

GOLDEN GATE DISTRICT NO. 21

# Ahepa Traveler



CHAPTERS THROUGHOUT NORTHERN CALIFORNIA AND WESTERN NEVADA

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Winter/December 2022



## ***In this issue . . .***

*District Lodge and Chapter Presidents - page 2*

*District Governors Messages - pages 3-4*

*District Conference Flyer - page 5*

*Scholarship Season - page 6*

*Educational Foundation - page 7*

*Region 8 Banquet Photo - page 8*

*Supreme President Visitation Photo - page 8*

*Daphne Chapter 29 News - page 9*

*San Jose Ahepa News - page 10*

*Sacramento Ahepa Family News - Page 11*

*Ahepa Veterans - pages 12-14*

*National Projects - page 15*

*AHEPA Service Dog & GA Hero - pages 16 -17*

*Greek Cuisine - pages 18-19*

*Vasilios Priskos - pages 20-21*

*King Charles of England - pages 22-23*

*Mission Statement - page 24*

*Sponsorships - page 24*

## **Happy New Year!**

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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  
 SPRING ISSUE  
 DUE FEBRUARY 15, 2023**

**PUBLISHING SCHEDULE  
 MARCH 1, 2023**

Have Ritual Manual . . .  
 Will Travel



**Can Do:**  
 Installations  
 Initiations

**Seminars:**  
 Chapter Duties  
 Membership Drives  
 Charity Raffles  
 Rituals

“YOUR FULL SERVICE . . .  
 DISTRICT 21 LODGE”

**Call: 650 868-2402**

**2022-2923**  
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[ahepa21.org](http://ahepa21.org)

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DISTRICT LT. GOVERNOR  
 Mark Hallock

DISTRICT SECRETARY  
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**- CHAPTER PRESIDENTS -**

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 Peter Kireopoulos

FRESNO CHAPTER 151  
 Nick G. Tousounis

SACRAMENTO CHAPTER 153  
 Nick G. Alexander

OAKLAND CHAPTER 171  
 Pete N. Stathakos

STOCKTON CHAPTER 212  
 Tom S. Chiarchianis

MODESTO CHAPTER 248  
 Stamus Cocolos

SILICON VALLEY CHAPTER 251  
 George Zioulas

CONTRA COSTA CHAPTER 259  
 Petros Priftis

RENO CHAPTER 281  
 John P. Lagios

SAN MATEO CHAPTER 382  
 Leonidas H. Maheras

**2022-2923**  
**DOP DISTRICT LODGE**  
[dop21.org](http://dop21.org)

DISTRICT GOVERNOR  
 Alicia Frangos

DISTRICT LT. GOVERNOR  
 Maria Karapanos

DISTRICT SECRETARY  
 Laurie Sahines

DISTRICT TREASURER  
 Athena Hallock

DISTRICT MARSHAL  
 Angie Legakis

DISTRICT ADVISOR  
 Linda Belba

DISTRICT MAIDS ADVISOR  
 Linda Belba

**- CHAPTER PRESIDENTS -**

SAN FRANCISCO EOS 1  
 Foula Vasiogiorgis

OAKLAND ECHO 4  
 Emilene Fearnle

SACRAMENTO ARTEMIS 5  
 Pauline A. Cazanis

STOCKTON SPARTA 18  
 Katherine Leles

SAN JOSE DAPHNE 29  
 Joanna Dunn

MODESTO PHAEDEA 64  
 Aliko Alexander

FRESNO LETO 71  
 Madelyn Jones

RENO ELIS 89  
 Yurie Pauls

SAN MATEO URANIA 290  
 Claire M. Gagas

WALNUT CREEK HARMONIA 357  
 Margo Drosos

## AHEPA District 21 Governor's Message



Dear AHEPA Family,

As we approach the Holiday season, I want to extend my best wishes to you and your families.

Our annual mid-year conference will be Hosted by the San Jose AHEPA Family on January 14th, 2023 at the St Nicholas church. The flyer is in this issue of the traveler. I hope to see everyone there. We will be showcasing the Hellenic Heritage tournament there as we roll it out. This is exciting as I saw it in action at the national convention. We hope to attract a broader range of members to AHEPA and also members for our Sons of Pericles and Maids of Athena

We are again busy visiting chapters in our district and have been to Reno, which was a very nice visit and was pleased to see everyone again. Stockton hosted a luncheon visitation and I participated in awarding service pin awards. In San Jose we helped initiate a new member. I tried to make Billionaires out of San Francisco members with a Lotto ticket handout. I heard one Supreme Governor got the Powerball number. San Mateo has been getting a few new members and is growing. We will continue to visit the rest of our chapters and hope to finish by February.

I am, as I am sure you are too, determined to finish our commitment to the St. Nicholas ranch by June. Enough is enough and it will be done.

I am asking members to contribute to our scholarship foundation as we now have 501-C3 tax Status. This is still our top commitment to our youth and it is more important than ever.

Time to get that last minute tax deductions for 2022. Please donate to our scholarship fund.

I attended the San Francisco Daughters of Penelope EOS chapter #1 Founder's Day celebrating their 93rd anniversary. It was well attended and it was good to see everyone. The Daughters did a fantastic job and we had an enjoyable event.

I hope all the Chapters are having a holiday event and that everyone will attend. I will try to make it to a few.

Last, we are starting committees to look into our future as far as communications, a district history ad book, and the Hellenic History tournament to name a few. These will keep our district going as we need to keep and protect our Hellenic heritage and we need you.

Happy Holidays

Chris Frangos

AHEPA District Governor #21



**Merry Christmas  
and  
Happy New Year!**

## Daughters of Penelope District 21 Governor's Message



Greetings to All as we enter the holiday season!

