

Ahepa



Traveler

CHAPTERS THROUGHOUT NORTHERN CALIFORNIA AND WESTERN NEVADA

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Summer/June 2024



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**Have a
Great
Summer!**

"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.

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**ARTICLES FOR
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2023-2024

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2023-2024

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Kathy Leles

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AHEPA District 21 Governor's Message



Dear AHEPA Family,

As I come to the end of my term as District Governor, I want to thank everyone for their hospitality on our visits and their friendship. We endured many hardships over the past few years as an AHEPA Family but we also celebrated our 100-year anniversary. Our District's 100-year anniversary is coming up in a few short years and I would love to see our District even stronger by then.

I've seen a changing of the guard with many new faces stepping in to carry us forward. I see enthusiasm that had been lacking in the past with new programs and ideas being brought forth. AHEPA does change with the times and now has grown into a worldwide organization. Our emphasis this year on Cyprus, is to remember that this issue has not been resolved after 50 years of occupation by Turkey. Some battles are long and must not be abandoned for this will lead to further aggression by Greece's enemies.

We, as a District, must grow to be a force that is heard locally and nationally. We have a strong voice in Washington and need to keep it strong by bringing in new members to join us. We must get our youth interested in our culture and heritage. To facilitate this, we will be working on starting our Hellenic Heritage tournament to teach the young and old about our Hellenic roots. These programs need volunteers to help spread the work so that no one individual is tasked with a large burden. As a team, we can be efficient and have fun seeing the results of our efforts.

I feel that I will miss being your District Governor as it has been a very rewarding journey and I finally even made it to national headquarters in Washington DC. I hope you get a lot out of being an AHEPAN and see the difference our organization makes supporting our heritage and our churches.

I would like to thank my Lodge for their invaluable support and hard work and dedication to keeping our district going during the worst of times. I look forward to working with the new lodge as their advisor and look for all the good things to come.

Thank you,

Chris Frangos

District 21 Governor



District 21 Governor Frangos receives Hero pin and certificate from Supreme President Tsivicos at San Jose visitation April 16, 2024

GREETINGS FROM YOUR DISTRICT 21 GOVERNORS CHRIS AND ALICIA FRANGOS



We thank our District Lodges
and all the Chapters for their work
this year and wish you all
continued success.

Looking Forward to a Productive and Fulfilling 2024
Western Regional District Convention!



Dear AHEPA Family of District #21,

I am proud to announce the recipient of our Inaugural Periclean Award for 2024 will be the very deserving Tom Chiarchiannis of Stockton #212.

Tom has exemplified all the attributes of a true AHEPAN and is very involved with Saint Basil's Greek Orthodox Church in Stockton. He has taken the co-chairmanship for the 10th Anniversary of the Western Regional District Convention with his DOP counterpart Kathy Leles as District #21 is hosting it this year in Reno.

Tom has always stepped up when asked to provide his expertise and experience to any situation, whether it is AHEPA or at his home parish. He has always been there for our AHEPA Scholarship Foundation and has helped it reach new heights. He leads his Chapter with a strong but gentle hand.

I feel that Tom has set a high bar for our Brothers to reach and is instrumental in keeping our District strong and viable for the next 100 years of AHEPA.

AXIOS Tom.

If you would like to join in congratulating Tom and supporting his latest project, the WRDC, you are welcome to submit a [Convention book ad](#) or [Sponsorship](#).

Sincerely ,

Chris Frangos
AHEPA District Governor

ORDER OF AHEPA - DAUGHTERS OF PENELOPE GOLDEN GATE DISTRICT 21 2024 SCHOLARSHIP AWARDS



Nicholas Affholter

*Phaedra #64 Modesto
District 21 DOP Scholarship
District 21 AHEPA Scholarship*

Nicholas is a diligent and impressive student, athlete, and leader for his school and his community, prioritizing volunteering, serving through the Modesto Gospel Mission, Blessings in a Backpack, GOYA Service days, as well serving as Senior Class Treasurer for his high school. Nicholas discovered his interest in the physical sciences early in high school and will be attending University of the Pacific, beginning in Fall 2024, majoring in Electrical Engineering.



Marina Alexander

*AHEPA #153 Sacramento
District 21 DOP Scholarship
in Memory of Bill Panagopoulos*

Marina is a third-year student at San Diego State University, majoring in Journalism. After overcoming educational barriers since middle school, Marina's sheer determination led to her receiving Dean's List her first three semesters of college. Marina has flourished as a writer while interning at the Roseville Chamber of Commerce. She is also the Social Media Director for the SDSU Greek Life Activities Board and the VP Corresponding Secretary for Psyxi Tis Kritis, the Pancretan Youth of America Chapter of the Greater Sacramento Region.



Marika Alexander

*AHEPA #153 Sacramento
District 21 DOP Scholarship
Donated by Sparta #18
in Memory of Kay Chiarchianis
District 21 AHEPA Scholarship*

Marika's upbringing in Sunday School, Greek Dance, Greek School, and her church have instilled in her the values of her γιαιιά. After recovering from a knee injury sophomore year, she became interested in physical therapy. Working on her bachelor degree in Kinesiology at San Diego State University, she has received Dean's List honors all 5 semesters so far. After graduation, she will pursue a PhD in Kinesiology, where she aspires to help others in her local community through providing physical therapy.



