta Chapter #18 hosted a Cinco de Mayo Bingo Fundraiser for their National and Local Projects.

The Stockton Daughters of Penelope Sparta Chapter which was originally established in 1934 hosted our second virtual Bingo night fundraiser on Thursday, May 5, 2022 via Zoom. This is the 160th anniversary of Mexico's victory over the French Empire at the Battle of Puebla.

We had 14 participants from Arizona, California, New Jersey and New York who joined in the fun! Before the games started, we had each player introduce themselves. Our Bingo caller was Stephanie Leles, who efficiently called out the words associated with Cinco de Mayo instead of numbers which kept the players really engaged and on their toes! We played four games including Traditional (5 in a row - either horizontal, vertical, or diagonal), Border, Letter X, and Coverall/Blackout. Prizes included cash of \$50.00 or \$50.00 gift cards of their choosing. The lucky winners of the evening

were Chrisanthy Panagopoulos and Maria Franco, who was our two game winner! We had a tie during Blackout and the two winners were Popi Costa and Eleni Stathoudakis. The proceeds from Bingo night will benefit the Daughters of Penelope national and local projects.

We were honored to have George Karatzia who is Region 3 PSG, National Project Chairman for the AHEPA Service Dogs for Warriors and the newest Maids of Athena Theodora Chapter 282 Advisor in Holmdel, NJ. AHEPA District 6 Lt. Governor Chris Pappis, District 21 Governor Linda Belba and District 21 Secretary Maria Karapanos joined us. Also participating were District 21 PDG's Kalliope Fousekis, JoAnne Panagopoulos and Kathy Leles. Sparta Chapter #18 officers and members were amongst the participants.

We greatly appreciate everyone's donations and support for these special causes. It was a fun evening seeing and enjoying each other's company via Zoom. We plan on continuing virtual Bingo night annually, so keep a lookout for next year as a different holiday will be picked!



Photo by Stephanie Leles

San Mateo and San Jose Daughters of Penelope Enjoying Social Gatherings . . .



DOP Sisters Daphne #29 San Jose and Urania #290 Belmont met for lunch and games at the home of District 21 Governor Linda Belba. We had 16 attending including PDG Kalliope Fousekas and Laurie Sahines. Played Pictionary and Charades. We truly had a wonderful fun time.



DOP Urania San Mateo sisters invited Daphne San Jose sisters for "Lunch and Sweets" at Cafe La Tartine in Redwood City. We all had a wonderful time laughing and sharing! And. . . we were all honored as "GEMS."

San Mateo AHEPA Family Celebrates AHEPA Day at Church of the Holy Cross

On May 15 the San Mateo chapter of the Daughters and AHEPA celebrated AHEPA Day with an Artoclasia during liturgy.

After Church the Daughters sponsored the coffee hour that featured fruit and pastries.

The AHEPANS led by two new members cooked and wrapped and served gyro sandwiches which were sold as a fundraiser for the St. Nicholas Ranch District Project.

Our banner was prominently displayed to show the church congregation all the activities that the AHEPA sponsors.



**COME CELEBRATE
AHEPA DAY
COFFEE HOUR AND GYRO LUNCH
DONATIONS \$10
TO BENEFIT
ST NICHOLAS RANCH DORMITORIES RENOVATION
SPONSORED BY SAN MATEO CHAPTER 392**

San Mateo AHEPA Chapter Initiates Four New Members

Brothers at San Mateo #392, Tuesday April 12, 2022. The new members are: Charles Gagas, Arthur J. Smith, Taso Zografos and Ernie Giotinis.



San Jose AHEPA Family Celebrates Greek Independence Day

by Jacqui Argyres

Photos by Victoria Panayotopoulos

www.VictoriaPam.com

On Friday, March 25, 2022 at 4:00pm, the American Hellenic Educational Progressive Association (AHEPA), the Daughters of Penelope (DOP) and the Maids of Athena (MOA) celebrated the 201st Anniversary of Greek Independence at a special Greek Flag Raising Ceremony at San Jose City Hall Plaza. San Jose Councilmember Pam Foley of District 9 hosted the ceremony with special guests Alexander Mallas, AHEPA Supreme Governor, Region 8, Linda Belba, DOP District 21 Governor and the Honorable Socrates Sourvinos, Consul General of Greece in San Francisco.



Vice Mayor Charles “Chappie” Jones and Councilmember Foley presented a proclamation signed by the full council honoring Greek Independence Day. In addition, San Jose City Hall’s iconic glass rotunda and tower are being symbolically illuminated in the colors of the Greek flag for seven days.

Councilmember Foley spearheaded this special tribute to the Greek American community.

“San Jose is home to a strong and vibrant Greek-American Community,” stated Councilmember Foley. “Today, we raise the Greek Flag inside the San Jose City Hall Plaza to celebrate their outstanding contributions to our City and to commemorate Greek Independence from the Ottoman Empire.”

Distinguished local Greek-Americans attending included Dr. George Zioulas, AHEPA Past District 21 Governor, Nick Pries, President of the AHEPA Silicon

Valley Chapter #251 and Past District 21 Governor, Laurie Sahines, DOP Daphne #29 Vice President and Past District 21 Governor, and Ereni Delis, President of the Maids of Athena Ismene #163.