My District Lodge Sisters and I have enjoyed visiting several chapters so far – Elis #89, Reno, Daphne #29, San Jose, Urania #290, San Mateo, Sparta #18, Stockton so far. It was nice that we were able to combine

these visits with the AHEPA visitations, so we had joint meetings in addition to our individual meetings. Working together is the best way to accomplish our goals.

We will continue through January with the rest of the visitations. It has been such a pleasure to meet with our Sisters and Brothers and see the good work that is being accomplished by our chapters.

I also had the honor of installing three officers of the Maids Ismene Diana chapter in San Jose. We need to continue expanding our Maids and Sons membership, as they are our future.

**Founders Day** - Our EOS #1 Sisters put on a beautiful Founders Day celebration to honor the 93rd anniversary of our Sisterhood on Saturday, November 19th. We were joined by our Grand Vice President, Marianthi Treppiedi and Grand Governor, Zone 4, Robbie Jackson, AHEPA Supreme Governor, Alex Mallas, AHEPA District Governor, Chris Frangos, Greek Consul General Socrates Sourvinos and many Sisters, including PDGs, other past District officers and past Grand Lodge officers. A wonderful time was had by all, and it was a fitting tribute to our founder, Alexandra Apostolides.

**Charity Walk** - Our Grand President Georgette has asked chapters to encourage Sisters to get outside to spend time together and walk, while also raising money for our Sisterhood and for our charities.

You can set a date for the walk and have Sisters and other friends, family, church friends, etc. pay a fee to join and/or you can ask people to sponsor you for your walk.

Money raised is to be divided so that 25% is sent to National and 75% goes to the chapter for their charities.

**Scholarships** - The updated 2022 Scholarship Application will be posted on our dop21.org website in early December, allowing four months for students to apply. Please start spreading the word to the high school seniors and college students who have an affiliation with DOP or AHEPA.

Speaking of scholarships, I was grateful to receive on behalf of the District \$1000 scholarships from JoAnne Panagopoulos and Tom Chiarchianis in collaboration with their families and Sparta #18 in memory of Bill Panagopoulos and Kay Chiarchianis. Memory Eternal.

Please consider donating to our Memorials and Tributes, which help fund our scholarships. You can give any amount and/or fund an entire scholarship in honor of a special person or in honor of your chapter. It is also a wonderful way to honor the memory of a loved one who has passed. Please use the Memorials and Tributes form and contact District Marshal, Angie Legakis for more information.

**Other Fundraising** - The Daughters and AHEPA are looking for people to serve on History/Ad book Committee. We will need help with the following areas:

- Planning and project management
- Contributing historical info about each chapter
- Selling ads to individuals and businesses
- Writing copy and layout for book

The hope is that the book can be done by the June convention, or by the end of 2023 and will be sold to raise money for District projects. Please contact Chris Frangos or Mark Hallock to help with this important project.

**District Conference** - We will be holding our District Conference on Saturday, January 14th, and it will be hosted by Daphne #89 and AHEPA #251 in San Jose at St. Nicholas Church. A flyer is included in this issue of the Traveler. Please join us for this important event.

Wishing you a wonderful Christmas and New Year!

Love in Theta Pi,

Alicia Frangos  
District 21 Governor





# GOLDEN GATE DISTRICT 21 AHEPA FAMILY

# Conference

## SATURDAY, JANUARY 14, 2023

### ST. NICHOLAS GREEK ORTHODOX CHURCH COMMUNITY CENTER

1270 DAVIS STREET - SAN JOSE

WELCOME/CONTINENTAL BREAKFAST.....	9:00AM
COMBINED AHEPA & DAUGHTERS MEETING .....	10:00AM
LUNCHEON.....	12:00PM
INDIVIDUAL AHEPA & DAUGHTERS MEETINGS .....	1:30PM
ADJOURN.....	3:30PM

## Reservation Required

• RESERVATION DEADLINE MONDAY, JANUARY 9, 2023 •

NAME \_\_\_\_\_ CHAPTER \_\_\_\_\_

NAME \_\_\_\_\_ CHAPTER \_\_\_\_\_

PHONE ( ) \_\_\_\_\_ EMAIL \_\_\_\_\_

NUMBER ATTENDING \_\_\_\_\_ @ \$35.00 PER PERSON AMOUNT ENCLOSED \$ \_\_\_\_\_

INCLUDES LUNCH AND CONTINENTAL BREAKFAST

PLEASE ENCLOSE CHECK PAYABLE TO DOP DAPHNE 29 AND MAIL TO:

LINDA BELBA  
4107 MIDDLE PARK DRIVE  
SAN JOSE, CA 95135

EMAIL: [ljbelba@gmail.com](mailto:ljbelba@gmail.com) CELL PHONE: (408) 234-9226

## SCHOLARSHIP SEASON HAS ARRIVED

### AHEPA District Scholarship Foundation

Applications/Information are available from your chapter and on the District website:  
[ahepa21.org/](http://ahepa21.org/)

### Daughters of Penelope District Scholarship

Applications/Information are available from your chapter and on the District website:  
[dop21.org/scholarships](http://dop21.org/scholarships)

### National AHEPA and Daughters of Penelope Scholarships

Scholarship applications will be available starting January 2023 on their respective websites: [ahepa.org](http://ahepa.org) and [daughtersofpenelope.org](http://daughtersofpenelope.org).

#### **Scholarship applicants consider the following:**

**Qualities we admire in students.** We strongly recommend all students to take one or more courses in the “classics” in order to understand their historical context as they relate to current events.

**Academic Excellence.** Higher grades help show us that you’re taking your future seriously and putting in the effort.

**Cultural Appreciation.** It is our organization’s belief, that the Hellenic or Classical Studies programs on college campuses are of great value.

**Extracurricular Activity.** Having a “work-life” balance during your professional career is important which is why balancing responsibilities outside of school shows us you’re on the right track

**Volunteerism.** Philanthropy and self sacrifice are attributes in the lives of those who leave well respected legacies.

