

Ahepa



Traveler

CHAPTERS THROUGHOUT NORTHERN CALIFORNIA AND WESTERN NEVADA

Volume 74, No. 3

OFFICIAL PUBLICATION OF DISTRICT 21 - EST. 1950

Fall/September 2024

Supreme Convention - Cyprus

The 102nd Annual Supreme Convention was held in Larnaca, Cyprus from July 22 to July 25, 2024.



The Order of AHEPA reelected unanimously Supreme President **Savas C. Tsivicos**.

The Daughters of Penelope elected **Margaret Dritsas, Grand President**.

Also, **Linda Belba** was reelected **Grand Governor Zone IV** and **George Zioulas** was elected **Supreme Governor Region 8**.

Western Regional District Convention

The WRDC was held in Reno, Nevada from June 9 to June 12, 2024.



The Order of AHEPA and Daughters of Penelope elected the husband and wife team **Mark and Athena Hallock** of Sacramento, California **Golden Gate District 21 Governors**.

More Supreme Convention and Western Regional District Convention news inside this issue. Including Supreme and Grand officers, District 21 officers, the Sons of Pericles and Maids of Athena officers, articles and awards.

In this issue . . .

District Lodge and Chapter Presidents - page 2
 District Governors Updates - pages 3-4
 District 21 Educational Foundation - page 4
 History Tournament - page 4
 District 21 Fall Conference Registration - page 5
 95th Founder's Day Celebration - page 6
 WRDC Delegate Report - 7-9
 DOP District 21 WRDC Election Results - 9
 WRDC Periclean Awards - page 10
 First Modern Olympics Exhibit - page 11
 AHEPA attends Clergy - Laity Congress - page 11

AHEPA Supreme Convention News - pages 12-13
 Supreme Convention Delegate Report - pages 14-15
 DOP Supreme Convention News - pages 16-17
 DOP Athletic Awards - pages 17 - 20
 Sons and Maids Stateside Convention - page 21
 AHEPA Athletic Awards - pages 22-24
 Mission Tanzania - page 25
 Beoming a Brother - page 26
 National Projects - page 27
 Spanakopita Fritters - page 28
 Olive Oil Daily - page 29
 Traveler Ads and Sponsorships - page 30

"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

Dr. Vassilis Zarifis

Email: vgzari@gmail.com

Daughters of Penelope Traveler Editor

Angie Legakis

Email: alegakis@yahoo.com

**ARTICLES FOR
WINTER/DECEMBER ISSUE
DUE NOVEMBER 25, 2024**

**PUBLISHING SCHEDULE
DECEMBER 1, 2024**

**Have Ritual Manual . . .
Will Travel**



Can Do:

Installations
Initiations

Seminars:

Chapter Duties
Membership Drives
Charity Raffles
Rituals

"YOUR FULL SERVICE . . .
DISTRICT 21 LODGE"

Call:

2024-2025

- AHEPA DISTRICT LODGE - ahepa21.org

DISTRICT GOVERNOR

Mark Hallock

DISTRICT LT. GOVERNOR

Dennis Davis

DISTRICT SECRETARY

Dr. Vassilis Zarifis

DISTRICT TREASURER

Andrew Ganetsos

DISTRICT WARDEN

Dr. John Lagios

DISTRICT MARSHAL

Alexander Mallas, PSG

DISTRICT CHAPLIN

Steve Miller, PDG

DISTRICT ADVISOR

Chris Frangos, PDG

DISTRICT ATHLETIC DIRECTOR

Stamus Cocolos

DISTRICT SONS ADVISOR

Dr. Ioannis Kokkinidis

- CHAPTER PRESIDENTS -

GOLDEN GATE CHAPTER 150

Alexander Mallas, PSG

FRESNO CHAPTER 151

Jim Tousounis

SACRAMENTO CHAPTER 153

Nick G. Alexander, Ph.D

OAKLAND CHAPTER 171

Dennis M Davis

STOCKTON CHAPTER 212

Tom S. Chiarchianis

MODESTO CHAPTER 248

Stamus Cocolos

SILICON VALLEY CHAPTER 251

Vassilis G Zarifis

CONTRA COSTA CHAPTER 259

Petros Priftis

RENO CHAPTER 281

George N. Pauls

SAN MATEO CHAPTER 392

Leonidas H. Maheras

2024-2025

- DOP DISTRICT LODGE - dop21.org

DISTRICT GOVERNOR

Athena Hallock

DISTRICT LT. GOVERNOR

Angie Legakis

DISTRICT SECRETARY

Laurie Sahines, PDG

DISTRICT TREASURER

Yurie Pauls

DISTRICT MARSHAL

Sophia Fonti

DISTRICT ADVISOR

Alicia Frangos, PDG

DISTRICT MAIDS ADVISOR

Alicia Frangos

- CHAPTER PRESIDENTS -

SAN FRANCISCO EOS 1

Pending

OAKLAND ECHO 4

Joanne Booros, PGP

SACRAMENTO ARTEMIS 5

Diane Petersen, PGS

STOCKTON SPARTA 18

Pending

SAN JOSE DAPHNE 29

Jacqui Argeres

MODESTO PHAEDRA 64

Aliki Alexander

FRESNO LETO 71

Helen Sexton, PDG

RENO ELIS 89

Yurie Pauls

SAN MATEO URANIA 290

Pending

WALNUT CREEK HARMONIA 367

Diana Vlahos

AHEPA District 21 Governor's Update

AHEPA Golden Gate District 21 Update

August 30, 2024



Brothers:

I wanted to update everyone regarding our recent District Lodge Meeting.

Visitation Schedule – My plan is to have the schedule confirmed and published. I will be contacting the remaining chapters to finalize the schedule.

District Fall Conference – The Fall Conference will be hosted by the San Mateo AHEPA and DOP Chapters on Saturday, October 5, 2024, at the Holy Cross Church in Belmont. Additional information will be posted on the AHEPA21.org website shortly.

District Convention – Please contact me if your chapter would like to host or chapters would like to co-host the District Convention. Location and dates need to be determined. As a fallback measure, our previous Stockton Hotel is holding June 19th to 22nd for us. The host Chapters can hold the convention in Stockton or another location of their choosing. However, we need to let the hotel know soon.

Standing Committees – Recent Committees are Athletic, Communications, Conference Cities, Convention Housing, Special Projects, St. Nicholas Ranch, District 100th Anniversary Album, 100th Anniversary Ad Book, Hellenic History Tournament, and the Hellenic Caucus. This year we want the Standing Committees to begin meeting and working now and present their reports and findings before the District Convention. We plan to hold a Zoom Format Late Winter / Early Spring District conference Specifically for the Committee Reports. If you are or would like to be on a Committee or want to start or restart another Committee, please contact me and I get you with the right Committee Chairman.

Scholarship Board – The Scholarship Board will be meeting next month. Board Members will no longer be one Member from each Chapter. We are looking for Board Members that truly want to put in the work and effort to run and grow our Scholarship Foundation. If you are that person, please contact me or Chris Frangos.

Service Dogs for Warriors – I am pleased to announce that District 21 is in the process of sponsoring our second Service Dog. The first Dog was Named Bear. The second Dog's name has yet to be determined. My personal choice is Bandit. However, the name will be chosen by popular vote. So, get with your Chapter members and send me your dog names. Once I have the list we can vote on the final name.

Thanks,

Mark Hallock
District Governor
Golden Gate District 21
916-956-5188
mjhallock@mac.com

Daughters of Penelope District 21 Governor's Update

We are starting visitations with EOS 4 September 2024! We are looking forward to seeing as many of chapters before the end of the year as possible. Reno is deciding on a September weekend and Sacramento is doing the 15th of October. We hope to do as many as possible DOP /Ahepa combined visitations. We are the Ahepa family.

The DOP 95th Founder's Day is the 16th of November at the Crown Plaza in Foster City. If you never have gone to a Founder's Day, try to go to this one! Eos always does a nice job as our Mother Chapter!

We still need a scholarship committee & chair for this year. Either contact me or Alicia Frangos. Both of our phone numbers are on the DOP District 21 website & in the newsletter sent out to all the chapters & past district governors.

Athena Hallock
Golden Gate District 21
District Governor



Golden Gate District 21 Educational Foundation

Please consider a donation to our AHEPA District 21 Educational Foundation and receive a tax deduction as we are a 501(c)(3) tax exempt organization.

Also we would like to ask you to consider bequeathing to our Foundation as part of your estate planning. We would like to increase our Scholarship Awards as costs for students have skyrocketed.

Consult your tax consultant for the benefits of a donation and/or a bequeath to our Foundation.

Additional projects to be considered with addition of donated funds . . .

- Sponsor the AHEPA Journey to Greece program for our District youth.
- A Hellenic History Tournament financed through our Foundation.