Andreyia Dayton

*Elis #89 Reno
Ekaterini Tsakopoulos
Memorial Graduate Scholarship*

Andreyia will be entering a Master's program for Occupational Therapy at the University of Utah in Fall 2024. Being completely deaf in one ear, Andreyia has learned to self-advocate for accessibility in education and other areas of life. Pursuing a career in Occupational Therapy will allow her to assist others, especially children with disabilities in attaining appropriate accommodations. She's grateful for her Hellenic heritage and feels it provides her with the insight to appreciate the diverse cultures and cultural needs of her future patients.

Congratulations !

ORDER OF AHEPA - DAUGHTERS OF PENELOPE GOLDEN GATE DISTRICT 21 2024 SCHOLARSHIP AWARDS



Angelina Frangides

*Daphne #29 - San Jose
DOP Past District Governors'
League Scholarship
in Memory of Mary Chicos*



Theodora Maheras

*AHEPA #392 San Mateo
District 21 AHEPA Scholarship*

Angelina is grateful for her Hellenic heritage, having grown up attending Sunday school and participating in GOYA, Maids of Athena (MOA), and Greek dance, with various leadership roles in MOA over the last three years. She gives back to her community through fundraisers and volunteering at various Greek events and at Next Door Solutions. Her job entails working and communicating with children daily with patience and understanding, and has led to her desire to become a pediatric Registered Nurse. She will begin the Bachelor's of Nursing program at Azusa Pacific University in Fall 2024.

Theodora's captivation with the intricate workings of the human mind and the impact of mental health on our lives is paralleled by her commitment to her sorority, a group that embodies leadership, service, and the importance of fostering strong, supportive communities. Inspired by her mother's work as an Educational Psychologist, she endeavors to become a practitioner who not only provides compassionate care but also actively participates in conversations about mental health. She feels that the AHEPA scholarship will help her pursue excellence in her Bachelor's program in Psychology at San Diego State University while allowing for a deeper involvement in meaningful service projects.



Marianna Frangides

*Daphne #29 - San Jose
Angela Mouroufas
Memorial Scholarship
District 21 AHEPA Scholarship*



Isabella Nassar

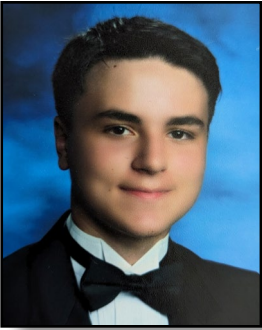
*Leto #71 Fresno
District 21 AHEPA Scholarship*

Marianna balances two part-time jobs with her full academic workload, while still finding the time to participate and contribute to her community and Hellenic heritage. Being Secretary and President of Maids of Athena (MOA), as well as the Secretary of GOYA has shaped her into a community leader. Marianna is also involved in Greek dance, volleyball, and Sunday school, and volunteers at the Greek Festival and Next Door Solutions. After working in a dental office, she discovered an interest in the field, leading her on a path to University of the Pacific for a Bachelor's Degree in Dental Hygiene beginning this Fall 2024.

Surrounded by a family of physicians, as well as a mother who lives with a rare disease, Isabella has witnessed the successes and challenges of medicine from both the caregiver and patient perspectives. She wants to be an advocate for patients and their healthcare, which has inspired her to also become a physician after pursuing a Bachelor's degree in Public Health. Aware of the hard work required to reach this goal, she has remained focused throughout high school and plans to take that same perseverance into college. She also points to her relationship with God as the source for her blessings.

Congratulations !

ORDER OF AHEPA - DAUGHTERS OF PENELOPE GOLDEN GATE DISTRICT 21 2024 SCHOLARSHIP AWARDS



Paul Papavasiliou

*Urania #290 San Mateo
District 21 DOP Scholarship*



Eleni Voudouris

*AHEPA #153 Sacramento
AHEPA District 21 Scholarship*

Paul's commitment to his community can be felt whether he's playing basketball or volleyball or Greek dancing on stage at FDF, representing his Annunciation Cathedral with gratitude for his culture and his family who support him. Paul applies that same energy to his studies, having maintained Dean's List honors for every semester in high school and tutoring his fellow students. His care for his community goes further as he volunteers for Toys for Tots, food drives, and fundraisers supporting breast cancer research. His heart to help people has inspired him to pursue an Associate for Transfer degree in Biology at College of San Mateo and then transfer to a university for his Bachelor's degree.

Although moving away from family to Illinois has resulted in growth, maturity, and change in Eleni's life, one thing that has stayed constant is her commitment to embracing her Hellenic heritage and utilizing it to make the world a better place. Eleni has found a large Greek community at University of Illinois Urbana-Champaign, where she is pursuing her Computer Science Bachelor's degree, leading her to joining the Orthodox Christian Fellowship (OCF) and the Hellenic Students Association (HAS) where she's met incredible friends she resonates with. Her work through these clubs reminds her of her mission to help others, specifically in using her knowledge of computer science to digitize clinical trials and streamline the process of approving medicines. Her experience interning at an oncology company alerted her to the great need for this use of technology. Her Orthodox faith and appreciation for Hellenism are paramount in her life.