“On behalf of AHEPA Silicon Valley Chapter 251, I would like to thank the City of San Jose, Vice Mayor Jones and Councilmember Foley for their full support and acknowledgement of the San Jose Greek Community in commemorating Greek Independence Day,” said Nick Pries.

“We would like to thank the entire City of San Jose for this honorary gesture,” stated Linda Belba. “As Americans of Greek heritage, we take special pride in knowing that ancient Greece was the birthplace of democracy. We honor our forefathers who gave their lives for the independence of the modern Greek nation.”

Maids of Athena President Delis added, “It is a significant day for Greek people around the world and events like this one ensure that the struggle for Greece’s independence will not be forgotten.”



Greek Orthodox Reverend Fathers Christopher Metropoulos and Nebojsa Pantic as well as a large contingent of parishioners from St. Nicholas Greek Orthodox Church in San Jose attended the ceremony. In addition, a group of St. Nicholas dancers performed traditional Greek folk dances.

San Jose AHEPA Family Celebrated AHEPA Day - Sunday, May 15th

AHEPA Silicon Valley Chapter, Daughters of Penelope Daphne Chapter and Maids of Athena Chapter joined together to celebrate AHEPA DAY on Sunday, May 15, 2022 at St. Nicholas Greek Orthodox Church along with the Church Community.

During the Liturgy following the Lord's Prayer and before the Sacrament of Communion the St. Nicholas Church School held their 2022 Graduation program. Ahepans Mike Frangadakis and Ted Tsortos are the 12th grade teachers under the direction of Superintendent Vicki Ryan. Brother Ted was the MC of the graduation program. He presented the 2022 class and helped with the presentation remarks about the graduates and assisted Father Pantic with their awards. Brother Mike spoke about the importance of today's parents bring their children to church and enrolling them in the Sunday School program.

Graduates Andreana Argyres (who is member of the San Jose Maids - profile below) and Sotiris Kougiouris spoke about their experience in Sunday School, thanking their teachers and Fathers and about their future plans.

Andreana will attending University of California Davis majoring in Cell Biology and Sotiris will be attending University of California Santa Cruz majoring in Computer Science. They were both presented Certificates of Achievement and gifts from the AHEPA, Daughters and Maids.

Brothers Frangadakis and Vassilis Zarifis presented the award and gifts from AHEPA, District 21 Governor Linda Belba from the Daughters and Chapter President Erene Delis from the Maids. They all included brief remarks about their activities.

Following Liturgy Fathers Christopher Metropoulos and Nebojsa Pantic conducted a Memorial Service remembering our departed brothers and sisters. The Memorial Service was followed by an Artoklasia (blessing and breaking of the bread) for the wellbeing of the San Jose Ahepa Family and the Church Community.

The AHEPA Family hosted the coffee hour with sweets, fruit, coffee, kollyva and artoklasia served by the Daughters and Maids. The Sunday School parents hosted a free BBQ with all the trimmings, dessert and beverages. Ahepans Nick Pries, George Pries and Jimmy Barrous assisted with the BBQ.

I was a great AHEPA DAY!

Celebrating 100 Years of Service!

Profile of Andreana Argyres . . .

Andreana Argyres was initiated as a member of the Maids of Athena in March 2019. She has been actively involved from the beginning. She took on a leadership position as president from August 2019 to August 2021 and is currently the Vice President.



Throughout the years with the Maids Of Athena Andreana has volunteered in the community. These are some of the events Andreana volunteered. St. Nicholas food festival. served food in dining hall with AHEPA Family, Belmont Holy Trinity food festival, prep helped with baking of melomakarona and Linus Project making blankets for underprivileged children.



Andreana is actively involved in fundraising for national and local charities. Such as Smile of a Child with See's candy sales, JED Foundation with See's candy sales, bake sales and recycle drive, Next Door Solutions with bake sales and Catholic Worker Hospitality House food drive.



San Jose AHEPA Silicon Valley Chapter Holds Social Event

On May 19th San Jose Ahepans held a no host social and dinner at Tasso's Restaurant in San Jose for members and potential members. It was a very enjoyable event greeting and meeting one another after so months of inactivity.

San Jose Ahepa Family BBQ will take place on Tuesday, June 14th at the St. Nicholas Church Courtyard. Come join us!



Spiros Kalogeropoulos & Theo Fkias



Bill Christie & Mike Frangadakis



Vassilis Zarifis, Panos Panagopoulos & Ted Tsortos



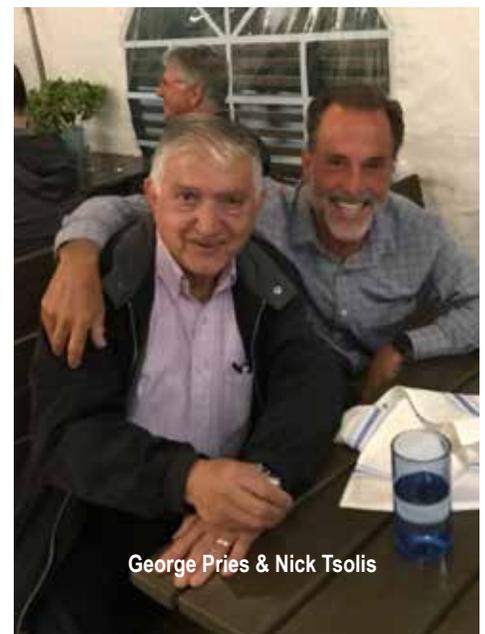
PDG George Zioulas, Panos, & SG Alex Mallas