Donations to the Foundation can be mailed to:

AHEPA DISTRICT 21 FOUNDATION

% Chris Frangos
P.O. Box 447
Millbrae , CA. 94030

Thank you for your consideration,

Chris Frangos. PDG

Chairman

Golden Gate District 21 Educational Foundation

AHEPA Hellenic History Tournament



**Jeopardy-style tournament
for 8th Grade and High
School students**

- Two 3-member teams compete against each other in a double-elimination format
 - District's winning team competes in the National Convention competition
- All questions and answers are taken from the Hellenika book by T. Peter Limber (1997)
- Topics cover the entire period of Hellenic History, from antiquity to modern times
 - Local AHEPA Chapters would sponsor or endorse each team(s)
 - Each member of the winning team is awarded \$1000 plus a scholarship award
 - Each member of the runner-up team is awarded \$500 plus a scholarship award
- Any student can join who is in grades 8-12
 - Students are allowed to participate in more than one tournament

The tournament is popular on the East Coast and in Canada. Golden Gate District 21 would like to host a local tournament when enough teams are formed.

If you are interested, or you know someone who may want to participate, contact your local AHEPA Chapter or write to governor@ahepa21.org

District 21 AHEPA Family

Fall Conference Saturday October 5, 2024

- 9:00 am – Continental Breakfast
- 9:45 am – Joint meetings begin
- DOP and AHEPA meetings and lunch to follow

Please Join Us!



The Oaks at Church of the Holy Cross
900 Alameda de las Pulgas, Belmont, California

\$40 -- Covers costs and donation to church

RSVP at ahepa21.org/2024fallconference and mail a check (preferred)
or fill out the registration info below & send with your check

Name: _____

Phone: _____ Email: _____

Chapter and City _____

Office or position (for name tag) _____

(example: Chapter Vice President, Member Board of Gov. PDG, chapter member, etc.)

**Make check out to District 21 AHEPA
and send check to:**

Chris Frangos, PDG
PO Box 447
Millbrae, CA 94030

Questions?

Call or text Alicia Frangos
at 650-245-2256

95th Founder's Day Celebration

GLITZ & GLAM

Save the Date

Daughters of Penelope
Mother Lodge Chapter EOS No. 1
invites you to Sparkle & Shine

Saturday, November 16, 2024
11:00 Reception - 12:00 Luncheon
\$95 per person

Crowne Plaza
Foster City, CA

For questions please contact Coleen Karkazis
at clkarkazis@gmail.com or 415.505.1545

Oakland Chapter #171 2024 WRDC - Western Regional District Convention Delegate's Report

The 2024 Western Regional District Convention was held at the Grand Sierra Resort in Reno from Sunday, June 9 through Tuesday, June 11. This was the 10th anniversary of the original WRDC which started in Reno in 2014. There were over 100 AHEPA and Daughters of Penelope delegates from Districts 20, 21, and 22 in attendance, although no exact figure was given. Delegates to the District 21 AHEPA Convention meetings from our Oakland AHEPA Chapter #171 included John Aronis, Mike Kolokithas, Steve Samoulides, Taso Konstantin (PDG), and George Booras (PDG).

AHEPA Supreme Vice President, Chris Kaitson; Supreme Treasurer, Demetrios Kirkiles; and Supreme Counselor, Themis Frangos were in attendance. Daughters Grand President Marianthi Treppiedi and several of her Grand Lodge members were also in attendance.

The opening ceremonies/welcome night was held on Sunday evening, followed by bowling for those who were interested. The food for the evening was outstanding and included a prime rib carving station, salmon, and pork along with various cheeses, crackers, and fruit. It was a great opportunity to meet delegates and renew friendships with delegates from our neighboring Districts 20 and 22. Pavlos Panagopoulos, President of the Albuquerque NM AHEPA Chapter was the lone representative of District 17, who elected to have their own separate District Convention in the Denver area this year.

The Joint WRDC session was held on Monday morning with welcome messages by the AHEPA Supreme Vice President Chris Kaitson and the Daughters Grand President Marianthi Treppiedi. GP Marianthi noted that the DOP have chartered 8 new chapters in the U.S./Greece and have reinstated several others. They have added 1100 new members. Other presentations included an overview of the Hellenic History Tournament by Themis Frangos, an overview of the AHEPA Housing program including application guidelines and financing options by AHEPA Senior Living President/CEO Steve Beck, and a brief lecture by author Nick Haritatos on his recent best-selling book titled "No Limits".

Past Supreme Governor Bob Sexton was presented with the Heroes Award during the opening ceremony since he was unable to receive it directly from the Supreme President along with other District 21 Heroes Award recipients during the SP's recent west coast visit.

On Monday evening the Reno AHEPA Family hosted a Greek bingo fundraiser, which was well attended. The District 20, 21, and 22 scholarships were awarded at a luncheon on Tuesday. And the Grand Banquet was held on Tuesday evening.

District Governor Chris Frangos opened the AHEPA District 21 business session at 11:00 am Monday morning. Tom Chiarchianis was elected as Convention Chairman. Costa Davlantes was elected as the Convention Secretary. The voting strength on Monday morning was 24.

The District Lodger officer and chapter reports were presented. Oakland Chapter was recognized for service dog donation. Presently fund has \$2,157.67 and we need \$6,000 to sponsor another dog. Brother John Aronis presented the Oakland 171 Chapter update and mentioned Brother Frangoulis desire to make the process of becoming a Greek citizen from the US easier. The Greek Ambassador is coming to the Bay Area in October and the San Jose Chapter has already spoken to her about this.

Then some of the committee reports were presented, with the following highlights:

Scholarship Committee: It is very unfortunate that no written report was provided by the Scholarship Foundation. Scholarship Chairmen Chris Frangos noted that the scholarship fund account balance was about \$340,000 and that 6 qualified applications were received so 6 scholarships were awarded. The amounts of the scholarships were not announced at the meeting. There was a brief discussion of combining the District 21 AHEPA and DOP scholarship programs. This will likely not happen until the AHEPA Scholarship Foundation does a better job of providing written reports. The by-laws would need to be updated. Anyone interested in obtaining a copy of the current by-laws can contact Mark Hallock.

District 21 Conference: The District 21 fall conference will be co-hosted by the San Francisco and San Mateo Chapters during late October 2024.

District Conventions: Chairman Tom Chiarchianis suggested that future District Conventions be shortened to one business day, with a social event the evening before. Committees would be assigned and would meet via Zoom prior to the convention so that their reports could be presented and voted on at the convention. This would streamline the convention business meeting since the committee work would not be conducted on the floor during the convention. This concept was favorably received by the delegates. There was also a preference for the convention to be held on a Saturday, rather than during the week. It was thought that would attract more delegates. A joint AHEPA/DOP committee was to be established to implement this recommendation.

Future WRDCs: The joint AHEPA/DOP delegation voted that future WRDC's should be held on odd years to avoid conflicts with the Clergy Laity Conferences which are held on even years. The next WRDC will be hosted by District 20 in Tucson in 2027, and will be held every other odd year after that.

Future National AHEPA Family Conventions: This year's national convention is being held in Cypress. Locations for the following national AHEPA conventions are as follows:

- 2025 Orlando
- 2026 Philadelphia
- 2027 Denver or Chicago

Communications Committee: We were reminded that our District 21 publication, the Traveler, won first place for district publications at last year's national convention in Las Vegas. It was noted that 933 email addresses are included in our District 21 database. District 21 sends out Happy Birthday and Happy Name Day messages to Brothers through the Mailchimp program. Brothers discussed the lack of publications west of the Mississippi and how it's all East Coast Centric. For events we would like to be advertised by national, send short articles and pictures to ahepasocial@gmail.com

Joanna Xipa, West Coast editor for Neo Magazine, briefly addressed the District 21 delegation. She was interviewing delegates and guests during the WRDC so be on the lookout for upcoming articles: <https://www.neomagazine.com/>

Saint Nicholas Ranch Project: Tom Chiarchianis reported that our fund-raising account for this project has a balance of about \$24K. He said it would take about \$60K to complete the renovation of the bathrooms and the conference room. There was a lot of heated debate about where we go from here with this project. Options ranged from seeing what could be usefully done with our \$24K and ending the project, to accessing each AHEPA and DOP chapter in the district \$2K to raise the remaining funding to complete the project as originally planned. The delegates voted to appoint a committee consisting of John Copoulos and Mark Hallock to meet with a contractor(s) at the ranch and report the options back to the district by 12/31/24.

District 21 Budget for 2025: District Treasurer Vassilis Zarifis painstakingly went over the proposed 2025 budget line by line during the meeting. It would have been much better if he came in with a proposed budget instead of making it up on the fly during the business meeting. In the end, a balanced budget of ~\$14,000 was approved, with no increase in District Per Capita.