*“We Are What We Repeatedly Do. Excellence Then, Is Not An Act, But A Habit.” - Aristotle*

## AHEPA STUDENT PROGRAMS

Visit [ahepa.org](http://ahepa.org) for more information about these student programs.

### Washington Mentorship AHEPAcademy

Professional development program that educates, mentors, and networks exceptional Greek-American high school students as they progress through their high academic and professional careers.

### Summer Excursion Journey To Greece

Immersive summer program that takes young students on excursions throughout Greece in order to learn about, appreciate, and celebrate Greek society and culture.

### Study Abroad Odyssey In Athens

Students choose to spend either a semester or full year studying abroad in Athens Greece. The school and apartments are located in the Plaka area at the base of the Acropolis.

### Master’s Program MBA Program

Webster University, through its Athens campus, is proud to offer for one time only its Higher Learning Commission [HLC], USA accredited Master of Business Administration in collaboration with AHEPA.



## **AHEPA GOLDEN GATE DISTRICT 21 EDUCATIONAL FOUNDATION**

Dear AHEPA Family of District #21,

Please consider a donation to our AHEPA District 21 Educational Foundation this year 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.

We are considering sponsoring the AHEPA Journey to Greece program for our District youth.

At the Conference in San Jose we will present the Hellenic History Tournament program that I would like to finance through our Foundation. This requires us to step up our funding of the Foundation.

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

Donations can be mailed to:

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

Thank you,  
Chris Frangos  
AHEPA Educational Foundation Chairman



AHEPA's Western Region 8, which includes our District, hosted a Centennial Celebration where the Order honoring California Lt. Governor Eleni Kounalakis and Fr. John S. Bakas, dean of St. Sophia Greek Orthodox Cathedral. Approximately 200 people attended the event held at the St. Sophia Cathedral in Los Angeles on September 17th.



On Monday, September 19th, AHEPA's Supreme President Jimmy Kokotas, Supreme Treasurer Emmanuel C. Kaitson and Supreme Counselor Themistocles P. Frangos, accompanied by Supreme Governor Alex Mallas, visited the Oakland Chapter at the Ascension Cathedral. Brothers from six different District chapters attended the meeting and engaged in a fruitful exchange of views on a wide range of subjects concerning Ahepa at the National and Chapter level.



## San Jose Daphne Chapter 29

In September, Daphne decided to have a cash fundraiser for Washington Elementary School, in the San Jose Unified School District, which is in a very low income neighborhood. We collected \$600 in donations which we presented to the school on October 17.

Sisters Joanna Dunn and Linda Belba visited Washington School. We expected to meet the principal and deliver her the check. However, Washington School had other plans for us!

We were escorted to the playground area where some students were quietly standing holding a banner that said "Thank You!" and had signatures on it! We were overwhelmed and so happy!

It was a very touching and meaningful experience for us. Principal Maricela Alcana is going to keep in touch and will use the funds for some much needed projects.

*Text taken from Washington School's weekly Newsletter:*

*"Dragon Heroes. The students that greeted had been selected as Dragon Heroes for the week because they show optimism and help assist other students!"*



Joanna Dunn along with Linda Belba and husband Adam presenting check to Principal Maricela Alcanad

*"Daughters of Penelope. Washington would like to give a huge THANK YOU to the Daughters of Penelope Daphne for a very generous donation to Washington and also donating some wonderful books for our library. We appreciate you for keeping Washington in mind!"*



Dragon Heroes

## San Jose AHEPA News

### OXI Day Celebration

The San Jose Center for Hellenic Education celebrated OXI on Sunday, October 23 at St. Nicholas Greek Orthodox Church and Community Center.



The program started in the church with the students placing a wreath with the Icon of Panagia and telling the story of the historic event of 1940.

Following Holy Liturgy everyone gathered at the Community Center where students, families and guests enjoyed a delicious lunch prepared by members of the San Jose Ahepa Chapter.

Following lunch the students and teachers gathered at the front entrance of the Community Center and then entered carrying the Greek and American Flags Following a blessing from the clergy the students sang the National Anthems.

The program continued with the students singing, delivering poems and stories remembering the OXI event.

The program concluded with Salutations and Blessings from Metropolitan Gerasimos and remarks from the Consul General of Greece Socrates Sourvinos

The Certificate of Ellinomatheia were awarded to students that took part in the examination earlier in May.

AHEPA and the Daughters of Penelope promoted their Chapters with a display of literature, photos and greeting guests.

Ahepan Petros Balaskas is the Director of the Center for Hellenic Education.

### Veteran's Day Parade

On Friday, November 11, 2022 the United Veterans Council of Santa Clara County presented the 104th Annual Veteran's Day Parade in Downtown San Jose. With the theme "United We Serve" honoring the men and women who have worn the uniform or are presently serving in the Armed Forces of the United States.

As a County Commissioner for Veterans Affairs, Ahepan Mike Frangadakis has been involved and promoted this annual event for several years.

Ahepan Steve Bolaris, of the Santa Clara Corvettes, and members have taken up the organization and execution of honoring our Ahepan veterans as well as our community veterans by taking a veteran in a Corvette along the parade route.



Members of the Welcome Home "Doughboys" of World War I march in the Veterans Day parade 11/11 in downtown San Jose.

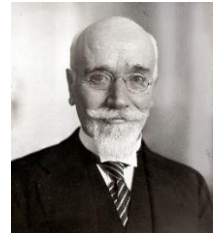
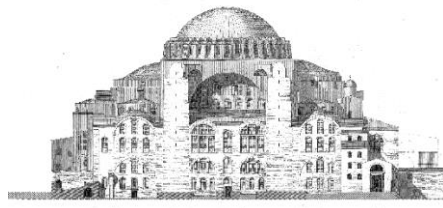


Mike Frangadakis saluting a honored veteran at the parade.