Anastasia Tsapouklis

*AHEPA Chapter #259 Concord
AHEPA District 21 Scholarship*

Being involved with her high school sports medicine program, Anastasia has since been inspired along a path towards health care, leading her to earn her BS in Exercise Physiology, double minor in Nutrition and Sports Performance. She is now about to pursue a Masters in Occupational Therapy. In applying to the program, she volunteered at the pediatric OT clinic where she found it rewarding to work with children, and she volunteered long enough to be allowed to run a session herself under supervision. Now in her Master's program, she's able to compound her knowledge of the literature with her growing experience. As an Orthodox Christian, she has learned that supporting people in need is her God-given calling to help.

Golden Gate District 21
AHEPA Scholarship Foundation
and the
Daughters of Penelope Scholarship Committee
thank our donors and our Chapter supporters for their
support and generosity in helping provide funding
to award scholarships to our excellent students.



Congratulations!



HELLENIC HISTORY TOURNAMENT

*Jeopardy-style tournament
for High School students
(8th - 12th Grade)*

3-member teams compete in
a double-elimination format

PRIZES

Winning team: \$1000*

Runner-up team: \$500*

* per team member

1st & 2nd teams go to the National
tournament for higher prizes

*Questions are from the 'Hellenika'
book by Peter Limber*

*Topics cover all periods
from antiquity to modern times
Book provided upon registration*

Students can participate for multiple
years

email: ahepadistrict21@gmail.com



GOLDEN GATE DISTRICT 21 EDUCATIONAL FOUNDATION

Dear AHEPA Family of District #21,

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
AHEPA Educational Foundation Chairman

A message from the Supreme President

Sunday, May 5, 2024

Dear AHEPA Family and Friends,

CHRIST HAS RISEN! TRULY HE HAS RISEN!

CHRISTOS ANESTI! ALITHOS ANESTI!



Christ is risen from the dead, trampling down death by death, and to those in the tombs, granting life.

Χριστός ανέστη εκ νεκρών, θανάτω θάνατον πατήσας,
και τοις εν τοις μνήμασι ζωήν χαρισάμενος.

On behalf of the Order of AHEPA, I wish you, and your family, a Happy Easter.

May it be a special day of joyous memories for you and your loved ones.

Faternally,

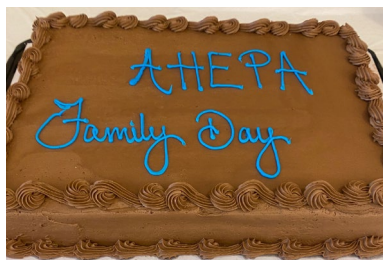
Savas C. Tsivicos

Supreme President

AHEPA Family Day in Elk Grove

by Diane Petersen PGS

The AHEPA Family in Sacramento (Sacramento 153 and Artemis #5) is unique because we cover three churches in the area—Elk Grove, Roseville, and Sacramento. On May 19th we celebrated AHEPA Family Day at St. Katherine's Greek Orthodox Church in Elk Grove. The coffee hour refreshments were sponsored by the AHEPA Family



which included a cake "AHEPA Family Day". In attendance Sunday, were 5 AHEPANS and 9 Daughters of Penelope.

Pictures were taken.

When you look at the pictures, you will probably wonder why we have bonsai trees behind us. Well, as some of you know Father Dino's hobby is growing bonsai trees.

He belongs to a bonsai club. This Sunday during coffee hour we were recipients of a display of Japanese Satsuki azaleas in full bloom. The Japanese Azalea Club "Satsuki Aikokai" held their annual show in Tsakopoulos Hall.

Sister Diana Beuche has quite a few bonsai trees in her yard, and they thrive! She bought more trees on Sunday. Sister Kathleen Almedia's husband bought a tree and will try again to make sure this one survives!

Daughters of Penelope picture—left to right—Antigone Vaccaro, Kathleen Almedia, Diane Petersen PGS, Sophia Trotter-Goetze, Maria Villena Koumis, Melanie Hatzakos, Diana Bueche, Mary Kondos, and Vivia Papadopoulos.

AHEPANS picture—left to right—Lefteris Koumis and Demos Papadopoulos.

Also attended the coffee hour, but left before the pictures were taken—Lefteris Kavros, Ted Pantazis, and John Tatarakis.



Adventure on May 25, 2024

By Diane Petersen PGS, Artemis 5 President

Athena Hallock DT and Diane Petersen PGS were on their way in Athena's blue 6 speed Mustang. Oh! My how time really flies racing down I 80 west. Athena followed map quest directions because let's face it, we didn't know where this event was, only somewhere in Dixon?

On we went, finally getting off I 80 and heading onto Midway Road. After a while, we arrived at the Sacramento Valley National Cemetery, no words can describe this awesome cemetery. Rows and rows of white headstones all facing the road. Mausoleums in the distance. Beautiful water areas with fountains of water rising toward the blue sky. After parking the blue mustang, we followed the directions of workers at the cemetery toward where the program was to take place.

We took a path and along this path were concrete benches where important events were etched on the bench backs such as December 7, 1941, Pearl Harbor.

Memorial Day Program

Some highlights: Musical selections throughout the program, fly over with one plane leaving the formation (Athena remarked—my great Uncle Herman Perry, a pilot WWII, shot down over Burma), presentations of colors, speakers, and wreath presentation with rifle salute and taps.