National AHEPA Per Capita Payment Pilot Program: Supreme Treasurer Demetrios Kirkiles outlined a new pilot program for dues payments by members. The member electronically sends a payment to AHEPA HQ for the total amount of his dues, including district and chapter per capita and dues. Once a month, national will electronically transfer payments to the respective districts and chapters and email a report to each chapter secretary and treasurer. This new system can accommodate different dues amounts for each chapter and district. In addition, it can be setup to collect optional contributions for scholarship programs, Journey to Greece, or other specified chapter programs.

The advantage of this system is faster payment of dues to national, districts, and chapters, with monthly statements of dues payment status. There is a processing fee of 3% for use of this system. District 21 voted to join the pilot program, although individual chapters can opt out.

District Awards: Silicon Valley #251 was selected as the Chapter of the Year. And our own Oakland Chapter #171 Steve Angelides was selected as the AHEPAN of the Year for organizing and executing

a well-attended AHEPA Family Fall Conference on October 14, 2023 at the Oakland Church. The plaques for these awards are typically presented at the Fall Conference, or at the Chapter's visitation by the District Lodge.

Missing Committee Reports: There were no committees or reports for Legislation and By-Laws, or Resolutions. As a result, Oakland's resolution to have National HQ work with the Greek Government to simplify the process of obtaining Greek citizenship was not officially presented on the floor for approval. The other unfortunate thing was that the Convention Chairman Tom Chiarchianis adjourned the business session without calling for any Good of the Order comments.

Election of New District 21 Officers: The convention business concluded with the District Lodge elections and installation by Supreme Vice President Chris Kaitson. Our own Oakland AHEPA #171's Dennis Davis was elected as Lt Governor, although he was not present at the convention. The other returning and new officers are: Governor Mark Hallock, Lt. Governor Denis Davis, Secretary Dr. Vassilis Zarifis, Treasurer Andrew Ganetsos (appointed), Marshal and Membership Director Alex Mallas, PSG Warden & Communications Director Dr. John Lagios, Sons of Pericles Advisor Dr. Ioannis Kokkinidis. Athletic Director Stamis Cocolos, Assistant Athletic Director Chris Frangos, PDG, Chaplain Steve Miller, PDG

The Grand Banquet & Glendi was on Tuesday evening. Periclean Awards were presented by the Governor of each District to the following recipients: Wynn Storton, PSG, El Camino Real District 20; Tom Chiarchianis, PDG, Golden Gate District 20; and Chris Economou Firwood District 22.

The evening activities also included a raffle organized by the District 21 Daughters of Penelope.

Prepared by the Oakland Chapter Delegation, John Aronis, Mike Kolokithas, Steve Samoulides, George Booras, PDG and Taso Konstantin, PDG.

Daughters of Penelope WRDC District Election Results

At the 2024 Western Regional District Convention held at the Grand Sierra Resort in Reno Sunday, June 9 - Tuesday, June 11 Daughters of Penelope delegates elected Athen Hallock District Governor, Angie Legakis Lt Governor, Laurie Sahines Secretary, Yrie Pauls Secretary, Sophia Fonti Marshal and Alicia Frangos, PDG Lodge & MOA Advisor.



Newly elected District 21 officers Yuri Pauls District Treasurer, Athena Hallock District Governor,, Laurie Sahines District Secretary and Sophia Fonti District Marshal



Alicia Frangos, PDG, District MOA Advisor, Marianthi Treppiedi, DOP Grand President, Sophia Fonti, D 21 Marshal, and Athena Hallock, D 21 Governor

THE PERICLEAN AWARD



This award has been an award presented by AHEPA District 20

It has now evolved to all the Districts in Region 8

Districts 20, 21, and 22

The Periclean award is given annually to a Greek Orthodox Christian of sterling character, whose life and work manifest consistent and profound devotion to our Holy Orthodox Faith and most dedicated support of Hellenic values.



**WYNN STORTON
DISTRICT 20**



**TOM CHIARCHIANIS
DISTRICT 21**



**CHRIS ECONOMU
DISTRICT 22**

**THANK YOU, BROTHERS, FOR YOUR DEDICATED SERVICE TO THE
AMERICAN HELLENIC EDUCATIONAL PROGRESSIVE ASSOCIATION**



Photographic Exhibit Showcasing First Modern Olympics to Open at the Maliotis Cultural Center

Published 8/2/24

During the 33rd Olympic Games in Paris, a special photographic exhibit showcasing the first modern Olympic Games, held in Athens, Greece, in 1896, will open at the Maliotis Cultural Center in collaboration with the Benaki Museum of Athens.



The exhibit includes photographs that chronicle the Games, documenting both the athletic rituals and endeavors of the participants. These images are contained in an album by the German photographer Albert Meyer (1857-1924), kept in the Benaki Museum Historical Archives and considered an extremely rare historical document.

Thanks to a signed memorandum of understanding between the Maliotis Cultural Center and the Benaki Museum, the photographic exhibit on the First Olympic Games in Athens will remain permanently at the Center, marking the beginning of many highly-anticipated cultural collaborations.

Photo: Maliotis Cultural Center.



AHEPA attends Clergy-Laity Congress

July 3, 2024 - Headquarters Washington, D.C.



Supreme President Savas C. Tsivicos, along with Supreme Counselor Themistocles Frangos, Chairman of the Board Nicholas Karacostas, PSG Alexander Soles and PSSOP Advisor Nick Kavadas met up in San Diego, California as they attended the 47th Biennial Clergy-Laity Congress.

After a welcome dinner aboard the USS Midway, now a museum, where they were treated to an immersive experience with over 60 exhibits and 29 restored aircraft, the congress will continue with panels during the day and social events in the evenings.

One of the highlights of the week promises to be Wednesday evening's concert commemorating the 50th anniversary of the Invasion of Cyprus. The multimedia experience, "Cyprus: Land of Embrace" will feature performances by musicians from across the Archdiocese who will pay tribute through music, creating an atmosphere of reflection and solidarity.

Editor's Note:

Articles covering the convention and other news are from the AHEPA Family websites. They are combined here for easy reading. Visit their websites for additional news, articles and photos

The Order of AHEPA proudly kicked off the 2024 Supreme Convention in Larnaca, Cyprus!

On the eve of our opening ceremonies, July 21, the AHEPA Board of Trustees hosted a Welcome Reception on the Radisson Beach Lawn. During the reception, Supreme President Savas C. Tsivicos was honored to award Lieutenant General Georgios Tsitsikostas, chief of the Cypriot National Guard, with the AHEPA Military Service medal, and U.S. Ambassador to Cyprus, Julie Fisher, with the George C. Marshall Award for excellence in Diplomatic Service. Both of these individuals exemplify the best of the Hellenic spirit in executing their jobs, both supporting freedom and human rights for the people of Cyprus.

On Monday, July 22, AHEPA held its official Opening Ceremonies at the Marios Tokos Municipal Garden Theatre in Limassol. This reception, coordinated by the Deputy Ministry of Culture, honored the church of Cyprus for its near 2,000-year commitment to its principles and teachings.

Cyprus President Nikos Christodoulides gave a



welcome address and noted the importance of an organization like AHEPA being 102 years old and continuing to do such tremendous amounts of community service across the globe.

Supreme President Tsivicos presented his opening remarks, challenging all gathered to stand up and be counted in support of Cyprus and its freedom. Additional speakers for the event included His Eminence Archbishop Elpidophoros of America and His Beatitude Archbishop Georgios of New Justiniana and All Cyprus, both who were presented with awards that evening.

His Eminence Archbishop Elpidophoros received the 2024 AHEPA Freedom Award, and AHEPA announced a new scholarship for Holy Cross seminarians. AHEPA presented His Beatitude Archbishop Georgios with the Archbishop Iakovos Humanitarian Award for his exemplary service to the people of Cyprus.

The evening's master of ceremonies was AHEPA Board of Trustees Chairman Nicholas



A. Karacostas, PSP, and welcoming comments were offered by AHEPA family members including Daughters of Penelope Grand President Maranthi Treppiedi.

The evening's highlight was a classical concert in the historic open air theater that highlighted the 50-year occupation of Cyprus. In this moving instrumental extravaganza, the Cyprus Symphony Orchestra and "Aris" Limassol Choir musicians honored those who made the ultimate sacrifice for their country.

Tuesday marked the beginning of the AHEPA convention excursions. In conjunction with the Ministry of Tourism, AHEPA provided tours for convention guests to showcase area historic sites, churches and wineries.

The first day of meetings went smoothly, and reports were given to AHEPA members and delegates. Financial reports, auditor reports, and officer reports were all accepted as well, and everything is set in order to conduct elections for new officers!

Last, but certainly not least, the AHEPA Convention Golf Tournament began at the Aphrodite Hills Golf Club PGA National Course in Paphos! We'll update you with winners!