PDG's Steve Bolaris & Nick Pries



DG Chris Frangos & Vallerie Bolaris



George Pries & Nick Tsolis

ORDER OF AHEPA GOLDEN GATE DISTRICT 21 2022 SCHOLARSHIP AWARDS



Congratulations
 to the
2022
Golden Gate
District 21
Scholarship
Recipients



Laith Khoury

Fresno Chapter 151

AHEPA District 21 Scholarship – \$2500

Laith Khoury graduated from Clovis North High School with a 4.1 GPA. He has been admitted to Cal State University, Fresno and will pursue a B.S. degree in Electrical Engineering. Laith wrote an exceptional personal essay. He is a 7 semester Cal Scholarship Federation honoree and basketball team member throughout high school. Laith's community service includes GOYA Youth Group, Sons of Pericles, where he has been VP for 2 years, acolyte, Kefi dance group performer and others. His application includes two strong reference letters. One from his guidance director remarks Laith "standing out from peers academically, athletically and in character". Mentioned also is his volunteer experience with the Red Cross in Amman, Jordan (developing global experience). His priest's reference letter lists Laith's wide volunteer experience and outstanding care for others.

Congratulations!

ORDER OF AHEPA GOLDEN GATE DISTRICT 21 2022 SCHOLARSHIP AWARDS



Corinna Kalogeropoulou

Silicon Valley Chapter 251

AHEPA District 21 Scholarship – \$2000

Corinna Kalogeropoulou is working toward a M.S. in Nutritional Sciences at the University of Alabama at Birmingham. While working full-time as a financial analyst and maintaining a 4.0 GPA, Corinna serves as nutrition education coordinator for the non-profit Taylor Street Farm, whose mission is to create a sustainable local food system and build community. She also plans weekly nutrition classes for Recovery Café, which serves those struggling with addiction, mental health challenges and homelessness. Corinna has attended St. Nicholas Orthodox Church throughout her life. She values her Greek heritage and culture, and weaves delicious Greek recipes into her nutrition education. Upon completing her master's degree, Corinna plans to become a registered dietitian to help people prevent illness and improve vitality in their lives.



Kylie Affholter

Phaedra 64 Modesto

AHEPA District 21 Scholarship – \$2000

Kylie Affholter attends California State University, Stanislaus, where she seeks a B.S. degree in Kinesiology. Her personal essay mentions a passion “to help people through injuries, specifically sport rehabilitation”; also mentioned is a desire to become a physical therapist. Kylie’s official transcripts list an impressive 4.0 GPA and Dean’s List honor. She mentions several community and school activities such as Greek Dance, Alpha Xi Delta Sorority, Maids of Athena media manager, piano teacher to children, Gospel Mission participation and others. Two reference letters are highly complementary. One mentions Kylie as “naturally polite and respectful”. The second from her Math/Bible/Yearbook instructor mentions his “deepest respect” for her outstanding work ethic, character “unmatched by her peers”.

Congratulations!

ORDER OF AHEPA GOLDEN GATE DISTRICT 21 2022 SCHOLARSHIP AWARDS



Demetri Stamos

Phaedra 64 Modesto

AHEPA District 21 Scholarship – \$2000

Demetri Stamos attends UC Santa Barbara. After his first quarter, he discovered a new passion for Economics and ended up switching his major to study in this field. He also studied Modern Greek in his first semester and started a Greek club on campus with his peers in the class. His instructor wrote him a glowing letter which mentions his “collaborative spirit”, “great enthusiasm and extreme dedication” which helped him in his acquisition of the language and in encouraging his classmates in their own studies of Greek language and culture. Demetri has been active in his church throughout his life, serving altar, engaging in multiple Greek youth groups, and participating in Greek dance as a dancer and instructor.



Marina Alexander

Sacramento Chapter 153

AHEPA District 21 Scholarship – \$2000

Marina Alexander attends San Diego State University with a goal of a B.A. in Journalism/ Public Relations. Her GPA is 3.9 and she holds the honor of being on the Dean’s List for Fall 2021. Marina is a member of Alpha Gamma Delta Sorority, positive. One letter from her Oakmont High School Honors Chemistry instructor mentions Marina as a “model student” and her participation in the Placer County National Charity League. A second letter from her High School Psychology Instructor mentions her great energy and volunteer work for the County SPCA. Also mentioned is her “easily one of the most genuine, caring, and hardworking students I’ve had in 10 years of teaching”.

Congratulations!

ORDER OF AHEPA GOLDEN GATE DISTRICT 21 2022 SCHOLARSHIP AWARDS



Marika Alexander

Sacramento Chapter 153

AHEPA District 21 Scholarship – \$2000

Marika Alexander is currently attending San Diego State for her undergraduate degree with a future goal of obtaining a master's degree in Kinesiology as part of her path in pursuing a career in physical therapy. She has a GPA of 3.92 and was on the Dean's Honor List in Fall 2021, as well as joining the Alpha Gamma Delta sorority at her college. Her volunteering throughout high school displays a strong sense of compassion and active involvement in her community, and she cites her desire to give back to the people of her community as a driving force in her professional goals.