After the program, we headed to Section 2 and took flags which were bundled together in groups of 10 flags. Athena took 5 and I took 3, then we went back for more. Screw drivers were used to dig holes to place the flags. We were told to say the names of each deceased veteran as we put a flag in front of their headstone. (By the way, a spouse of the veteran

is also buried there, and their name is written on the back of the facing headstone). Also, we were told that a penny is placed on the headstone means you visited the veteran, a nickel knew the veteran in boot camp, a dime served with the veteran in some capacity, and a quarter was there when the veteran died. We felt a sense of pride and job well done! Athena and I placed over 100 flags that day!



Did you know? Athena Hallock is an Army veteran and sister Vicki Meer's (Artemis Vice-President) mother is buried at this cemetery.

All in all, we felt proud of those men and women who joined the Arm Services to protect our democracy! God Bless Our Troops!



Daughters & Sons
OF PENELOPE OF PERICLES

COOKBOOK



AN AHEPA FAMILY COMPILATION



Modesto Daughters of Penelope Symphony of Settings

By Aliko Alexander, Phaedra Chapter President

It has been 7 years since Phaedra 64 of Modesto had the pleasure of hosting our Symphony of Settings Fundraiser Luncheon!

We were honored to have our Parish Priest Fr. Cosmas Halekakis and his lovely wife Presvytera Michelle join us.

It was wonderful to have Past District Governors Kathy Leles and Joanne Panagopoulos attend as well!

It was a lovely and successful event! The Event was Co-Chaired by Mary Gavrilis & Aliko Alexander.



San Jose DOP, AHEPA and MAIDS News

Greek Independence Day Celebration. The San Jose AHEPA Family has had a busy quarter starting with the celebration of the 203rd day of Greek independence on Monday, March 25, 2024. An article covering the event was posted in the *Silicon Valley Voice* newspaper. You can find and read the article with photos on pages 18 and 19. Photos courtesy of Paniyiota Good.

Thank you sister Jacqui Argyres for making all the arrangements with the City of San Jose and submitting articles throughout the Hellenic Community.

Crab Feed Fundraiser - For the second year a crab feed fundraiser was held on Saturday, April 13 at the St. Nicholas Community Center. Our recently appointed Proistamenos Rev. Fr. James Kumarelas and Presvytera Vasso were welcomed and honored. Father James and family joined the St. Nicholas parish on January 1, 2024.



Left to right - District 21 Governors Chris and Alisia Frangos, Past Parish Council President Mahi Papadopoulos, Parish Council President Roula Demertzis, Chapter President Joanna Dunn, Presvytera Vasso and Father James Kumarelas

It was a wonderful event - cocktail hour, dinner of Caesar salad, Greek style pasta, delicious Dungeness crab and, of course, dessert. Following dinner live Greek music by the Mythos Band featuring vocalist Sylvia Kalivitis for the guests dancing and listening pleasure.

Thank you to Nick Pries and committee for a very successful well attended event, Looks like this must be an annual event.

Supreme President Visitation - On Tuesday evening April 16th we were honored to host Supreme President Savas Tsivicos. He was accompanied by Canada President Emmanuel Constas and Executive

Director Basil Mossaidis.

The visitation was held at the St. Nicholas Church Hall. Members from Bay Area chapters were present to welcome the guests. The evening featured remarks by Tsivicos, a salmon dinner, an initiation ceremony of new members from the chapters. Initiation ceremony was conducted by the officers of our chapter with President Tsivicos reciting the AHEPA Oath.

See news release covering the President's West Coast trip and visitations on page 18.

Old Americans Month - Daughters of Penelope, got together and wrote 250 cards for Old Americans Month to be distributed with their Meals of Wheels. A beautiful initiative for the Seniors of our County in collaboration with Source wise.



Showing off the cards left to right: Grand Governor Linda Belba, Laurie Sahines, PDG, Chapter President Joanna Dunn, guest, and Sofia Kotsiri.

Mother's Day - On Sunday, May 12th the San Jose Maids of Athena sold Mother's Day gifts - strawberries dipped in chocolate and other items as a fundraiser. The Maids are pictured below with advisor Lorraine Hilty.



AHEPA Day - On AHEPA Day Sunday, May 19 the chapters held a Memorial Service for all the departed brothers and sisters. An Artoklasia Service followed for the well being of all the members and for the St. Nicholas community. Chapters hosted the coffee hour.

AHEPA Day was also Parish Graduation Day. Each year the AHEPA family honor each graduate with a Certificate of Achievement along with a monetary gift.

AHEPA and Daughters of Penelope Presidents Dr. George Zioulas and Joanna Dunn with graduating seniors.



Zioulas with Sophia Kontinos, Nicholas Tavernakis, Marianna Frangides and Angelina Frangides.



Dunn with Nicholas Tavernakis, Marianna Frangides, Angelina Frangides and Sophia Kontinos.

Congressional Banquet - The Order of AHEPA hosted the 46th Biennial AHEPA Congressional Banquet on Wednesday, May 22, 2024. Chapter member **George**

Marcus was bestowed the first ever Presidential Volunteer Service Award for a lifetime of service to the Greek and American Communities across the United States. "This prestigious certification aligns the AHEPA with the impactful efforts of AmeriCorps and the Points of Light Foundation, reinforcing AHEPA's dedication to meaningful community service." AXIOS! See *AHEPA Headquarters News Release on page 20*.

Chapter President Dr. George Zioulas was able to attend this historical Congressional Banquet.