Tsivicos Unanimously Reelected AHEPA Supreme President

July 26, 2024

Larnaca, Cyprus — The Order of AHEPA held its annual Supreme Convention in Larnaca, Cyprus, this past week. Hundreds of delegates and officers flew across the Atlantic to bring necessary attention to the travesty that has largely been unresolved on the island nation since 1974.

Newly reelected Supreme President Savas C. Tsivicos, a native of the island, was quick to reference, “Cyprus has been left virtually unaddressed by the world community until recently. We look forward to the eventual resolution through the reunification of our homeland.”



The Supreme President was reelected unanimously on July 25, 2024, as were other members for the upcoming year. The 2024-25 Supreme Lodge officers for AHEPA are:

Supreme Vice President: E. Chris Kaitson
 Canadian President: Emmanuel Conostas
 Supreme Secretary: Dr. Zenon Christodoulou
 Supreme Treasurer: Themistocles Frangos
 Supreme Counselor: Demetrios Kirkiles
 Supreme Athletic Director: Chris Atsaves
 Sons Advisor: Theodore Vittas
 Supreme Governors:
 Region 1: Steve Nicholson
 Region 2: Aristides Bouloubassis
 Region 3: Dean Moskos
 Region 4: Alex Boutsioulis
 Region 5: John Karipides
 Region 6: George C. George
 Region 7: Marshall Monsell
 Region 8: George Zioulas
 Region 10: Kostas Varsamis (Appointed)

Additionally, the Order of AHEPA also held annual elections for other offices, which are voted upon annually. The AHEPA Board of Trustees members elected for a three-year term were Past Supreme President George G. Horiates and Lou Atsaves. The Board will have its first meeting in September in Washington for the District Governors Conference from September 20-22, 2024.

Craig Clawson was reelected to another three-year term on the AHEPA Board of Auditors.

As we conclude the week's events, we look forward to the forward momentum created by the Supreme Lodge and elected members of AHEPA to propel our fraternity forward.



AHEPA 2024 Supreme Convention Report

by **George Koumis**, District 21 Delegate, Past District 21 Secretary

Golden Gate District 21 convention delegates included Ahepans Robert Sexton, PDG Fresno; George Koumis, PDS Sacramento and Nick Pauls, Reno. From San Jose Nick Antoniou, Dr. Ioannis Kanellakopoulos, Dr. Vassilis Zarifis, District 21 Secretary; and Dr. George Zioulas, PDG and newly elected 2024-2025 Supreme Governor Region 8.

Daughters of Penelope from District 21 attending were Helen Sexton, PDG Fresno; Anthea Antoniou, San Jose, Kathy Loper, and Stelani Woods, Reno.



The 102nd AHEPA Supreme Convention was only the second time a Supreme Convention was held outside the United States. Cyprus was chosen to commemorate the 50th anniversary of the Turkish invasion of Cyprus and emphasize AHEPA's commitment to opposing the illegal Turkish occupation of the northern part of the island. The convention was unique, combining traditional convention proceedings with extensive cultural and nature tours, historical sites, and formal receptions.

Commemoration of the Turkish Invasion

A central theme of this year's convention was the remembrance of the 50th anniversary of the Turkish invasion of Cyprus. This tragic event in Cypriot history was honored through several meaningful activities:

Visit to the Green Line: Attendees visited the Green Line, the buffer zone that separates the free part of Cyprus from the Turkish-occupied areas. This tour provided a powerful visual and emotional reminder of the island's division.



Visit to the Military Cemetery: A moving ceremony took place at the cemetery where those who fell during the invasion were buried. The AHEPA Supreme President laid a wreath at the memorial, paying tribute to the lives lost during this dark chapter in Cypriot history.



The "Imprisoned Graves" are a set of graves in a small cemetery located in the Central Jail of Nicosia, where 13 EOKA fighters, during the 1955-1959 liberation struggle for the liberation of Cyprus from the United Kingdom, were interred.

Tours and Cultural Immersion

In addition to the solemn commemorations, the convention allowed attendees to explore Cyprus's natural beauty and rich history. Several tours were organized to introduce participants to the island's cultural and historical heritage:

Historical and Natural Tours: Attendees visited key historical sites, ancient ruins, and natural wonders, giving them a deeper appreciation of Cyprus's long and diverse history.

Cultural Performances: Traditional music and dance performances enriched the convention, showcasing the vibrant culture of Cyprus and



allowing attendees to enjoy a full sensory experience of the island's traditions.

Receptions with Distinguished Guests

The convention featured several high-profile receptions attended by dignitaries and distinguished guests, including:



The President of Cyprus Nikos Christodoulides hosted a reception at the Presidential Palace, where he welcomed AHEPA members and emphasized the importance of the organization's mission in promoting Hellenism and supporting Cyprus.

The U.S. Ambassador to Cyprus Judie Fischer highlighted the strong relationship between the U.S. and Cyprus, and the role of AHEPA in fostering ties between the two countries.

Archbishop Elpidophoros: The Archbishop of America was a prominent figure throughout the convention, offering spiritual guidance and reinforcing the importance of faith and unity within the Greek diaspora.

These receptions offered valuable opportunities



for networking and strengthening connections between AHEPA members and local leaders.

Convention Proceedings

The official proceedings of the convention included several key presentations, with a focus on ongoing and upcoming AHEPA projects. Of particular note was the presentation on the AHEPA University Hospital in Nicosia, Cyprus, which is projected to be completed by 2026. This ambitious project is set to further AHEPA's educational mission and make a lasting impact on future generations.

Election of New Supreme Officers

The convention concluded with the election of new Supreme Officers and Regional Supreme Governors. A highlight of this election was the selection of George Zioulas, PDG and Past Silicon Valley Chapter President, as the Supreme Governor Region 8. His election represents a continuation of strong leadership within the organization.

The 2024 AHEPA Supreme Convention in Larnaca was a unique blend of remembrance, cultural celebration, and forward-looking progress. By commemorating the 50th anniversary of the Turkish invasion, the convention not only honored the past but also focused on the future, with significant projects like AHEPA University on the horizon. The event strengthened ties between the Greek diaspora and Cyprus while also reinforcing AHEPA's commitment to promoting Hellenism, education, and service.

This convention will be remembered as a significant and enriching experience for all who attended.

Photos by George Koumis, George Zioulas and Vassilis Zarifis - see more photos here:

<https://tinyurl.com/2024-SP-Convention>

Dritsas Elected Grand President of Daughters of Penelope

Supreme Convention, Larnaca, Cyprus

LARNACA, Cyprus (July 25, 2024) - The delegates of the Supreme Convention of the Daughters of Penelope (DOP) elected Margaret Dritsas, Grand President for the 2024-2025 administrative year. Elections were held July 25th, at the 102nd Annual AHEPA Supreme Convention, Larnaca, Cyprus. Dritsas becomes the second Grand President who hails from Canada.

Meet Grand President Margaret Dritsas

Grand President Margaret Dritsas, the first born child of Dimitra Dritsas (née Georgopoulou) and the late George Dritsas both immigrants from southern Peloponese, the region of Mani, Greece, was born and raised in the beautiful city of Montréal, Quebec, Canada.



Dritsas is a member of the Euphrosyne Chapter 292 in Ottawa, Ontario, Canada in District 23, since 2003.

Dritsas served her home chapter as vice president and president for several years. While District 23 Maids of Athena Advisor, she reestablished District 23 lodge of the Maids of Athena.

She co-chaired the Parliamentary Banquet in 2012, and was on the AHEPA Family Charitable Foundation of Canada as a legal advisor and member of the Board.

She was elected to the Grand Lodge in 2018, and has served all offices.

Dritsas completed her education in French in Montréal. She completed her civil law degree at University of Ottawa in 1998. After which, she remained in Ottawa where she started her public service career. She worked on Parliament Hill and then moved to the Department of Justice in Criminal Law Policy. She then continued as the Nationality Law Advisor in the Citizenship Division of the Department of Immigration, Refugees and Citizenship. She then was a senior advisor in the Regulatory Affairs Section and Cabinet Affairs

Unit of the Treasury Board Secretariat. Finally, she was the chief of regulations and legislation at Transport Canada.

After 23 years of service, she retired and started her own practice in Toronto, Ontario, where she specializes in economic immigration.

Her community service includes being on the Board of Directors of the Hellenic Community of Ottawa, while also serving her parish as the Sunday School co-director.

Now in Toronto, she is a member of IWB (Immigrant Women in Business), a member on the Fundraising committee for COMPASS, a refugee privately funded organization that provides help and services to refugees in Canada, and a member of the Hellenic Canadian Board of Trade, the Canadian Bar Association, the Ontario Bar Association and the Canadian Immigration Lawyers Association.

Grand President Dritsas' special project this year is Huntington's disease research. This neurodegenerative disease has affected the Ottawa AHEPA Family. In their memory, together we will fight to find a cure.