Nikolas Flocas

San Mateo Chapter 392

AHEPA District 21 Scholarship – \$2000

Nikolas Flocas attended the College of San Mateo and completed his A.A. degree in Economics. This fall, he is transferring to San Jose State University where he will earn his B.S. in Business Administration and Information Systems. Niko writes a highly personal essay with reference to overcoming learning challenges; Three references are enclosed in his application. One letter from his CSM counselor mentions his "solid critical thinking skills". A letter from Father Tom Felactu, formerly of Belmont's Church of the Holy Cross, mentions Niko's long-standing participation in Greek Dance, Lenten Retreats, GOYA, Acolyte Altar, and others. He also mentions that Niko is a "genuine loving young man" who is respectful and faithful. The third reference mentions him being a "model student".

Congratulations!

ORDER OF AHEPA GOLDEN GATE DISTRICT 21 2022 SCHOLARSHIP AWARDS



Ryan Hatton

Phaedra 64 Modesto

AHEPA District 21 Scholarship – \$2000

Ryan Hatton attends Modesto Junior College. His goal is to attend Stanislaus State University for Electrical Studies and his personal essay mentions interest in becoming an electrician.. Ryan’s GPA is 3.5. He is a four-year athlete in football (2021 First Team All-League Offense Line at Downey High School) and a two-year track and field participant. His church and community activities include five years of dance, work at food festivals, and local church clean up. Two reference letters are highly complementary. One from his Modesto Parish Priest mentions Ryan’s integrity, sense of values and fairness in treatment of others. The second letter from his boss at a local laundromat mentions his strong work ethic. Also mentioned is Ryan’s part as an Acolyte, assisting with Hope and Joy youth groups, and Greek Dance ministries.



Stephanie Breeze

San Mateo Chapter 392

AHEPA District 21 Scholarship – \$2000

Stephanie Breeze attends the University of Wisconsin at Madison and where she is pursuing a B.S. degree in Business (Supply Chain & Marketing). She has earned an impressive GPA of 3.9, which lands her on the Dean’s List. Stephanie is a member of Delta Gamma Society where she is the Director of Funds and By-Laws. She is also the Marketing Coordinator for the Women’s Network. Stephanie has been a member of Holy Cross Church, Belmont all her life, and she participated in youth groups and danced in Greek Orthodox FDF competitions for 10 years. She has also volunteered in the Shelter Network. Stephanie’s dance director praises her as a ‘superior role model for youth’. Another recommender mentions her exceptional “curiosity and yearning to gain deep experience” in her field.

Congratulations!

DAUGHTERS OF PENELOPE GOLDEN GATE DISTRICT 21 2022 SCHOLARSHIP AWARDS



Nikoletta Karapanos

Sparta 18 Stockton

Ekaterini Tsakopoulos Memorial – \$2000

Nikoletta already had her scientific research and writings published during her undergraduate career before moving forward to pursue her Master's degree in Cultural Resources Management at Sonoma State University. Her recommenders laud her character and work ethic, saying that she will "easily become a valuable archaeologist" and they "look forward to her contributions to our discipline." It is also clear that her outstanding academics are paralleled by a genuine, thoughtful, good-hearted character. Nikki credits her Greek heritage as a major influence in all aspects of her life, and devotes much of her time and effort as a dance director at her church and as a member of the Maids of Athena as well as Daughters of Penelope.



Andreana Argyres

Daphne 29 San Jose

Angela Mouroufas Memorial Scholarship – \$2000

Andreana is a compassionate, action-oriented leader and bright scholar, noted by her teacher as "a top student of his 32-year career." As one of the driving forces behind the revival of her chapter of Maids of Athena (MOA), Andreana served as president for 2 years and led many successful internal and external initiatives such as charitable blanket-making, fundraising, and writing letters to people affected by the pandemic. In addition to MOA, Andreana participates in GOYA, volunteers in church events, performed in high school music, and earned a biomedical internship. She will study Biology at UC Davis in the fall, and cites her Greek heritage as one of the forces driving her interest in the medical research she hopes to conduct in the future.

Congratulations!

DAUGHTERS OF PENELOPE GOLDEN GATE DISTRICT 21 2022 SCHOLARSHIP AWARDS



Raisa Gagag

Urania 290 San Mateo

District 21 Scholarship – \$2000

Raisa is a thoughtful, intelligent young woman who is filled with the desire to good unto others and puts that into action with gusto. Her personal statement showcases the pure motivations and kind personality guiding her actions, and her long list of charitable volunteer work for nonprofits and other selfless causes speak for itself. Additionally, her service to the church ranges from teaching Sunday School, singing in choir, speaking in the oratorical festival, and volunteering in many church events. Raisa will continue her education studying Radiology and the Russian language at College of San Mateo. One recommender states simply, “if Raisa isn’t qualified for this scholarship, I don’t know who would be.”



Laith Khoury

Leto 71 Fresno

District 21 Scholarship – \$2000

Laith is a strong scholar with many distinctions and honors on his resume, but more importantly, he is a compassionate individual whose service clearly displays his dedication to his community. He served his chapter of Sons of Pericles for 2 years as president and 2 more as secretary, all while excelling at school and giving over 120 hours in his local service group Teens That Care and countless more to the church in altar, GOYA, the dance group, and volunteering. One recommender describes Laith as someone who “knows who he is, looks you in the eye and has a firm handshake,” a personality that shines through in his frank, witty, and passionate personal statement. Laith looks forward to studying Electrical Engineering in the fall at CSU Fresno.

Congratulations!