Capitol Hill Day - The next day following the Congressional Banquet Brother Zioulas attended Capitol Hill Day.

More than 100 advocates from coast-to-coast participated in another successful annual AHEPA Family Capitol Hill Day, May 23, 2024, announced Supreme President Savas C. Tsivicos.

The AHEPA family advocates walked the halls of Congress and met or engaged with an estimated 80 congressional offices to discuss the foreign and domestic policy priorities that are vital to the AHEPA family's mission. These include: strong U.S. relations with Greece and Cyprus, holding Turkey accountable for its illegal and provocative actions that are not in the U.S. interests, and strong investment for affordable housing for older adults and programs that provides lifesaving services to survivors of domestic violence and their families.



Bay Area Greeks Celebrate 203 Years Of Democracy With Flag Raising Ceremony

Diane Andrews, The Silicon Valley Voice - April 19, 2024

Bay Area Greeks gathered at San Jose's City Hall on March 25 to raise the Greek flag and celebrate the country's 203rd anniversary of independence.

Honoring the 203rd Independence Day of Greece, Taso Zografos—wearing the ceremonial white, short-skirted uniform of the Greek Presidential Guards—raised high the blue and white striped flag of Greece at San Jose City Hall Plaza on March 25.



About 75 Bay Area Greek American citizens, dignitaries, and friends gathered to honor the date in 1821 when Greeks within the Turkish Ottoman Empire rose up and fought for independence, a war lasting until 1832.

San Jose District 9 Council Member Pam Foley, emcee, introduced His

Eminence Metropolitan Gerasimos, head of the Greek Orthodox Metropolis of San Francisco. "...let us call to mind the many struggles for freedom that still exist in our world. We must be vigilant in prayer for peace, for safekeeping, and for the protection of God's beautiful creation that surrounds us," said Metropolitan Gerasimos. "We all need to do our part."

"It's important to carry on the traditions of Greece. It's the first country to have democracy!" said U.S.-born Bill Christie from San Jose. Christie, whose parents were born in Greece, is a 50+-year member of AHEPA (American Hellenic Educational Progressive Association).

George Zioulas, president of 70-member AHEPA Silicon Valley Chapter 251, said that AHEPA, established in 1922 to promote the Hellenic ideals of freedom of people and society, is the world's

largest Greek Hellenic organization.

SAN JOSE, CA—MARCH 25: On Monday, March 25, 2024, at 5:00 pm, the American Hellenic Educational Progressive Association (AHEPA) and the Daughters of Penelope (DOP) commemorated the 203rd Anniversary of Greek Independence with a special Greek Flag Raising Ceremony at San Jose City Hall Plaza (Photo by Panayiota Good)

The annual Independence Day celebration, hosted by the City of San Jose, was organized by AHEPA and its sister organizations, the Daughters of Penelope and DOP's junior auxiliary, the Maids of Athena.

"I appreciate being part of a worldwide organization of amazing women that share the same commitment and passion to help our communities, country, and the rest of the world to be a better place," said Joanna Dunn, president of San Jose's 50-member DOP Chapter 29.

Founded in 1929, the organization's name honors the mythological yet revered wife of King Odysseus in Homer's ancient epic poem "The Odyssey."

At the end of the ceremony, youth from St. Nicholas Greek Orthodox Church in San Jose performed circle dances, including the kalamantianos—the national dance of Greece. The dancers also perform at the church's annual Greek festival this year, May 31 to June 2.

At a City Hall reception afterward, three dancers—members of Maids of Athena Chapter 163, spoke with pride of their ethnic heritage.

"I like that the City of San Jose recognizes Greek independence," said Eva Stouras. "I feel proud to be Greek."

"Greek culture is very important to us. Today gives us a feeling of being connected to our background. We feel like we are family," said Andreana Argyres.

"It's very inspiring to see everybody get together to represent the Greek community," said Marianna Frangides. "I hope one day my kids get to do this."

California's Greek American population reported for 2010 – 2014 is 133,245 (0.35 percent of the state's population). San Francisco reported 5,573; Santa Clara County 6,480; San Jose 3,379; Sunnyvale 562; and Santa Clara 258.

"It's great to be Greek and great to be American,"

said Vassilis Zarifis, treasurer of 400-member AHEPA Golden Gate District 21. "We are uniting cultures, getting the best of both."

"Let us come together as Hellenes, Philhellenes, and as Americans, standing together for what is good, what is right, what is fair, and let the lessons of our forebears resonate in our heart and especially in our actions to demand more

from our leaders to ensure that freedom, peace, and tolerance prevail in everything we do," said Metropolitan Gerasimos in closing his remarks.

A Greek Independence Day celebration in San Francisco, postponed by rain, took place on April 14, noon to 5 p.m., downtown at Union Square.

Photos: Panayiota Good



Tsivicos Goes West The California Tour

Headquarters News Release - April 24, 2024

Supreme President Tsivicos continued his spring travels with a trip to the West Coast, where he was able to visit with brothers in both Northern and Southern California, as well as Tucson, Arizona!



His trip began in Palo Alto, where he and Executive Director Basil Mossaidis met with Brother AHEPAN and supporter George Marcus at his restaurant Evvia Estiatorio and made preparations for the AHEPA Congressional Banquet, which Brother Marcus will present at.