Grand President Dritsas' theme this year is, "Empowered Together!"

"Empowered women empower communities, and together, we can make a lasting impact. Our strength lies in our togetherness. By empowering one another, we create a powerful force for positive change in our communities and beyond," stated Dritsas.

2024-2025 Daughters of Penelope Grand Lodge

In addition to Grand President Margaret Dritsas, the following individuals were elected to the Daughters of Penelope Grand Lodge:

Grand Vice President **Antoinette M. Zachariades** of Brick, NJ; Grand Secretary **Gretchen Holtsinger** of Wimberley, TX; Grand Treasurer **Patty Didik** of Hudson, FL; Grand Governor Zone I **Lainie Damaskos-Christou** of Schenectady, NY; Grand Governor Zone II **Effie Kirkiles** of Oakland Park, FL; Grand Governor Zone III **Christie Finch** of Aurora, CO; Grand Governor Zone IV **Linda Belba** of San Jose, CA; Grand Governor Zone V **Xanthe Vafopoulou** of Richmond Hill, ON, Canada; and Grand Advisor to the Maids of Athena **Helen McClure** of Lakewood, WA.



L to R: Grand Governor Zone II Effie Kirkiles, Grand Governor Zone V Xanthe Vafopoulou, Grand Secretary Gretchen Holtsinger, Grand President Margaret Dritsas, Grand Vice President Antoinette M. Zachariades, Grand Governor Zone I Lainie Damaskos-Christou, and Grand MOA Advisor Helen McClure.

Daughters of Penelope 2024 Athletic Hall of Fame Award

The Daughters of Penelope Athletic Hall of Fame award recognizes a female athlete with outstanding collegiate and/or professional excellence in their athletic field, or a female with an outstanding professional career that supports athletics with excellence in personal character and community service.

The Daughters of Penelope is proud to announce **Leontia Kallenou**, of Nicosia, Cyprus, as the **2024 Athletic Hall of Fame Award recipient**.

Leontia qualified and participated in the Rio de Janeiro 2016 Olympic Games, where she served as the flag bearer for Cyprus at the Olympic Games Closing Ceremony. She is a three-time National Champion of the NCAA Women's High Jump for 2014 Indoor, 2014 Outdoor, and 2015 Indoor and eight-time All American. She placed 5th in the 2015 Athletics U23 Championships in Tallinn, Estonia, 4th place in the 2014 Commonwealth Games in Glasgow, Scotland, 4th place in the 2013



European Athletics Junior Championships in Italy, 4th place in the 2013 Mediterranean Games in Mersin, Turkey, Participated in the IAAF World U20 Championships in Barcelona in 2012

and in Canada in 2010, 1st place in the 2011 Commonwealth Youth Games in Isle of Man, British Isles, 2nd place in the 2011 European Small Country in

Liechtenstein, 2nd place in the 2011 European Youth Olympic Festival in Turkey, 4th place in the Youth Olympic Games in Singapore in 2010, and 5th place in Doha, Qatar in 2009.

Leontia studied Economics at the University of Georgia on a full scholarship where she graduated with honors. She then continued her academics and obtained an MBA degree at the University of Cyprus. She also earned the title **"Academic All American - First Team USA."** She is member of the Student Athletic Leadership Association (L.E.A.D.) and is a member of the Daughters of Penelope Amazonas Chapter No. 453 of Cyprus.

To this day Leontia is the record holder of the Pan Cypriot record in high jump in indoor and outdoor track.

Leontia is a true ambassador for her sport and embodies the values of the Olympic movement. Congratulations to our inspirational 2024 Athletic Hall of Fame Awardee, Leontia Kallenou!

Daughters of Penelope Zoe Cavalaris Outstanding Female Athletic Collegiate Award

The Daughters of Penelope **Zoe Cavalaris Outstanding Female Athlete Award**, established by Past Grand President Zoe Lucas Cavalaris (1918-1985), honors an amateur Hellenic young woman who has achieved highest athletic accomplishments in college and maintained a high sense of scholarship, community and civic involvement.

The Daughters of Penelope is proud to announce college student **Andreana Antoniou**, of Nicosia, Cyprus as the **2024 Zoe Cavalaris Outstanding Female Collegiate Athletic Award** recipient.



Andreana's parents are Stavros Antoniou and Thalia Polydorou Antoniou. Her sisters are Veroniki Antoniou and Rafaelia Antoniou. Thalia is a proud member of the Daughters of Penelope Amazones Chapter No. 453 in Cyprus. Andreana is currently attending Lancaster University in the UK as an LLB Hons Law student and has just completed her first year as a one of eleven female swimmers

on the Lancaster Swimming High-Performance Team, part of the BUCS, British Universities & College Sports Association which competes both nationally and internationally.

As a freshman, she has represented the Lancaster swim squad as a breaststroke swimmer in the 50m, 100m, 200m, and 4x50m and 4x100m medley relay races. She competed in the BUCS league play, fall 2023 BUCS Short Course Championships and spring 2024 BUCS Long Course Championships. Swimming has been one of Andreana's great passions in her life since she began at the age of 5 and continued all the way throughout her 6 years at Pascal English High School in Nicosia, Cyprus. She states, "setting specific swimming milestones, such as participating in competitions or achieving personal best times fuels my drive and discipline."

Andreana finished her high school years as a stellar breaststroke and freestyle swimmer. She achieved best swims of 1st and 2nd place in the Pancyprrian High School Swimming Competition in 2020, 2021 and 2022, and again achieving 1st place in the 2023 Pancyprrian High School Swimming Competition. Andreana was awarded by the Cyprus sports Association the Best National Results in 2023 in Swimming. Her highest achievement in 2023 was being listed in the Top 100 Women of All Time in Swimming in the Nation of Cyprus by the 2023 FINA World Swimming Rankings.

Achievements went beyond swimming for Andreana at Pascal English High School as she received the Certificate of Excellence for academics all 6 years and received in 2023 Pearson Edexcel International 'A' Levels in 4 subjects. Other honors include Best Selling Award and Best Stand Award at the Junior Achievement Cyprus, Company of the Year 2022 Competition. Andreana was the CEO of this company for the competition. Also in 2022, she was a finalist at the European Youth Parliament Competition.

Other significant awards and activities include Class President in 2022 and 2023, Honorable Award for Volunteer of the 2022 Special Olympic Games in Cyprus, House of Poseidon Gold Certificate of Excellence and Poseidon House Captain in 2022-2023, Volunteer in the organization of the Track & Field Athletes European Championship in

2021, Winner of the Pascal IDEODROMIO 2021 Competition for the Best Social/Green Idea as part of the PREGEN Team organized by the University of Central Lancashire in Cyprus, and a Bronze Metal from the Cyprus Life Saving Federation in 2021.

Andreana has stated, “in both my personal and professional spheres, I aspire to achieve balance and excellence, blending my passion for law with my commitment to swimming.” She plans “to prioritize health, relationships, academic excellence, professional growth, and will aim to lead a purpose-driven life characterized by integrity, resilience, and contribution to society.”

Andreana’s swimming achievements, academic record, leadership qualities, and her volunteer work in the community make her an outstanding female athlete!

Daughters of Penelope Zoe Cavalaris Outstanding Female High School Athletic Award

The Daughters of Penelope is proud to announce high school student **Elena Garcia**, of Simpsonville, SC, as the **2024 Zoe Cavalaris Outstanding Female High School Athletic Award recipient**.



Elena’s parents are Demetra Paouris Garcia and Anderson Garcia. Elena has one brother – Nicholas Garcia. Demetra is a proud Daughters of Penelope member in Lyra Chapter No. 241 of Greenville, South

Carolina. Elena is very active member of the Maids of Athena Delphia Chapter No. 93 and is currently the President of the chapter.

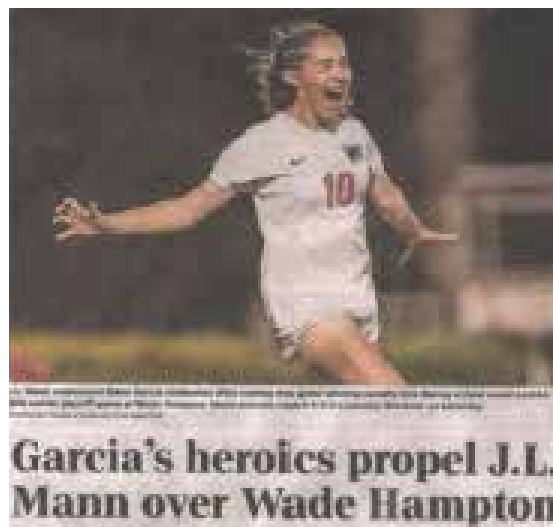
Elena graduated from J.L. Mann High School in Greenville, SC. She maintained All A’s Honor Roll, was in National Honors Society, National Beta Club, Academic Letter, Dean’s List at Greenville Technical College, and received a Good Citizenship Award from the Greenville Civitan Club. Elena was active on the Student Body Executive Board helping raise over \$410,000 for her school in

2023/24 to donate and was also Junior Class Vice President and helped raise over \$319,000 for her school in 2022/23. She is also active in her local YMCA – Youth in Government Club, a Ronald McDonald House Teen Leadership Ambassador and Board Member, and active in GOYA currently serving as the President.