DAUGHTERS OF PENELOPE GOLDEN GATE DISTRICT 21 2022 SCHOLARSHIP AWARDS

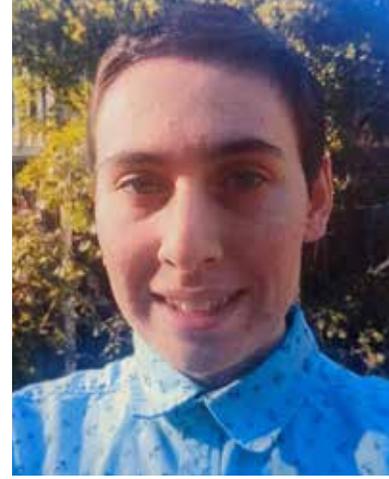


Jonelle Agelopoulos

EOS 1 San Francisco

District 21 Continuing Education – \$2000

Jonelle is a recent graduate from Chico State University and will return for a Master's degree in Communication Sciences & Disorders. While studying in her undergraduate program, Jonelle found her passion in her linguistics courses and followed it. This included participation in the National Student Speech Language Hearing Association and working as a behavioral interventionist at Full Circle Speech Therapy, as well as serving as the philanthropy chair for her sorority. Her professor praises her as "someone who stood out during online learning with her impressive academic dedication & engagement during difficult times," and Jonelle's passion for her path is clear in both her own words and those of her recommenders.



Maria Morrison

Urania 290 San Mateo

DOP Past District Governors' Scholarship – \$1500

Maria is an individual with a strong, admirable character and an impressive work ethic and talent shared in school and the community. Singing in the church choir, participating in the church drama program, and studying in Greek School, Maria has actively given time and energy to the Greek faith and community. One recommender reports, "Maria is a delightful person: hard-working, smart, and generous." As a Middle College student, Maria has already completed a significant number of college-level units with stellar grades, and is looking forward to following a career path combining art and business in the prestigious Illustration/Animation BFA program at San Jose State University in the fall.

Congratulations!

DAUGHTERS OF PENELOPE GOLDEN GATE DISTRICT 21 2022 SCHOLARSHIP AWARDS



Kylie Affholter

Phaedra 64 Modesto

District 21 Scholarship in memory of Ted Boosalis – \$1000

Kylie is a talented and intelligent young woman whose hard work and motivation has resulted in excellence in her academics, musical and athletic activities, and community engagement. In her Greek community, Kylie has been involved in YAL, Greek dance, and Maids of Athena alongside her other extracurriculars. A back injury in high school athletics inspired her to pursue sports rehabilitation, and she also expresses interest in the potential for incorporating music therapy into rehabilitation. One recommender commends her “outstanding work ethic, character, community service, and clear sense of purpose.” She is currently pursuing a BS in Kinesiology from CSU Stanislaus, and credits her faith and family as major supports in her journey.



Demitri Stamos

Phaedra 64 Modesto

District 21 Scholarship – \$1000

Demitri has a rare passion for the work he takes on, whether it be academics, community service, faith & fellowship of his Greek community, or seemingly anything else he sets his mind to. His involvement in the Greek community includes dancing and instructing dance, GOYA, altar, the Pancretan Youth Association, and most recently Modern Greek classes and newly founded Greek club while studying Economics at UC Santa Barbara. Demitri describes his excitement at sharing his language, heritage, and culture with peers in his Greek class and club, and his professor describes his eagerness to assist others as “as crucial and commendable as his own determination and great effort shown in class.”

Congratulations!

DAUGHTERS OF PENELOPE GOLDEN GATE DISTRICT 21 2022 SCHOLARSHIP AWARDS



Madison Higham

Urania 290 San Mateo
District 21 Scholarship in memory
of Kay Chiarichianis – \$1000

Madison displays a clear pattern of identifying a passion and finding concrete ways to act on it that benefit the people around her. From volunteering in local horse therapy with trauma victims, to creating and running a profitable jewelry business, to writing a successful \$750 grant to create and build a pollinator garden at her high school, Maddi is a creative and dedicated doer. One recommender says, “her multifaceted mind and thoughtful ideas will make her an asset to anything she chooses.” She will study Landscape Architecture at Cal Poly San Luis Obispo in the fall, inspired by her environmental endeavors and the significant positive impact of purposeful landscaping in her own community.



Ryan Hatton

Phaedra 64 Modesto
District 21 Scholarship in memory
of Bill Panagopoulos – \$1000

Ryan is a wonderful, good-hearted young man who displays a great dedication to his community and church. He is always ready to help, and his “team player” attitude is apparent in his community, athletic background, and employment. One recommender says that Ryan “brings true grit and truly knows what it means to ‘grind’ to accomplish goals.” While working 30 hours a week as a manager for a local business as well as assisting with his boss’ property management, Ryan is currently pursuing his higher education at Modesto Community College and intends to transfer to CSU Stanislaus for a BS in Electrical Industries to pursue his goal of becoming an electrician.

Congratulations!

The Rhetoric of Aristotle – a summation.



Roman copy in marble of a Greek bronze bust of Aristotle by Lysippos, c. 330 BC, with modern alabaster mantle

Aristotle is generally credited with the development of Rhetoric in ancient Hellas. Rhetoric is the art of persuasion according to Aristotle. Persuasion is not to be confused with deception.

Why is this study of Rhetoric important in ancient Greece and perhaps more so today? Because persuasion leads to agreement and cooperation while discord leads to violence.