# AHEPA Hellenic History Tournament

- Jeopardy-style tournament for 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 will 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 in the 2022-23 academic year
- Students are allowed to participate in more than one tournament

*The tournament is popular on the East Coast and in Canada. The Golden Gate District 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@ahempa21.org](mailto:governor@ahempa21.org)*



**Sacramento AHEPA Family** Brothers and Sisters were actively involved in the “Weekend In Greece” food festival held at the Elk Grove Church on September 24th and 25th. Brothers Mark Hallock and Demos Papadopoulos were co-chairmen of the event. Brother Demos also sponsored the AHEPA banners at the Calamari Booth, which was operated mainly by AHEPA family members.

# AHEPA VETERANS LIST

*If you are a veteran  
and your name is not  
on this list, please take  
a few minutes and  
register online at [www.ahepaveterans.org](http://www.ahepaveterans.org)*

## US AIR FORCE

Name	Chapter
Argyros, George	528
Aleferies, Fred	170
Anton, William (Bill) L.	171
Arlis, Anthony T.	456
Ashton, David	184
Athnasiou, Stefanos	319
Avgeronos, Spyridonas	020
Baldinger, Ron	542
Benjou, Paul	145
Boulmetis, Samuel N.	002
Brickates, Robert E.	252
Bugg, John Jr	002
Chagares, Arthur M.	453
Charnas, Cosmos	391
Constantzos, Paris	311
Cutrubus, Dan	184
Cutrubus, Phidia	184
Danas, Thomas	455
Danos, Dean	311
Davell, Constantine	113
Diveris, Hercules	140
Dixie, Nickolas	020
Dudash, Nicholas	211
Economides, Mino	031
Fafoutakis, Paul	311
Farmakes, George	267
Furos, Jim	081
Gatzmeyer, Kyle	296
Georgelas, Timothy	020
Gogoulos, Aristotelis	020
Hackett, Dean	192
Haralambis, Michael	394
Johnson, Joseph	178
Katris, Angelo	408
Kavadas, Harry	078
Kontos, Nicholas Markos	002
Kouts, Louis A.	438
Larochelle, Ralph	311
Leach, Scott L.	219
Limpert, Theodore H.	037
Lucas, George	170
Lyons, John	309
Marks, Leonard	170
Martin, Anthony	203
Mastoras, Andrew	151
Mayorga, Edward W.	408
Mellas, Chris	411
Miller, Stephen	171
Neary, Michael	405

Neary, Michael P.	002
Newman, Rickey	249
O'Neil, Joseph	296
Panagiotopoulos, Panagiotis	020
Papaioannou, Haralampos	267
Patronis, Constantine G.	009
Petridis, Michael	020
Pisanos, Steve	528
Pilgrim, Gary	184
Powers, Edward	401
Ringos, Anastasios	069
Romas, Nicholas	405
Sakelarios, George	531
Sculuca, Louis	302
Sgagias, Constantine	311
Siolas, John	170
Skuce, Thomas	542
Smpiliris, Georgios	020
Sneeder, Michael	296
Souritzidis, Peter	532
Stathopoulos, John N.	030
Stoucker, James E.	438
Stylianou, Nicos	456
Taylor, Robert	129
Torrealday, Mike F.	219
Tsaporis, Vasilios	020
Tsottles, Gus	364
Tzavaras, Constantine	219
Theophilis, Marakis	140
Vergados, Peter J.	024
Vlassis, Thomas	192
Voutsinas, Daniel	037

## US ARMY

Anderson, Kenneth	170
Archbishop Demetrios	000
Adams, Christopher	205
Agnos, John N.	438
Agiostathes, Peter James	528
Argiropoulos, Vailios	364
Andreas, George	326
Anest, Gust J.	211
Angelos, Nicholas	220
Angelos, Sammy	178
Andrews George	002
Andris, Andrew	487
Anthony, Stephan	111
Apesos, Markos	103
Apostle, George	296
Argeris, George J.	211
Armatas, Spero	145
Bahlatzis, Danny	140
Bakos, John G.	002
Balahtsis, Nicholas	140
Ballasiotes, George	178
Bantsolas, John	009
Bapis, Nick	184
Barker, Jack	296
Bassakyros, Fr. Vasilios	025
Beleos, Vacilios	284
Bitsos, Paul	534
Bobolis, William	153
Bolos, Andreas	184
Boujotas, Arthur	219

Boulos, Andrew	453
Bourdoumis, Nick	522
Brickates, Jeffery E.	215
Brickates, Lewis K.	438
Brown, William	296
Bullock, Mark	501
Calliontzis, Constintine	024
Camarinos, William N.	438
Cavalaris, Harry T.	002
Charles, Ernest	010
Charllis, Charles	453
Cash, Miller B.	009
Castanes, John C.	009
Chenes, Constatine	306
Cholakis, Nicholas	306
Christ Sr., Pete H.	364
Christoff, Peter T.	391
Chrysoulakis, Alexander	072
Colligas, John	075
Constantinides, James L.	030
Cook, Jacob	178
Cook, John	178
Corley, James (Bob)	023
Corniotis, George	453
Coutouzis, William E.	009
Cross, William A.	211
Cyprus, Evans	456
DaRosa, Joseph M.	009
Daly, Chrystalla	038
Daly, Michael	192
Demas, Ronald	408
Dilboy, George	000
Dellas, Teddy	037
Dimkos, John	037
Dos Santos, John	405
Drakopoulos, John K.	455
Drobonick, Ronald Stavro	002
Dushas, Thomas	405
Economou, Konstantin	542
Eliopilos, Chris	281
Elliason, George N.	010
Emmanuel, Steve J.	002
Fanikos, Theodore	072
Felosak, William R.	391
Filipidis PP, Nicholas J.	364
Fotiou, Foti	010
Fotopoulos, John	311
Fotopoulos, Paul	031
Fotopoulos, Vasilios N.	542
Frangadakis, Michael	251
Frangos, George	364
Fugate, Joe	311
Gallas, James	140
Garland, James	519
Giakoumis, Peter	025
Gaitanis, Peter	456
Gaminde, James	125
General Greene	257
Georgilakis, Steve	031
Glavas, Norman	456
Goulet, Paul	453
Greven, Peter	111
Griffin, Daniel C.	009
Gust, Milton	506