Other significant activities Elena enjoyed volunteering were Harvest Hope, Meals on Wheels, Ronald McDonald House Charities of Carolinas, Cole’s Victory Lap, Project Joy, Make A Wish South Carolina, and Child’s Haven. Elena has had a lifetime to perfect the sport she has been dedicated to - soccer! She has been on teams since she was four years old and cannot imagine her life without her sport!

Her high school years stellar performance as a J.L. Mann “Patriot” Soccer Player earned her four years as Team Captain and varsity player which was forseen by her “Rising Patriot Award” received as a freshman.

Elena became serious about her soccer play when she joined a travel team, CESA– ECNL (Carolina Elite Soccer Academy, one of the Elite Clubs National League’s regional leagues). Elena was selected CESA ECNL Regional Selection Player in 2022 and competed at ECNL Nationals in CA, FL, and WA from 2019-2022.



Elena’s impact on her “Patriot” Class AAAAA team is undeniable! She was named All-State Player in 2023, All-Regional Player in 2022 and 2023, South Carolina State Finalist Team in 2021 and 2023, and participated in the NorthSouth All-Star Soccer Classic Game in 2024 and Clash of the

Carolinas All-Star Game in 2024. Elena was also listed on the South Carolina's All-State Teams Top High School Soccer Players List.

Elena will be attending Clemson University in the fall as a Nursing Major. Elena plans to join Clemson's very strong Club Team for women's soccer and she is very excited to continue competitive play while in college. Elena plans to further her education after college in a Pediatric Nurse program so that she can advance her career and help people daily. Elena stated she will continue to give back to her community as she believes "giving back to the community has proven to be a transforming effort that has fueled my personal growth and expanded my understanding of others. The lessons learned through my experiences will undoubtedly shape my future, inspiring me to seek ways to make a positive impact!"

Elena's soccer achievements, academic record, leadership qualities, and her volunteer work in the community make her an outstanding female athlete!

Zoe Lucas Cavalaris (1918-1985)

Zoe Cavalaris was born on February 22, 1918, in Tenedos, Greece. She came to America at the age of three and grew up in an AHEPA-oriented family in Clarksburg, West Virginia. She started attending National Conventions at the age of 10. Zoe was initiated into Venus Chapter No.102, when she moved to Charlotte, North Carolina, following her marriage to Thomas Cavalaris.

Her contributions to her chapter, district, and national DOP were countless. Familiar with the needs of St. Basil Academy, Zoe was inspired by an oil painting of an orphaned child exhibited at the 1952 National Convention. She suggested using the image as a Christmas Seal by the DOP to raise monies to benefit the academy. The idea was accepted, and Sister Zoe became the first National Chairman of the Christmas Seal Drive. She became the 10th DOP Grand President and served from 1956-1958. During 1957 with the enthusiastic success of both a Christmas and Easter Seal Drive, Sister Zoe inspired the Ahepans to embark on a much-needed boys' dormitory on St. Basil Academy's campus. As Grand President she was the DOP's Commander on the AHEPA

Easter Excursion to Greece which lasted a month with visits to over 42 hospitals, schools, and day care centers. Her efforts encouraged fundraising by the Daughters in Greece and the U.S. to help fund the opening on April 4, 1958 of the Penelopean Shelter, now the Penelopean Day Care Center in Athens. Sister Zoe initiated the idea of a Presiding Grand President's Pin passed from president to president. She initiated the convention Manual of Instructions, Agenda, Recommendations and Courtesies.

She was invited to the opening of the 13th Bi-



Zoe Cavalaris, then-Grand President of the Daughters of Penelope, speaking at the Mayor's reception in Athens, Greece (1956). Photo: Courtesy of James Cavalaris

Annual Clergy-Laity Congress in Washington, DC to address the luncheon as Grand President; the first time any Grand President was recognized in an official capacity with the Supreme President. Other "firsts" among her credits are: first president of the Philoptochos 5th Diocese, one of the first five women appointed to serve on the Archdiocesan Council of His Eminence Archbishop Iakovos, appointed to the Board of Trustees of St. Basil Academy, and was one of the few women of her time bestowed with the honor of Archontissa of the Ecumenical Patriarchate.

The Daughters of Penelope are truly blessed to have had Sister Zoe Cavalaris as a dedicated and progressive leader of our sisterhood, and a beacon of inspiration to us today and in the future. Zoe Cavalaris, then-Grand President of the Daughters of Penelope, speaking at the Mayor's reception in Athens, Greece (1956).

Sons and Maids Stateside Convention



The Sons of Pericles and Maids of Athena held their 2024 Stateside Convention in Nashville, TN from July 10 through July 14. Meetings, elections and social gatherings enjoyed by all.

Sons of Pericles election results: Alec Economakis Supreme President, Basili Ronstadt Supreme Vice President, George Kalyvas Supreme Secretary, Andreas Koloniaris Supreme Treasurer.

Supreme Governors are George Horates and George Antonellis. Ted Vittas is the Supreme Advisor to the Sons.

Maids of Athena election results: Sephanie Owens Grand President, Lia Chrisohou Grand Vice President, Cristina Saavedra-Mamounis Grand Secretary, Falia Pantieras Grand Governor and Helen McClure Grand Advisor.



Daughters & Sons OF PENELOPE OF PERICLES COOKBOOK



AN AHEPA FAMILY COMPILATION



AHEPA Athletics 2024 Honorees

September 3, 2024

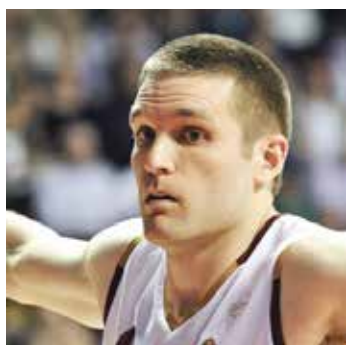
Five Inducted into Hellenic Athletic Hall of Fame

The American Hellenic Educational Progressive Association (“AHEPA”) announced its 2024 AHEPA Hellenic Athletic Hall of Fame selectees. AHEPA is the nation’s largest and longest-tenured Greek-American Hellenic organization, demonstrating philanthropy, community service and the perpetuation of Hellenic ideals.

The AHEPA Hellenic Athletic Hall of Fame was established in 1974 and is the second oldest ethnic Hall of Fame, and now includes near 200 inductees, including athletes and leaders in the sport’s industry such as Harry Agganis, Alex Karras, Pete Sampras, Eric Karros, Steve Lappas, Bob Costas, Greg Louganis and Kurt Rambis.

The 2024 Class of the AHEPA Hellenic Athletic Hall of Fame includes:

Michael Bramos, Grosse Pointe North, Michigan, was an outstanding college and professional basketball player. At Miami, Ohio University,



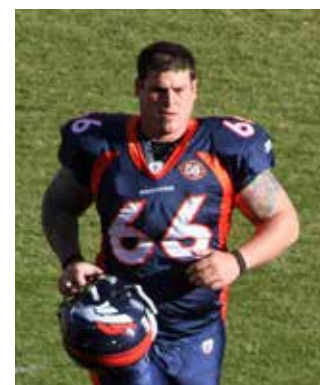
Bramos was the Mid-Atlantic Conference Player of the Year in 2009, he graduated with 1,515 career points, 4th on the school’s career list; he thereafter had a fourteen (14) year professional career at the highest levels

of European Basketball, including playing for Panthinaikos in the Greek Championship and the Euro League, and Reyer Venezia, the winner of the Eurocup/Basketball Champion League. He was also a member of the Greek National Men’s Olympic Team during the 2011-2013 International Seasons.

Paul Kostacopoulos, Middletown, Connecticut, was a highly successful college baseball coach. After four (4) years as a member of the Providence College baseball team, culminating in being named Captain his senior year in 1987, Paul commenced a three (3) decade span as a Division I Baseball Coach, with an all-time record of 1,027 wins berths versus 705 losses, with teams winning 30 plus games, 18 times; he was Head

Coach at Providence College, Maine University and concluded his career at the Naval Academy, earning NCAA Tournament berth at each school.

Leonidas “Lonie” Paxton, Corona, California, excelled as a Offensive Lineman and Long Snapper both in College at Sacramento State and over twelve (12) seasons in the National Football League; at Sacramento State, he was a four (4) year starter, and in the National Football League he was a center for both the Denver Broncos and the New England Patriots; with the Patriots, he played in four (4) Super Bowls and won three (3), and was selected to the Patriots’ All-Dynasty Team.