Aristotle is thought to have developed the Rhetoric during his times in Athens between 367-347 and again 335-332 B.C.E. As was his following of learning via the Socratic method of teaching and learning, Aristotle was exposed to many ideas and points of view. He coalesced these into his books of Rhetoric.

Aristotle wrote in what is considered “ancient Greek” – a learned language of the time, predating Latin and English. Thus, his works were translated numerous times in the last century with varying degrees of accuracy. I was exposed to this body of work as a college freshman at West Virginia University. As a somewhat admittedly lazy student, I didn’t realize the power I was holding in my hands. Later I understood that I had received a gift of knowledge that spanned millennia.

Again, simply stated, the Rhetoric of Aristotle outlines the art of persuasion. Consider that in uncertain times – as many as six centuries B.C.E. – civilized people gathered to discuss and propose solutions to the topics of the day. Could those topics include the economy, crime, disease, war, famine, natural disasters, the arts, politics, and even gossip? Yes! Very similar are the problems of today echoing from the past.

Understanding how to persuade others to a true course of action to solve problems, defeat enemies, stop unfounded gossip – persuasion is the key. Aristotle studied this and wrote down his findings to serve us today. It all starts with consideration of the audience: who is the listener of rhetorical persuasion then to elicit emotions and trust.

Why is the “Rhetoric” important today? Knowledge is indeed power. Unquestionably continual learning is known to be an extension of self-awareness and leads to a better, more productive, healthier and satisfying life. Gaining this knowledge and power is achieved by determining whether the arguments can be trusted and how the arguments are accepted. Has the listener learned to identify deception that is not truth and fact, but in reality lie and fiction? What about the ability to separate opinion from fact? Many learned people will start by stating “I.M.O”. That of course stands

for “In my opinion”... as they do not want to pass off opinion as fact (Think politicians!).

What makes “The Rhetoric” such a powerful writing and the stories within it strong and relevant today? Simply it is the basis for oratory. Whether your career is in sales, or engineering, or medicine, or politics, no one ever does everything themselves. Given the understanding that everyone benefits from working with others, therefore the points of the oratory need to be convincingly declared with irrefutable logical underpinnings.

What is the “Rhetoric” of Aristotle? The Rhetoric is comprised of three books. While scholars have for a century translated and retranslated and summarized these books, our purpose here is to successfully share the content so that you may realize the wondrous underpinning that has come to us from ancient times. The three books authored by Aristotle cause the reader to immerse in the understanding of persuasion – for nothing in the future of humanity goes forward without persuasion. The types of rhetoric Aristotle describes and defines are ethos, pathos, and logos. He then goes on to introduce the style elements such as metaphors, sentence and word selection that is the organization of the written or spoken word.

Consideration of the audience is a key factor in determining content, presentation, cadence, examples, and much more. If presenting a concept for example such as equal and opposite actions of a rocket to a pre-school student might be too far advanced. However, presenting appropriate concepts to an appropriate audience may seem easy. The presentation might fail in whole or in part depending on a number of factors. These must be considered in advance by the writer or speaker.

One of the most obvious uses of rhetoric may not be an “A-HA!” moment. It is however, where rhetoric is likely used every day. That place us in the courtroom. Another perhaps less obvious use is in the sales process. Sales, like in the courtroom, is where a confluence of facts that support the ethos, pathos, and logos are delivered.

Socrates, Plato and Aristotle are just the tip of the proverbial iceberg. Explore the six centuries and 30 most notable of the Greek philosophers. Toward better knowledge and understanding – the “e” in Ahepa is for education.

Suggested Reading: Aristotle “Art of Rhetoric” (Amazon); The Rhetoric of Aristotle (approx. 500 pages) (Google)

Suggested Learning: College level or university course work in classroom or online self-paced.

Steve Bolaris, PDG 21

About and notes from the author: Focused on technical careers (Steve Bolaris holds BS Economics and MBA degrees) it was difficult to study the classics of Hellenic history. Make time to go back to your roots of Western civilization. You will gain a wondrous understanding of the culture that helped create world civilization and freedom today. In high school the author learned a simple statement to be spoken at the end of any presentation: Any “Questions, Corrections or Additions?” This, of course, follows from Aristotle – Additions, Omissions, permutations, and transpositions – the four rhetorical operations. These are still valid some 2500 years later.

The “E” in Ahepa is for education (for the whole Ahepa family)!

by Steve Bolaris, MBA, PDG

Do you have a goal for yourself, a family member, or perhaps a friend? It's easy, right? And everyone realizes that the best success comes with help from others.

Yes, and in this fast moving, changing world of opportunities, no one wants to be left behind. Goals come in short term or long term varieties as well as specific goals or loose goals. Here are a few examples: get an A on a math test coming up on next Friday. Or, perhaps: land that high paying, high prestige research job at the specific company that you have in mind. In any scenario, a helping hand of sorts may be the difference in reaching the goal now or on the other hand not as soon, if ever.

We all know influential people in our lives personally and sometimes professionally. Those persons (let's call them “influencers”) could tip the scale in your favor. Who are these influencers? They could be a member of the Ahepa family, a parish priest, a co-worker, a neighbor, or a family member close or a bit distant. The goal to be achieved may be made closer with a little help from several references with or without Letters of Recommendation. Now that you have your goal written on paper or on a Word Document, make a list of influencers – you should know perhaps 20 or more people for this list. For younger students, this would be a parental assist task to be sure.