Harisiades, Alex	456
Hasapis, James	009
Hassel, Brent	178
Hollister, Carl	209
Huban, Paul	306
Jeris, John	405
Johnston, Dr Jarold T, Jr	009
Kalokathis, Nick G.	211
Kapetanakis, George	010
Kapetanakos, Chris	242
Kapsalis, Peter	203
Karalexis, Steve	075
Karatzia, George	517
Karatzou, John	140
Karmazyn, Joseph P.	009
Katsaros, Stathis	453
Kazalas, Christ	487
Keane, Joseph	405
Keefe, Jimmy	009
Keramidas, Gus	455
Kerwick, David	405
King, William	219
Kledaras, Constantine	010
Kledaras, Harry	010
Kogianes, James	184
Kolaras, Demosthenes	031
Kolovos, Constantine	453
Kosmas, Constantine	037
Kotzias, Athanasios	306
Kotzias, Chris A.	364
Kotzias, Troy	306
Koukies, Derek G.	009
Koutsouradis, George	072
Koutsoutis, Socrates	438
Kraras, Gust	061
Krial, Nicholas	030
Kusulas, Dino	288
Kytiakoulis, Peter	453
Labovites, Charlie	031
Lambropoulos, Basilios	411
Lambros, Basil	364
LaSorsa, Michael A.	456
Laughlin, Thomas	037
Lavas, George K.	170
Lekanidis, John	416
Lemondes, John	037
Lemonides, Christ	037
Leos, Diamond	000
Lindsey, Robert E.	281
Litras, Basilios	405
Lucas, Gus	170
Lucas, Paul	170
Lyons, Johnnie	516
Lyras, Nicholas	405
Macris PSP, Spiro J.	408
Madouros, Dimitri	405
Maguire, Thomas R.	HJ41
Magzaras, Tom	000
Malatras, John D.	002
Mallires, Dean	000
Manekas, Nick	495
Manioudakis, Emanuel	075
Manolakos, Peter	037
Manuel, Chrysostom	009