From Palo Alto, the Supreme President visited multiple chapters throughout District 21, visiting with Brothers in San Francisco, Oakland, and San Jose, where he helped initiate ten new brothers into the order. Tsivicos also awarded the AHEPA Heroes Medal to District 21 Governor Chris Frangos, Silicon Valley Chapter 251 Members Michael Frangadakis & Bill Christie, Oakland Chapter 171 Member George Booras, PST, and Fresno Chapter 151 Member Robert Sexton, PSG.



Tsivicos, accompanied by AHEPA Canada President Emmanuel Conostas, journeyed to District 20 next.

Special thanks to the Brothers of Long Beach Chapter 342 for hosting an excellent event to welcome the Supreme President to District 20! Brothers from surrounding chapters in Pasadena, San Fernando, Anaheim, and Redondo Beach, as well as their sister DOP Chapters were also in attendance.





Alex Rigopoulos and Gerry Ranglas, and to Chapter 223 Member Christoforos Savvides. Congratulations Brothers!



The Supreme President's caravan concluded in Tucson, Arizona with a visitation to Brothers from our Arizona and New Mexico Chapters. AHEPA Heroes medals were awarded to Tucson Chapter 275 Member James C. Ruboyianes for his dedication to the Order, Tri City Chapter 454 Member Andy Karantinos, Phoenix Chapter 219 Member Pete Marudas, and The Tasso Chronis Chapter 501 Member Pavlos Panagopoulos. Supreme Governors Wynn Storton, George George, Marshall Monsell, and Supreme Athletic Director Chris Atsaves joined the Supreme President for this leg of the visitation that culminated in the AHEPA Athletics annual Dr. Monthe Kofos AHEPA National Golf Tournament, also held in Tucson.

The Supreme President had the honor of awarding AHEPA Heroes Medals to many of our Brothers at this event. Past Chapter 342 Presidents and WWII Veterans Constantine Kourtis and Nicholas Karthas, as well as Chapter 342 Life Member Speros Polychrones and Brother James Eleopoulos. Medals were also awarded to Disneyland Chapter 411 Brothers Nicholas Perdaris, PSG, Alexander Soles, PSG, and Nicholas E. Angelos. Also in attendance, and a recipient of an AHEPA Heroes medal, was AHEPA PSP Dr. James F. Dimitriou Ph.D. of Harry S. Truman Chapter 426 of Redondo Beach, CA.

The next stop for the Supreme President was to visit San Diego Chapter 223 and George Polos Chapter 505 in San Diego, CA, where he was able to help swear in twenty new brothers! It was an amazing experience to see such renewed excitement for AHEPA and its programs! Heroes medals were awarded to Chapter 505 members Dr. Peter Fellios, Ph.D., John Grevas,



Thank you to each and every member who visited with the Supreme President on his excursion out west!

AHEPA's 46th Biennial Congressional Banquet

Washington, DC – The Order of AHEPA (American Hellenic Educational Progressive Association) hosted the 46th Biennial AHEPA Congressional Banquet on Wednesday, May 22, 2024. Since its establishment in 1922, AHEPA has actively promoted good citizenship and community service initiatives, both within the United States and later on, internationally. Since its inception in 1927, the banquet has honored those who dedicate themselves to the promotion of good citizenship, a basic tenant of the Ancient Hellenic ideals.

The Supreme President of the Order of AHEPA, Savas C. Tsivicos, expressed his elation in addressing the assembled crowd, stating, "AHEPA is here not only to honor our award recipients but also to pay tribute to the legacy of our forefathers. Their vision and dedication built AHEPA and established this extraordinary event, which we have proudly hosted for nearly 100 years since its inception in 1927. We thank our honorees for their dedication and service to America and the world."

The Order of AHEPA presented their highest and most coveted award, the 2024 AHEPA Socrates Award to Congressman John Sarbanes (D-MD), an award which his late father U.S. Senator Paul Sarbanes received in 1997. This marked the first time a father and son (both members of AHEPA) received the same award.



and Europe as well as the families of the evening's honorees filled the ballroom to capacity. Additionally, AHEPA was honored to have over 28 distinguished members of Congress who serve on the 94-member strong Congressional Caucus on Hellenic Affairs visit the VIP reception prior to the banquet.

The Master of Ceremonies for the evening was FOX News Chief Washington Correspondent and AHEPA member Mike Emanuel. Presenters included AHEPA life member, philanthropist George M. Marcus, Congressman Gus Bilirakis (R-FL), who is also an active member of the organization, and Congresswoman Dina Titus (D-NV) a member of the AHEPA family. The event commenced with a moving presentation of the national colors by the U.S. Marine Honor guard and the National Anthems of the U.S. and Greece by the U.S. Army ensemble band.

In a surprise moment, AHEPA bestowed the first ever Presidential Volunteer Service Award to George M. Marcus for a lifetime of service to the Greek and American Communities across the United States. This award is a distinguished national honor recognizing exceptional volunteer service. This prestigious certification aligns the AHEPA with the impactful efforts of AmeriCorps and the Points of Light Foundation, reinforcing AHEPA's dedication to meaningful community service.