Next look at who would be the hiring manager to reach the next step of your goal. In the case of students wanting to get admitted to the school of their choice that could open doors for a lifetime, who are the influencers that an admissions officer would take notice of and respect? We have all heard that many people are recruited as are 5 star athletes, gifted musicians and so forth. In reality those are very fortunate individuals indeed. And those people had help from coaches, parents, relatives, and others to hone their skills starting at a very young age. Thus, everyone can use help.

When it comes to a J-O-B or career position, doing the work is a given to pass to the next level of interviews. The same goes for students – being able to do the work. Next up is the interview and passing that step and perhaps an entrance exam, the personal connection in either a phone, video, or in-person interview must take place. Accepting that the two parties find the interview acceptable, then comes the “reference check” where reputable persons are contacted about the job seeker or enrollment of a student. In many instances, the make or break between two candidates of equal qualifications will be where the influencer makes the difference. The power of the reference in the job seeker instance can be a very

simple start. Here is what I have told hiring managers when I am called for a qualified person of high integrity, honesty, and reliability: the conversation begins with just two words from me: “Hire her/him”. Of course from there I back it up with exact information about the person and my personal approval.

For a student, verbal references are rare. Written in the form of a “Letter of Recommendation”, information provided must be accurate and not embellished. Top schools charging \$ 15,000 to \$ 25,000 for pre-school admission still require standards of acceptance. Imagine that at a state university some 50 years ago, a four year degree could be paid for by summer work, a partial scholarship, and some family financial help resulting in four year degree and no student debt (total cost around \$ 25,000 for four full years including tuition, books, fees and living expenses). Truly the competition to enter top private schools is getting more difficult and expensive every year. Given that the parents of the student can afford the cost, gaining admission still comes down to those “Letters of Recommendation”.

How does a job seeker or a student get the right recommendations either verbally or written and delivered to the recipient? Preparation is the answer. The goal is written, the list of recommenders or influencers is written. Now the job seeker or parent of the student needs to compile the information to give to the person who has agreed to do the recommendation. If at all possible this should be done in person. Requesting by email or a phone/text message is weak and many times ineffective. Meeting in person has a powerful impact with much more certainty of positive results. Remember, everyone is busy and forgetful. The requesting job seeker or student needs to present a written letter to the person at the meeting. In this letter, the clear goal needs to be listed along with to whom the recommendation must be directed. A job seeker reference, that may take place verbally or on a Zoom call, should have the written information that coincides with what the job seeker has told the interviewer and be right there in front of him/her. That can only be done if the requesting job seeker gives the information to the referring person in advance.

The “ASK letter”. Again, in the instance of a student applying for admission, the written Letter of Recommendation must be in the hands of the admissions officer. Thus, the information supplied to the influencer must be accurate and match with that information placed on the application. The twist is that the influencer will add color to the facts and figures. An example might be an 8th grader applying to a high level private High School for the coming year. The influencer needs to know what goal(s) the student is planning to accomplish in school and beyond, current school, classes (AP for example), earned grades, in school

activities, sports, community awareness and involvement, and religious activities. Help with family and siblings is also important. Music, dance, sports, writing, and more are important colors of a life blossoming to personal success while helping others.

Presuming meeting the influencer at a Greek owned restaurant, here follows a fictional example of the ASK letter and Recommendation to the recipient letter, hand delivered (if possible) to the influencer. The ASK letter document might contain this kind of personalized information:

(Date)

Dear Father John,

I am requesting your assistance to continue my scholastic and Christian life journey.

A recommendation is a powerful way to have a school accept a student - in this instance Exemplar High School, San Jose.

My goal is to attend Exemplar High School as the next phase after my middle school preparation. Further, I am looking for the High School education to prepare me for college. As a young girl I wanted to help people by becoming a surgeon. As I have gone through my elementary and middle school years I am now considering a professional career where thinking and creating while helping people appeals to me. And, I have time to explore careers as I complete middle school and enter High School.

I am qualified to attend Exemplar High School. Even though I was born pre-mature, with the support of my parents and family, I rapidly caught up and have exceeded most of my classmates. My grades are high level and advanced courses have consistently garnered me top levels each semester and each year. At this moment I have a 4.0 GPA.

My current classes are:

- 1
- 2
- 3
- 4
- 5

My favorite classes are _____ and _____ because I enjoy learning about _____ and _____ respectively.

My favorite teacher is _____ because she has really helped me when I struggled a bit at the beginning of the school year and she has been there to help me. In the future I want to use her as a model for me to help others in need. My most favorite hobby is reading, followed by being at the beginning stage of learning to play the piano. Other hobbies include singing, listening to music and drawing.

Moreover, I am not just an academic, I am also learning

sports activities - currently tennis. This is in order to strengthen the body as well as the mind. And there are more activities that I enjoy such as helping my father with his raised bed garden, cooking meals as well as desserts - and most important, writing. My first book is now published and I am planning to work on my second while school is out for the summer. Sorry, I can't share the details of what I have in mind for my second book.

To continue on my success path is one thing; but it would not be at the exclusion of something very important to me. That is to set an example for my younger brothers to follow. I am so very grateful to my parents for all of their hard work to pay for my private school tuition and expenses. And the support and wisdom I receive from my Yiayia Mary as well as from my Yiayia Anastasia and Papou Tom. It helps me when I occasionally have a teenage girl "meltdown". I am truly learning about myself and controlling my emotions with the support of family, all the while learning about our faith as Christians.