Manuel, Gregory P.	122	Samios, Peter G.	030	Brickates, Jeffrey E.	215	Respass, Dalton	080
Manolis, John	391	Santos, John	405	Brown, Giles	296	Scofeild, James	015
Marandos, Cosmos	035	Sapounakis, Paul	405	Brown, William D.	408	Sexton, Robert	151
Marantis, Zachary	405	Sarantos, James	010	Capoccia, Jerome	416	Steele, Stephan	528
Margaritis, Vassilios G.	453	Sarantos, Nicholas A.	010	Caras, Emanuel	405	Strange, Larry	010
Marmaras, John G.	031	Sarris, Nicholas	250	Condzal, George	456	Suraci, Thomas	000
Marose, Michael J.	453	Savas, Leonidas	453	Coutros, William G.	030	Tsambikos, Pete	364
Marudas, George	219	Scandalios, George	456	Couvaris, Carol	600	Venetis, George	219
Megremis, Lampros	257	Scratch, Barry	416	Cutrubus, James	184	Vonetes, Dean A.	453
Mastrogeannes, Peter	405	Sedereas, Constantine	300	Cutrubus, Phidia	184	Vosovic, Sava	142
Mesologites, Peter	456	Sekas, Paul	170	Cutrubus, Troy	184	Xanthos, Peter	170
McClure, George	178	Serletis, Steven	010	Demiris, Harry	170	Ypsalantes, Bill	394
Microusticos, James	072	Siotas, James	H102	Dodge, George	296	Zack, Peter, MD	408
Milburn, Stephen D.	009	Skamas, Constatine	453	Elliot, Mark	171	Ziamandanis, Gus	140
Milcos, Vassilios	453	Sorich, Michael S.	219	Eleftheriou, Anthony	110	Zirps, Christos	438
Mirras, George	192	Spanos, Chris	192	Flodman, William	220	Ypszlantes, Bill V.	394
Modenos, Andreas	456	Speros, Spencer	071	Fox, Tom	016		
Mohamed, James	296	Stakias, Dimitrios A.	364	Glekas, Nick	031	<b>US MARINE CORP</b>	
Moniodis, George	364	Stakias, George A.	364	Grant, Ronald	453	Allen, Herbert	072
Mousouris, Denis	405	Stamatis, Andrew J.	219	Griffin, Riobin	178	Basdakias, Constantine	411
Nahatis, Arthur	000	Stone, Constatine S.	391	Hatupis, Andrew	454	Beck, David	391
Nikolaidis, George	416	Stogiannis, Asterios	018	Hays, Christopher W.	528	Bufis, Philip	453
Nicholas, Nicholas	306	Stoucker, James E.	438	Hermedes, Chris	140	Burke, Chad J.	542
Nichols, John S.	030	Tanos, James D. Esq.	026	Iliakis, Aristades	600	Capoccia, Sylvio	416
Nicholson, James	281	Thornton, James M.	009	Jouflas, George T.	219	Chardoulias, Tony	222
Nickolson, Steve	003	Toutsis, Angelo S.	438	Kalantzis, John A.	296	Drivas, Constatine	455
Nonas, Constantine	438	Tracadas, Frank P.	528	Kallipolitis, Angelo	305	Hallis, James G.	009
Notis, Charles	192	Trakas, Peter	000	Kamilos, Nick	153	Harris, Robert	037
Olympios, Stavros	528	Tranto, Nicholas	103	Karthan, James	192	Karakas, Nicholas	053
Palmer, Peter G.	219	Tselepis, Frank N.	364	Katsenes, John T.	219	Lansdell, Bret	427
Padousis MD, Robert	364	Tsacalis, Norman	453	Kondoprias, Theodore	140	Leonis, Theodore	153
Panos, Nicholas	600	Tsiatsas, Stavros	140	Koukides, Harry C.	030	Loukopoulos, James	391
Panos, Paul	037	Tzavaras, Thomas	219	Kouklis, John	178	Matthews, Alexander	192
Papadopoulos, Michael	306	Vamvakias, Nick P.	438	Koutrelakos, William N.	030	Moore, Thomas F.	411
Papadopoulos, Socrates	219	Vamvakias, Praxiteles	009	Labatos, Michael	037	Nicoluzakis, Anthony S	219
Papahronis, Harris	311	Vanover, Donald	066	Laios, Ernest	453	Pantelides, Thomas A.	122
Pappademetriou, Alkaviades	405	Velman, Theodore	192	Lardis, Alexander	286	Prisos, Mike S.	219
Pappas, Basil M.	030	Vlahos, George	405	Leonokis, George	426	Respass, Dalton	080
Pappas, Dean	456	Vogiagoglou, Philip	453	Lucas, Nicholas	170	Rougas, John Nicholas	223
Pappas, Harry P.	030	Voutsakis, Nicholas	079	Manos, Arthur L.	456	Schneider, Warren	219
Papuchis, Charles	487	Yavis, Constantine	140	Marquardt, Rob L.	211	Spiering, John	267
Paradeses, Arthur	010	Yeancades, Andrew	455	Mavricos, Mario	456	Stilianesis, Peter	453
Paris, Steve	009	Zaferiou, Apostolos	170	Meares, James W.	122	Xanthos, Fr. Christopher P.	211
Parlitsis, John D.	051	Zarafonitis, Michael	072	Missailidis, Stephen	122	Zimmerman, Frederick IV	037
Pateras, Angelo	219	Zaharas, George P.	211	Moisides, Theodore	140		
Paul, George	314	Zangas, Leonard	456	Monos, Theodore	453	<b>US COAST GAURD</b>	
Payne, George	103	Zazas, Zack	192	Morris, Savvas	501	Banis, Andrew	171
Pekatos, Nicholas S.	438	Zazopoulos, Andrew	039	Moulketis, Fr. James	453	Coutros, Peter G.	030
Pekatos, Spero	408	Zegras, William	405	Nezamis, Nicholas	037	Kalogerson, Chris	066
Peters, Peter J.	037	Ziogas, James	071	Nicastro, Daniel	405	Kapsimalis, John	072
Peppas, Dennis	311	Zirps, Christos	438	Nicolaides, Manuel	364	Wiersteiner, Samuel R. PhD	408
Peters, Stratos	072	Zervanos, Nikitas	071	Nicholas, Pete C.	122	Lombard, William	170
Petratos, Marinos	025	Zuvekas, Harry	456	Palantios, George	035		
Phillips, Andrew B.	178			Papaminas, Andrew	364	<b>US NATIONAL GUARD</b>	
Possas, George	170	<b>US NAVY</b>		Pappas, John	364	Curtis, George	405
Prokopakis, Michael	251	Alesio, Carl	306	Panagiotu, George	178	Katsenses, Paul	219
Psaros, George	103	Alex, Peter	184	Pangis, John	178	Pappas, Stephan	211
Psirogianes, Peter	453	Anderson, Gregory T.	211	Pantelides, Gus	356	Soler, Francisco A.	140
Raica, Eugene S.	391	Amanatidis, George	140	Pantelides, Thomas A.	122		
Raptakis Harry	170	Angelo, Kallipolitis	305	Papagikos, Alexander A.	009	<b>US PUBLIC HEALTH SERVICE</b>	
Razis, George	456	Athas, Michael G.	364	Perdaris, Nicholas	412	Labatos, Jason	037
Ritter, James	103	Avgerakis, Thomas	072	Peterson, Silas (Pete)	528	Tsairis, Peter	453
Saffo, Avgerinos V.	408	Ballard, James C.	438	Poulopoulos, Ilias	302		
Saffos, Constantine G.	408	Brickates, George E.	252	Reetz, Allan	122		

**ISRAEL DEFENSE FORCES**

Weiss, Ed 219

**HELLENIC ARMED FORCES**

Agathoklis, Paul 030  
 Andritsos, Christos 122  
 Antoniadis, John 219  
 Angelopoulos, Angelos 122  
 Angelopoulos, Pavlos 122  
 Bazinis, Cdr. Theodoros 122  
 Biliitsis, Peter K. 219  
 Campanides, Demetrios 030  
 Drakos, George 364  
 Elovaris, Ioannis 037  
 Georgakopoulos, Phillipos 037  
 Gkouloumis, Konstantios 277  
 Kantaros, Nick 219  
 Karatzounis, Capt Nikolaos 122  
 Kohilas, Theodossios C. 030  
 Kohilas, Xenofon K. 030  
 Kostalas, Adm. Stellos 122  
 Fragkos, Panagiotis 122  
 Limberis, Constantine 122  
 Pantelides, Gabriel 364  
 Pappas, Mark J. 030  
 Pappas, Tasos 342  
 Tserkis, George 030  
 Karatzounis, Nikolaos 122

Kritis, Kosmas 122  
 Kostalas, Stelios 122  
 Kouteas, Demitrios 122  
 Hristodoulou, Konstantino 037  
 Lelakis, Ioannis 122  
 Limberis, Constantine 122  
 Lostaros, Spiros 037  
 AHEPA Veterans Affairs List  
 Makrygiannis, Nikolaos 122  
 Mantzakos, Michael 037  
 Masouros, Christos 438  
 Metekidis, John 025  
 Moditsis, Col. Konstantinos 122  
 Nafpliotis, Costas 031  
 Ntaflos, Col. Christos 122  
 Papageorgiou, Capt. Panagiotis 122  
 Pofanti, Dino 025  
 Rizakos, Elias 364  
 Roukas, Periklis 122  
 Sakellariou, George 037  
 Sakiotis, Emmanouil 122  
 Stamatopoulos, Evangelos 025  
 Stamos, John 302  
 Tamoutselis, Stavros 037  
 Tsokas, Zikos 025  
 Tsouganatos, Athanasios 122  
 Tziortzios, Ltc Nikolaos 122  
 Vasileiadis, Antonios 219  
 Vretzakis Christos 170  
 Zapounidis, Andreas HJ41