Angelo Loukas, born in Corinth, Greece, of Bannockburn, Illinois, was team captain of the Northwestern University football team as a three-letterman and All-Big-10 selection in his senior year (1969); he then played two (2) seasons with the Buffalo Bills, as an outstanding Offensive Lineman.

The late **Stylianos Kyriakides**, born in Cyprus, represented Greece in the marathon in the Olympics. He is best known for representing Greece in 1948 and winning the Boston Marathon in a photo finish, while advocating for the famine-ravaged Greece of Post-World War II.



AHEPA Supreme President Savas Tsivicos lauded this outstanding Hall of Fame Class of athletes and coaches who had reached the heights of their respective sports.

Tsivicos indicated: “the Order of AHEPA honors brilliance and excellence in all fields, and in this case, athletics. These Hellenic Athletes and Sport’s contributors reached the very pinnacle of success across their respective fields, and we are honored that they are joining the pantheon of outstanding Hellenic athletes over this near half-century of recognition”.

Tsivicos also noted “I tip my cap to AHEPA’s

Athletic Department, led by Supreme Athletic Director Chris Atsaves, and Gregory J. Stamos, who Chairs the Hellenic Hall of Fame Selection Committee, for its' dedication in honoring the careers of these exceptional Hellenic athletes, coaches and contributors to the sport's industry".

In addition, AHEPA recognizes and honors active athletes for achievement at high school, college and professional levels of competition.

The **William G. Chirgotis Most Outstanding College Athlete Award** is presented to **Alex Giannaros**, of Brockton, Massachusetts. Alex is a rising senior with the Boston University Terriers Women's Basketball Team; following the 2023-2024 season, Alex was selected to the first (1st) Team All-Patriot League, recognizing her 14.2 points per game and her career .453 shooting percentage, the third-highest ranking in Division 1. She approaches her senior year at Boston University with 920 career points.

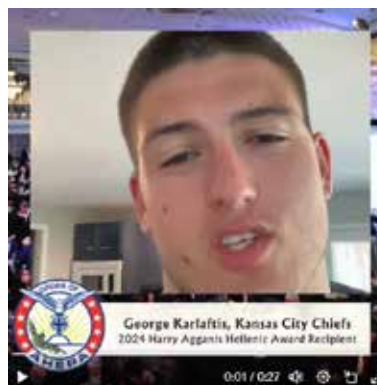
The **Agganis Family-Galatis Award** is awarded to the **Most Outstanding High School Hellenic Athlete**, and this year's honoree is **George Vomvolakis**, of Greenwich, Connecticut. George was a football All-State Selectee as a three (3)



year varsity starter at Greenwich, Connecticut High School, and a three (3) year varsity letterman in lacrosse. He was also All-Conference for two (2) seasons and captain of the football team, and notably a member of the Greece National Lacrosse Team.

George will be a scholarship running back at Stonehill College. George with HHoF Selection Committee Chair Greg Stamos.

Finally, AHEPA's premier honor, the **Harry Agganis Award**, is presented to the Most Outstanding Worldwide Hellenic Athlete. This year's selectee is **George Karlaftis**, of West Lafayette, Indiana, who in his two (2) years in the National Football League as a pass-rushing defensive end has garnered two



(2) Super Bowl rings as a member of the Kansas City Chiefs. This followed a stellar collegiate career at Purdue University, where he attained All Big-10 honors, and was selected in the first (1st) round of the National Football

League draft. Notably, George had previously received the William G. Chirgotis Award during his collegiate career. Pictured George thanking AHEPA Family for his award.

2024 Scholar Athletes

The Order of AHEPA announced the recipients and selectees of the Athletic Department's Scholar-Athlete Awards, for 2024.

This year's recipients are:

Thea Fleury
Lacrosse

Unionville, Connecticut

Gerry & Jeannie Ranglas Family Scholar-Athlete

Andrew S. Floros
Cross Country

Clarkston, Michigan

Past Supreme President Franklin R. Manios Scholar-Athlete

Joseph Dimitri Karnezis
Soccer

Joliet, Illinois

Past Supreme Athletic Director Monthe Kofos Athletic Booster Scholar-Athlete

Blaise Kokkales
Wrestling

Saline, Michigan

A.Vassiliadis-Aristos Family Scholar-Athlete

Katerina Kostouros
Soccer

Cave Creek, Arizona

Gerry & Jeannie Ranglas Family Scholar-Athlete

Grace Maria Moore
Lacrosse

Palos Verdes Estates, California

Anthony Leondis Memorial Scholarship

Alexandra Rivera**Soccer****New Rochelle, New York***John Peter Vlahos High School Scholar-Athlete***Vasilios Christos Tsiotos****Football, Basketball, Track & Field****Winthrop, Massachusetts***A. Vassiliadis-Aristos Family Scholar-Athlete***Nikolaos Zaharas****Football & Rugby****Littleton, Colorado***Past Supreme President Philip T. &**Tula K. Frangos Scholar-Athlete***Alexander Zeppos****Football & Rugby****Coto de Caza, California***Manchester Greats Scholar-Athlete*

Supreme President Savas Tsivicos indicated "AHEPA is proud to recognize an outstanding group of Hellenes; we congratulate all of the honorees and are thrilled that AHEPA remains at the forefront of recognizing excellence in athletic achievement. These three National Athletic Awards are the "triple-crown" of athletic achievements, honoring the Most Outstanding Hellenic Athlete at all levels, representing premier athletes across the spectrum of sports. These Greek-American athletes represent not only the stars of today, but certainly athletic prominence in years to come".

Tsivicos also indicated "I commend AHEPA's Athletic Department, led by Supreme Athletic Director Chris Atsaves and Gregory J. Stamos, Chair of the National Athletic Awards, for its dedication in honoring our exceptional Hellenic Athletes".



Vailios Chrfisos Tsiotos



Grace Maria Moore



Nikolaos Zaharas



Alexandra Rivera



Joseph Dimitri Karnezis



Alexander Zeppos

MISSION TANZANIA

Honoring 55-Year Ahepan Alex Haimanis



TOGETHER WE SAVE LIVES!

Alex Haimanis was initiated into **Santa Barbara AHEPA Chapter #243** in 1969, launching a lifetime of charitable efforts. Alex's principal focus is now on **Mission Tanzania** and his three crews who are drilling and repairing wells throughout that country. To date, 72 wells have been dug, each with the possible capacity to provide clean water for up to 5,000 people. Additionally, 90 wells have been repaired from the 10,000 dug and then abandoned by other organizations.

*Every day 5,000 children die there of waterborne diseases, and
over half of these occur in children under five years of age.
Together we can help to change that!*

When possible, wells are placed on the lands of our Orthodox Churches including **St. Barbara Greek Orthodox Church** whose construction was spearheaded by Alex. The Tanzanians are welcomed and introduced to the Orthodox faith. **Over 230,000 grateful people now have clean water to drink.**

- The **St. Mark Seminary** Alex helped to reopen and personally supports is graduating 34 new priests, with 30 more in training. They will help others to serve our 200 Orthodox churches.
- Aside from basic well maintenance, the people are also taught good sanitation and hygiene by Alex's partner, **Mission is Possible** of Saint Paul's GOC, Irvine, CA. **Alex and all others helping are volunteers.**

*The cost to drill and equip **each well is \$7,500**, and **\$1,000 to \$1,200 to repair**. Every tax-deductible donation goes 100% to save and enhance lives. For more information or to donate to **Mission Tanzania**, go to africawaterprojects.org. You may reach Alex at alex@africawaterprojects.org*

Before



After



Donations made payable to SBGOC – Mission Tanzania, and mailed to:
SBGOC 1205 San Antonio Creek Road, Santa Barbara CA 93111.
SBGOC is a 501(c)(3) nonprofit organization • Tax ID 77-0007722

Becoming a Brother



As part of becoming a new Brother, we offer you a few observations, thoughts and feelings which most members have about their membership in the Order of AHEPA.

The two basic things about our Order are that it is both a Fraternity and an organization which gives living and effective expression to the love its members have for Hellenism and its perpetuation... There is a lot more to be said about AHEPA, but it all starts here.

The truth of the above shows up in many ways. First, AHEPA continues to exist... it endures. It continues to exist since 1922, and it is comprised of many different kinds of men: young, old, poor, middle class, rich, Hellenes all, born in the United States, Canada, Greece and elsewhere, men who rarely miss a meeting and men who have rarely attended a meeting in years because their business hours prevent their attendance, men with less than high school educations and men with PhD's, athletes, truck drivers, priests, poets, dishwashers, machinists, doctors, engineers, retired, students... you name it, "someone from it belongs in the Order". Most AHEPANS have belonged in the Order for years... many if not most have belonged for most of their adult life.