My Papou explained to me how a calmness comes over you when you take communion at church. Now that I am old enough to understand, I deeply appreciate being offered communion in our church.

Thus, Dear Father John, I am requesting your help to continue my scholastic journey. Please compose a letter of recommendation and mail it to:

Mr./Mrs./Ms _____

Admissions Office

Exemplar High School

Diocese of San Jose

Street

City, State, Zip

Reference: Deserving student applicant name

Sincerely and with deep appreciation,

(Signature)

Student and future success name

Street

City, State, Zip

408-Xxx-Xxxx

While this letter is a general one for a student, a job seeker letter would simply substitute past and current job qualifications in addition to certifications and achievements. The reference needs to know the "what" as well as the "why" of the reference request.

For more information, explore web based materials or view YouTube videos to determine what is best for your unique circumstance.

Thank you Ahepa Traveler

Sponsors 2021-2022

Kalliope Fousekis PDG, Chairman

Compliments of

**DAUGHTERS OF PENELOPE - DISTRICT 21
PAST DISTRICT GOVERNOR'S LEAGUE**

Diane Petersen PGS, Secretary/Treasurer

Pete Stathakos, President Nick Stathakos, Vice President

Compliments of

OAKLAND CHAPTER No. 171

Meets 2nd Tuesday each month
Ascension Cathedral • 4700 Lincoln Ave • Oakland

John Aronis, Treasurer Steve Samoulides, Secretary

Peter Kireopoulos, President

**SAN FRANCISCO
GOLDEN GATE CHAPTER No. 150**

Meets 1st Wednesday of the Month
Holy Trinity Center • 999 Brotherhood Way, San Francisco, CA 94132

Wishing everyone good health, safety in all things and as much happiness as possible. As we continue to navigate through the endless variants of the coronavirus as well as the wildfires that plague beautiful Northern California ... vaccinated or not ... wear a mask ... protect yourselves from the hazardous particulates in the air.

JAN SPANOS

Past Grand President - Daughters of Penelope

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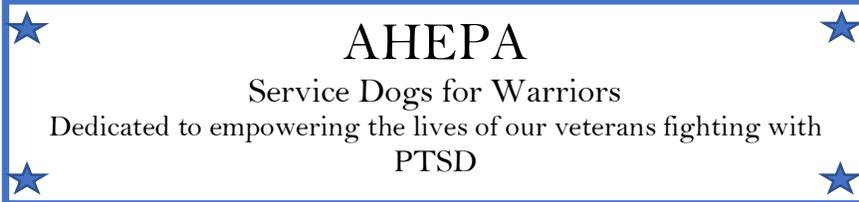
Nick Pries PDG, President Dr. Vassilis Zarifis, Vice President

Compliments of

SILICON VALLEY CHAPTER No. 251

Meets 2nd Tuesday each month
St. Nicholas 1260 Davis Street • San Jose

Dr. George Zioulas PDG, Treasurer Bill Christie, Secretary



The month of May is named after the Greek goddess Maia who looked after plants. The month is known for love and success. Love and Success equals AHEPA Service Dogs for Warriors.

Without your LOVE we would not have the SUCCESS of the AHEPA Service Dogs for Warriors Program

The month of May we celebrate so many holidays. Many holidays are of remembrance. This issue of Paw Patrol will celebrate the first Sunday of the month "Mother's Day".

Angel Warriors Patty Malloy and Deby Daily truly are Angel Moms!

As we all remember and honor our to honor the mothers who have so Dogs for Warriors. These two PTSD, have given back and come to the ASDW program with unified 10 Veterans and their families the hope



mothers, we would like to take this time graciously supported AHEPA Service mothers, who have lost their sons to the rescue of other Veterans through enthusiasm. Their efforts have afforded of restoring normalcy in daily living.

My Mom is a Survivor

My mom is a survivor
or so I've heard it said.
But I can hear her crying at night
when all others are in bed.

I watch her lay awake at night
and go to hold her hand.
She doesn't know I'm with her
to help her understand.

But like the sands on the beach
that never wash away...
I watch over my surviving mom,
who thinks of me each day.

She wears a smile for others....
a smile of disguise!
But through Heaven's door I see
tears flowing from her eyes.

My mom tries to cope with my death
to keep my memory alive.

But anyone who knows her knows
it is her only way to survive.

As I watch over my surviving mom
through Heaven's open door...
I try to tell her that angels
protect me forevermore.

I know that doesn't help her...
or ease the burden she bears.
So if you get a chance, go visit her...
and show her that you care.

For no matter what she says...
no matter what she feels,
My surviving mom has a broken heart
that time won't ever heal.

My mom is a survivor
and because of her my memory will live on forever.

Original Author Carmen Andersen © 1990

Happy Mother's Day to All the Mom's

May, we are also celebrating Memorial Day. Let's remember to thank our Veterans and honor those we have lost in the United States Armed Forces members have fought for our freedom.



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.ahepaveterans.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.



Ahepa Service Dogs for Warriors



Ahepa Veterans Affairs

Learn more about
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George Koumis, District 21 Secretary

11548 Prospect Hill Drive - Gold River CA 95670

for more information call or email

916 307-3020 Email: georgekoumis@outlook.com