Zouros, Georgios 122  
**VETERANS**  
 Andreopoulos, Kirk 122  
 Angelopoulos, Chris M 364  
 Angelson, P. John 122  
 Barberis, Hercules 364  
 Blazakis, Nicholas 015  
 Caravas, Speros 122  
 Christy, Alexander 000  
 Constantinou, Savas 122  
 Dandalides, George 122  
 Daskos, John 405  
 Decker, Peter G. Jr. 122  
 Dragas, Gregory 122  
 Ebate, John 000  
 Emmons, Dave 122  
 Firilas, Michael 015  
 Frantsvog, Eric 015  
 Galanides, John D. 122  
 Galanides, Peter D. 122  
 Galiotos, Paul A. 122  
 Georgallis, John 122  
 Georgiades, Nicos G. 122  
 Goanos, Konstantine 122  
 Halverson, Kristopher 015  
 Hunter, Kenneth 122  
 Kaitis, Nichols L 364  
 Kalezis, Kalezis D. 122  
 Koubaroulis, John 122

Kyrus, Thomas C. 122  
 Leger, William 015  
 Lugoumenos, Andy 364  
 Mackenzie, Charles 000  
 Manuel, Socrates E. 122  
 Maratos, Stanley 015  
 Marcou, George 122  
 Mastro, Leo 122  
 Matthews, Dennis 122  
 Mikelis, Peter 015  
 Moralís, Peter J 364  
 Nicholas, George M. 122  
 O’Hearn, Michael S. 122  
 Pallas, Anastasios 302  
 Pappas, Angelo 122  
 Pappas, Gregory J. 122  
 Phillips, Ellias 000  
 Pool, Ernest 000  
 Protogyrou, Andrew A. Esq. 122  
 Punsalan, Basil M. 122  
 Russell, Rhett 122  
 Segallis, Peter 015  
 Spanos, Savvas 364  
 Spampinato, Joseph 015  
 Stamoulis, Charles 015  
 Stratos, Chris E. 122  
 Vardavas Sr., John S 364  
 Vassos, Gus 122  
 Ververis, James 015  
 Vourlas, Nick 122

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## 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](http://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.

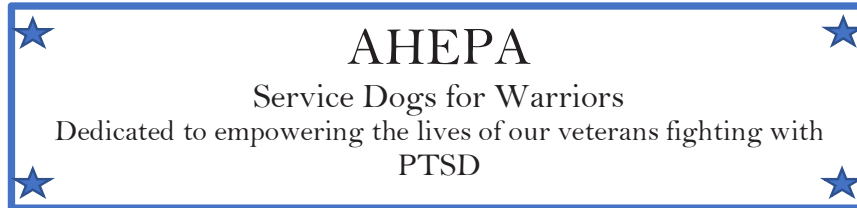


*Ahepa Service Dogs for Warriors  
(please see article on next two pages)*



*Ahepa Veterans Affairs*

Learn more about  
these and other  
National Projects  
by visiting  
[ahepa.org](http://ahepa.org)



Since our last newsletter we have made great strides in reaching a million dollars \$. In the land of opportunity the Greeks have come to gather and lived the American Dream. The Greek Americans continue that legacy in many different ways. Most importantly the outpouring of love and the American Dream continues in the heart of the AHEPA Service Dogs for Warriors. This month as we prepare for the holiday season we honor all Greek American Veterans and two noted Greeks that gave heir lives for this land of opportunity.



**George K. Menichios**, born in Megalopolis, Arcadia, Greece on April 14, 1890. In 1910 he came to Boston, MA, and like all immagrants dreamed of all the great opportunities his new country presented him. George embraced the concept of liberty and the ideals of freedom that make up the United States of America. George was inducted into the US Army on May 27, 1918. As a member of the 1<sup>st</sup> division he was in France at Saint Mihiel and then to the Meuse-Argonne sector from September 26, 1918 until he was killed in action on October 4, 1918, 37 days before the war ended on November 11, 1918. His United States military career lasted less than 5 months. He is honored by the American Legion George American Legion George K. Menichios Post #34 and all Americans.

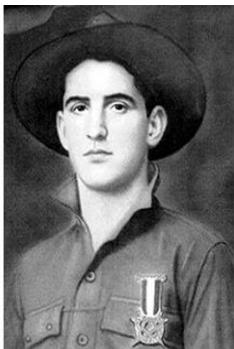


**Private Gus Chimpanes** was killed in the Battle of Saint-Mihiel on September 26, 1918. He was a private in the US Army, 102<sup>nd</sup> Infantry Regiment, 26<sup>th</sup> Division. He entered the service from Iowa. He is honored by the Order of AHEPA Chapter James L. Karthan, Chpater #192 District 14. Buried at: Plot C Row 28 Grave 17, St. Private Gus is buried at Mihiel American Cemetery Thiaucourt, France.