What is it that claims such enduring allegiance and involvement on the part of so large and so diverse a group of men? Whatever it is, it must be very strong stuff, and it is: Fraternalism and love for Hellenism is what has attracted us into the Order and keeps us there for a lifetime. We trust and hope that you too will embrace this double-dose of Fraternalism and Hellenism, because it will for sure enrich your life, enrich our lives, and enrich Hellenism.

A second major point is that AHEPA really and truly "grows on you". It is very important to say this because it is so very basic. The longer you are an AHEPAN, the more it becomes part of your permanent inner world. Why is this? While there are somewhat different

answers to the question for different men, there are basic common reasons for all. Here are some of them. After a number of years, men in your Chapter who you barely recognized for the first few years of your membership become Fraternal Brothers. This even applies to Brothers from other Chapters who you see only once in a great while and are not even sure of their names. You are very glad to see them and they you. Further, the many unique ways by which all AHEPANS support and express their Hellenism results in a lifelong cement between them.

The list of AHEPA contributions is a very long list. You should read it in detail, but this is not the place for it. It ranges from profoundly important philanthropic and educational projects in Greece to fundamental support to the institutions of Hellenism and Greek-American religious, educational and social life in the United States and the world. It ranges from crucial geopolitical support for Greece and Cyprus in the United States government to a really outstanding World War II record of one of the highest totals of War Bond sales by a private organization.

It can be viewed in the millions of dollars we award annually in scholarships, aid, assistance and so many other philanthropic endeavors.

There are many examples of how AHEPA has been a very loyal, good and giving citizen. As a result, former United States Presidents Roosevelt, Truman and Ford were dues-paying members of AHEPA, not to mention Vice Presidents Humphrey, Rockefeller, and Agnew. Today as in the past, many United States Congressmen (over 150 of them) are members of AHEPA, as are State Governors.

It is because of the whole of the above that AHEPA becomes imbedded in the hearts of its members and that we can tell you here in one final summary:

Welcome

Come as often as you can. Be sure to let AHEPA grow on you by giving it time, staying and participating as often as you can over the coming years and decades. We absolutely guarantee that you too sooner or later in the years to come will find a life-long enduring love for AHEPA and the Fraternalism with your fellow Brothers which will continue to grow ever-deeper and enrich the whole of your life to come.

From AHEPA Year Book - Arthur unknown.



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-servicedogs.org



Ahepa Veterans Affairs
ahepaveterans.org

Learn more about
 these and other
 National Projects
 by visiting
ahepa.org

Spanakopita Fritters



Crispy, golden zucchini fritters are crowd pleaser and one of the recipes included in “Greekish,” written by Georgina Hayden.

Recipe and photo lifted from the San Jose Mercury Newspaper.

Recipe

Serves 4

Ingredients

3 1/3 cup (100 g) baby spinach
 1 large zucchini
 1 teaspoon sea salt
 1/2 bunch of dill, mint or flat leaf parsley, or both
 4 green onions
 3/4 cup (100 g) flour
 1 teaspoon baking powder
 Freshly ground black pepper
 2 large eggs
 1/4 cup (50g) plain Greek yogurt
 1 cup (100g) feta
 Olive oil
 1 lemon, to serve

Directions

Roughly chop the spinach and place in a colander set in the sink. Trim and coarsely grate in the zucchini, add to the colander and toss the vegetables with the sea salt. Mix together well and leave for 15 to 20 minutes to draw out the moisture. Give the mixture a good squeeze to really extract all the water, then transfer to a large mixing bowl. Finely chop the herbs, trim and finely slice the green onions, and add both to the bowl. Stir in the plain flour, baking powder and a good pinch of black pepper. Beat in the eggs and yogurt. Crumble and fold in the feta.

Line a plate with paper towels. Place a large frying pan on medium heat. Pour in enough olive oil to just cover the base. Spoon in the fritters, one heaped tablespoon of the batter at a time - don't crowd the pan. Fry for 3 to 4 minutes on each side, until golden and crisp, then transfer to the paper-towel lined plate. Keep frying until a lithe mixture is fried. Serve with a generous pinch of salt on top and lemon wedges for squeezing over.

What would happen if you were to drink olive oil everyday?

Nurse Cat wondered the same... keep reading to find out her surprising results.

We all know that high-quality olive oil has massive health benefits. So I decided to do an experiment on myself and consume at least a couple of shots (2-4 Tablespoons) of high quality olive oil every day.



Here are some of the things I noticed:

1. Less hunger—Since olive oil is a healthy fat, consuming olive oil stops hunger pangs. But olive oil is a type of fat, and it seems it would cause weight gain. On the contrary, I lost a few pounds the first two weeks of consuming olive oil. And when you look at the research, studies show that people who consumed at least 2T of olive oil a day lost more body fat than those eating similar calories and no olive oil.

2. Lower blood sugar—Along with less hunger, olive oil helps to lower blood sugar levels, helping to prevent type 2 diabetes and insulin resistance. When blood sugar and insulin are lower, you are less likely to be hungry or to store calories as fat. Olive oil also reduces ghrelin, a hormone that stimulates hunger.

3. Less aches, pains, and inflammation—Fresh EVOO contains a compound called oleocanthal which has an anti-inflammatory effect like ibuprofen—without the negative side effects. A study from Spain showed that men and women over the age of 55 who consumed olive oil for one month had decreased blood markers for inflammation, especially IFN-γ and CXCL1.

4. Smoother skin—Olive oil is anti-inflammatory, and this is reflected in smoother skin, less sun damage, and reduction of any redness or irritation. The antioxidants in olive oil help prevent aging of the skin, as well as fighting skin cancer. The antibacterial component of olive oil also helps

to fight acne and other skin infections. Olive oil applied directly to the skin also works great as an excellent moisturizer and wrinkle fighter.

5. Improved memory—My thinking was quicker, my focus improved, and my memory was sharper. Olive oil consumption has been shown to have positive effects on cognitive performance. Studies on olive oil consumption show slowed cognitive decline, and decreases in blood markers for Alzheimer's disease, including amyloid beta proteins, tau, and p-tau.

6. Improved Cholesterol—While my cholesterol levels are very good, I noticed that total cholesterol numbers dropped, along with lower levels of LDL, and triglycerides—both of which are tied to heart disease. In addition, HDL (our good cholesterol) increased. In a meta-analysis of 27 different trials with olive oil, it was found that HDL increases significantly, while LDL and triglycerides are lowered. All good for heart health and longevity.

7. Better Digestion and Healthier Microbiome—Olive oil has a lot of gut health benefits. It nourishes beneficial bacteria and helps heal the gut lining. Research shows it relieves gut irritation including bloating and constipation. Certain healthy gut bacteria have positive effects on lowering cholesterol and fat loss, as well as increasing feelings of fullness.

Olive oil's polyphenols can prevent other serious health issues. Olive oil is effective for its anti-inflammatory whole-body effects, its ability to fight and kill cancer cells, reverse fatty liver disease, protect the kidneys, and promote healthy brain and nerve function. Olive oil is effective for heart disease, Parkinson's disease, Alzheimer's disease, multiple sclerosis, and to prevent or fight many cancers.

Olive oil is truly a powerful superfood and should be included in your diet on a regular basis. While I don't know if I will continue to have a couple 'shots' of olive oil every day, I do know I will be adding generous amounts to my vegetables, salads, soups, and main dishes.

Be sure to look for "Extra Virgin, Cold Pressed" olive oil, and check the bottling date to see how fresh it is. Look for olive oil that comes in a dark tinted GLASS bottle. Avoid plastic or clear bottles. Higher quality olive oil full of polyphenols should have a rich, fruity taste and stings your throat when swallowed—this is a reflection of the amount and quality of the polyphenols it contains.

Lifted from CNN News



***Our Mission** - To promote the ancient Greek ideals of Education, Philanthropy, Civic Responsibility, Family and Individual Excellence through community service and volunteerism.*

Support Your Ahepa Traveler by being a Sponsor

Chapter Sponsorships

Individual and Group Tributes

Real Estate Sales and Rentals

Insurance - Business - Life - Health - Home - Car

Computer Services

Investment Planning

Retail Businesses - Restaurants - Food Markets - Home Furnishings

Beauty Salon - Barbershop

Automotive Sales and Service

Travel Services

Corporate Sponsors!

AHEPA TRAVELER ADVERTISEMENT RATES

Quarter Page \$50 per year

Half Page \$100 per year

Full Page \$150 per year

Full Page Single Issue ad \$50

The AHEPA Traveler is published four times a year.

Fall/September - Winter/December - Spring/March - Summer/June

Mail AD (electronic version preferred) and CHECK (payable to Ahepa District 21) to:

Dr. Vassilis Zarifis, *District 21 Secretary*

Email: vgzari@gmail.com