The organization also honored Senator Richard Blumenthal (D-CT) and Senator Marco Rubio (R-FL), as well as U.S. Representatives Congressman Chris Pappas (D-NH) and Congresswoman Nicole Malliotakis (R-NY) with the 2024 AHEPA Pericles Award. The Pericles award is presented to individuals in the government for their undying commitment to serving the public and to our nation and communities. Members of AHEPA from the United States, Canada,



All Photos by Bill Petros



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



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ahepaveterans.org

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10 Mistakes You're Making When Using Canned Sardines

April 29, 2024 - Tasting Table



Three cans of sardines - Static Media / Shutterstock / Getty

If you're often unsure of what to serve when lunch or dinner rolls around, a can of sardines is a great jumping-off point. The tiny fish are packed with protein, vitamins, calcium, iron, omega-3 fatty acids, and other good-for-you nutrients. Add some veggies and a grain and it's easy to have dinner on the table with minimal effort. Not to mention, you can simply stockpile a bunch of cans to keep on hand whenever you're stuck without a menu.

That said, while canned sardines offer a simple solution to your mealtime woes, they can also pose some problems. What do you do with the excess oil? Do you really need to surgically extract the teeny bones from each individual fillet? Is the only way to serve the fish on a slice of toast? Are all sardines created equal or is there some merit to pricier products? We've broken down the most common issues and mistakes people make with canned sardines, to ensure you avoid them with your next tin.

Pouring Out All The Oil Into The Sink



Hand holding sardine can - Vittoria Che/Shutterstock

Your first instinct might be to pour out the oil used to submerge the small sardine fillets, however, you'd be doing yourself a culinary disservice. Granted, you probably won't want to transfer it to a jar to keep on your countertop, but the flavor-packed oil is an easy way to enhance a wide range of dishes. For optimal taste and quality, stick to products canned with extra virgin olive oil.

Considering the fish content, you'll want to use the extra oil in dishes that can handle a bit of fishiness. Serve a leafy green salad alongside your canned sardines and use the oil in the vinaigrette. Plus, combining it with vinegar or lemon juice tames the fishiness, leaving you with a particularly flavorful dressing coating the leaves.

If you're adding the sardines to a pasta or rice dish, try sautéing chopped onions and garlic with the oil, to infuse them with even more flavor. Meanwhile, white fish can be enhanced with a quick marinade, which is the perfect place to use up that extra oil.

Purchasing Low Quality Products



Generic can of sardines - Aguirre Mar/Getty Images

You often get what you pay for, which is partly true regarding canned sardines. We're not suggesting you need to spend \$40 on a can to be satisfied. A quarter of that is pretty much the most you'd want to shell out unless your budget and gourmet inclinations suggest otherwise. Really, though, if you have the time and motivation, it's not a bad idea to taste-test your way through a few different canned sardine brands at varying price levels to see for yourself.

Although personal taste might result in a preference for a cheaper product over a more expensive one, purchasing mid-range sardines is worth it. A slightly higher price tag often means more attention to ingredients and processing. Canning is a preservation method, and if it isn't optimally done, it can decrease the taste and texture of a product.

Canned sardines come pre-cooked, but there are various ways to do this, both manually and industrially. Much like most processed food, smaller-scale production tends to retain more quality, offering a taste of the nuances of sardines from a particular region.

Additionally, cheaping out on seafood often extends to the environmental sustainability of fishing and processing. Companies might save a few bucks by skipping out on regulations, but if they don't prioritize ecological methods, you might want to think twice about consuming their products and supporting their business.

Choosing Unsustainable Seafood



Sustainable seafood canned sardines -

On that note, sustainable seafood is a hot topic directly related to canned sardines. What's the good in adding the tasty morsels to your diet if your consumption is inadvertently causing harm to the environment? While it might seem like an arduous task to sort out the good from the bad and keep track of fluctuations, thankfully, there are certifications to regulate sustainability. The Marine Stewardship Council (MSC) identifies select sardine populations based on their relative sustainability.

Products that get the stamp of approval have a blue MSC logo on the packaging, whereas those that aren't up to standard don't. Sustainable sardine fishing requires assessing local fish populations as they increase and decrease, to make decisions to maintain balance within an ecosystem. This relates to the quantity of fish in supply, as well as to the general preservation of their habitat. All of these factors are important to address to ensure that fish can continue to be a source of food for years to come.

Only Buying Sardines Packed In Water

If you're particularly conscious about the fat content in your diet, you might naturally lean toward canned sardines packed in water. And if you're doing so for

health reasons and aren't in a position to budge, that's fine. However, if your motivations are vague and you think it's just the better choice, consider picking up a can of sardines packed in extra virgin olive oil and comparing the two.



Canned sardines in water

Whereas water highlights the taste of the sardines with zero extras, olive oil enhances the richness and mouthfeel of the fatty fish. As the sardines sit in the can, they soak up the olive oil, resulting in an improved texture and taste over time. Once you pair them with a crunchy slice of toast or crackers, the contrast is all the more delicious.

Sure you'll be adding a little bit of fat to your meal, but the extra flavor from the olive oil will boost the taste substantially. While you could just eat water-packed sardines straight from the tin, buying oil-packed fish is a quicker way to noticeably boost the flavor, especially if you're planning to add olive oil or other ingredients to garnish.

Thinking You Need To Debone Them



Sardine bones on plate - Carl Flood/Shutterstock

If you're uninitiated to canned sardines, you might be surprised to open up the tin and find spiny fish fillets with their heads still on. Unlike larger fish that have hard bones and spines, sardines are very small and these components are less noticeable. You can even

eat them as long as you don't mind the slight textural element. Since the fillets are already cooked, the bones have time to soften. You'll barely notice them as you chew and swallow the sardines. Even better, they provide nutritional benefits thanks to the calcium and vitamin D content.

If you're still hesitant, removing the bones is often a simple process once you pull out the spine. Or, consider seeking out products packaged as deboned sardines to reduce the effort of extracting dozens of tiny bones. Similarly, the skin shouldn't be an issue as it is very thin and blends in with the meat, but if you're uncertain about consuming it, just find a can that contains skinless sardines.

Leaving The Can Open For Too Long



Open can of sardines - etorres/Shutterstock

Canned food might have an enviably long shelf life when it's still sealed, but once you pop the tin open, the clock starts ticking. This is especially relevant when you're talking about canned fish like sardines. For starters, you'll want to transfer any extra sardines into an airtight container, since the tin can no longer be resealed. If you aren't planning on consuming the remainder within a few days, you can freeze the sardines for a few months, though their texture will be compromised in the process.

As it turns out, a 2022 study published in *Foods* determined that the optimal duration of freshness varies depending on what the fillets are soaking in. Sardines canned in water or oil typically start to drop in quality after being open for one day, whereas those preserved in tomato sauce have a shelf-life of around three days. The researchers concluded that regardless of the contents, sardines were inedible after one week, which isn't that surprising considering fish tend to start deteriorating after a few days.

Cooking Them To A Mush

Part of the appeal of canned sardines is the fact that

they're already cooked. You can pop the can open and add them to any dish without having to cook them further. Of course, you may want to combine them with warm ingredients, in which case heating them will improve the overall culinary experience. That said, there's a fine line between reheating pre-cooked sardines and overheating them until they turn into mush.



Person cooking food in skillet - Peopleimages/Getty Images

If you're adding sardines to a stir-fry, pasta dish, or stew, toss them in near the end of the cooking process to prevent them from breaking down too much. On the other hand, if you want to heat them while adding a little bit of crispiness, transfer the sardines to a sheet pan and broil them in the oven. Meanwhile, if you want to maintain their firmness but serve them slightly warm, simply heat water in a saucepan and submerge the tin for a few minutes before opening it.

Only Eating Them Straight From The Can



Canned sardines with fork - MaraZe/Shutterstock

Even though eating sardines by the forkful from the can is a quick and easy way to get a nutritious bite, it's bound to get boring sooner or later. Thankfully, there are plenty of uses for canned sardines and the pre-cooked fillets make a great addition to a wide range of recipes, from summer salads to hearty casserole bakes.

Serve them on toast or with crackers and a smear of butter to highlight their rich and briny flavor. For an easy protein boost packed with heart-healthy omega-3 fats, dump a can into a leafy green salad with your favorite crunchy vegetables. Meanwhile, you can add the tiny fish to pasta sauces, stir-fries, rice dishes, fish cakes, casseroles, pizza, and more. Mash them up with yogurt to make sardine pate, or mix them with sharp mustard or mayo to make an easy spread for toast. Sardines and eggs are another popular duo that's sure to provide you with a substantial amount of protein to start your day.

Avoiding Them Because Of The Fishiness



Woman pinching nose from smell - GBJ Stock/Shutterstock

Sardines might have a fishy odor, but let's get it straight, they are fish. Although you might not want that fishiness lingering around your kitchen for days (be sure to be mindful when discarding the tin), a certain level of fishy qualities is expected. Of course, you can play it down by pairing tinned sardines with the right ingredients.

There's a reason lemon is such a common accompaniment for fish; the tangy acidity and citrus notes complement the briny and fatty fillets. If you're adding sardines to pasta or salad, make sure your sauce or dressing has a generous amount of lemon juice to balance the fishiness. You could even soak the fillets in a lemon juice mixture for several minutes to infuse them with more acidity.

Tomatoes are another high-acid ingredient that works well with sardines. Whether you buy sardines in tomato sauce or add the fillets to a tomato-based sauce or stew, it will tame the flavor if you're working your way up to embracing sardines in all their fishiness. Fresh herbs add another dimension to the dish too, bringing a freshness to brighten anything from sardines on toast to Sicilian pasta con le sarde.

Thinking All Canned Sardines Taste The Same



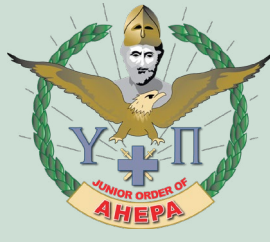
Three varieties of canned sardines - Alfernec/Shutterstock

The quality of canned sardines varies greatly and depends on how the fish are caught, processed, cooked, and preserved. However, another relevant factor is their source; sardines from different locations will taste distinct due to their habitats and diets. The size of the fillets varies accordingly, as does their fat content, resulting in a range of tenderness.

As well, regions with strong canning traditions are likely to produce superior tinned fish, thanks to years of experience perfecting their techniques. Countries like Spain, Portugal, and France are known for their meaty sardines from the Atlantic coast, often preserved in local extra virgin olive oil. The Mediterranean Sea is home to sardines too, as are the Pacific and Indian Oceans surrounding Australia, North and

South America, Japan, and South Africa. Meanwhile, Eastern Canada packs tasty fillets from the cool waters of the Atlantic, while Scandinavian countries commonly smoke the fish before canning.





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