## Greek American Hero's



George Dilboy: The first Greek American to receive the Medal of Honor



*George Dilboy* (Gr: Γιώργος Διλβόης) was born in 1896 in the Greek town of *Alatsata* (Tr: Alaçatı) near Smyrna (Tr: İzmir) in Asia Minor He and his family immigrated to New Hampshire in the United States in 1908. In 1912, at the age of 16, he returned and fought for Greece in the Balkan Wars of 1912-13. He returned to the U.S and joined the New Hampshire National Guard and served in the Mexican Border Campaign. When the U.S declared war against Germany in 1917, he joined the U.S Army and served in the 103rd infantry

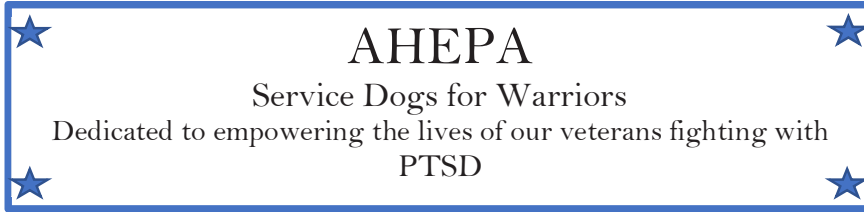
For further information please contact:

Contact Chairperson George 732-610-6622 or [ASDW.Secretary@gmail.com](mailto:ASDW.Secretary@gmail.com)

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regiment, 26th Division. Before turning 22 years of age, Dilboy had fought in four wars in three continents.

In 1918, Dilboy fought in the Battle of Belleau Wood in France. After his platoon had gained its objective along a railroad embankment, Private First Class Dilboy, accompanied his platoon leader to reconnoiter the ground beyond when he was suddenly fired upon by enemy machine-gun from 100 yards. From a standing position on the railroad track fully exposed to view he opened fire. He failed to silence the gun and rushed forward with his bayonet fixed through a wheat field toward the gun emplacement. He fell within 25 yards of the gun with his right leg nearly severed above the knee and with several bullet holes in his body. With undaunted courage Dilboy continued to fire into the emplacement from a prone position killing two of the enemy and dispersing the rest of the crew.<sup>1</sup>

Dilboy was initially buried in the Aisne-Marne American Cemetery in France but at the request of his father he was later buried at his birthplace Alatsata in Turkey. Thousands attended his funeral. In 1919, Dilboy was posthumously awarded the Congressional Medal of Honor by the President of the United States, becoming the first Greek-American to be awarded America's highest decoration for valor. In 1922 when the Kemalist Army occupied Alatsata, Turkish soldiers broke open Dilboy's coffin entombed in the *Church of the Theotokos* and desecrated Dilboy's remains and the U.S flag. U.S President Warren G. Harding was enraged and ordered a U.S warship to recover the remains and brought them back to the U.S where they were interred at Arlington Cemetery on November 12, 1923 in a ceremony attended by many dignitaries. Harding also demanded and received a formal apology from the Turkish Government. Dilboy has been honored by three U.S presidents; Woodrow Wilson who signed the authorization awarding him the Medal of Honor, Warren Harding who brought him back, and Calvin Coolidge who presided at his final burial. Dilboy was buried with full military honors.

A bronze monument of George Dilboy is located outside the Somerville City Hall in Massachusetts while the Dilboy Stadium in Somerville, Massachusetts was named in his honor.

### **DO YOU KNOW OF A GREEK AMERICAN HERO?**

Email me at [asdw.secretary@gmail.com](mailto:asdw.secretary@gmail.com)

For further information please contact:

Contact Chairperson George 732-610-6622 or [ASDW.Secretary@gmail.com](mailto:ASDW.Secretary@gmail.com)

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## Melomakarona – The Quintessential Greek Christmas Cookie



A recipe for Melomakarona, a Greek Christmastime favorite, is an essential for any Greek baker at this time of year. *Credit: Nostimo/Greek Reporter*

Melomakarona are some of the most beloved of all Greek cookies. Made with olive oil, flour, honey, and citrus, melomakarona are much healthier than most holiday treats. The addition of cinnamon and walnuts makes the cookies irresistible.

Today's melomakarona contain chopped walnuts and are sprinkled with ground walnuts as well. More modern versions have them enrobed in dark chocolate.

The origin of the scrumptious cookie surprisingly dates all the way back to ancient Greece. At funerals, ancient Greeks would eat a barley mixture called makaria.

Scholars argue that through the years, "makaria" developed into the cookie we know today. The addition of honey, or "meli" in Greek, to the cookie, gives us the name "melomakarona."

This eventually became the most popular sweet eaten during the twelve days of Christmas. Greeks in Asia Minor also ate this delicacy but gave them the name "Phoenikia."

Here's a great recipe for Melomakarona, the most beloved Greek Christmas cookies:

### For the Dough

In a mixer add 350 ml water, 350 ml olive oil, 50

grams butter, 50 ml honey and 50ml raki and mix all together for one minute.

Add 15 grams baking soda to 125 ml of orange juice; stir and place in the mixer.

Mix all together for one minute. Then add the zest of an orange, 50 grams of cinnamon, 125 grams of powdered sugar and 400 grams of semolina flour to the mixer. Slowly add 900 grams of pastry flour and mix for five minutes.

Take the dough from the mixer and place it in a bowl. Shape the cookies and place them on a baking sheet.

Bake at 200C (392 F) in a preheated oven for 30 minutes.

### Make the Syrup

Add in a pot: 1 liter of water, 1.8 kg of sugar, and 500 gr of honey.

Boil for 3 minutes and let cool.

Soak the baked cookies in the syrup for three minutes.

Place the cookies on a platter and add ground walnuts to the top.

Melomakarona can be stored and preserved at room temperature for up to a month.

Enjoy! The Nostimo team

## Greek Cuisine Rated Second Best in the World

*By Anna Wichmann - Greek Reporter*

Greek food cuisine

Greek cuisine was ranked second best in the entire world in 2021. Credit: Greek Reporter

Greek cuisine was rated the second best in the world for 2021 by TasteAtlas, a travel guide focused on international cuisines and traditional dishes.

The list, which was compiled based on over 100,000 user ratings, also included the most delicious traditional foods from a variety of international cuisines, and a number of Greek dishes topped the rankings.

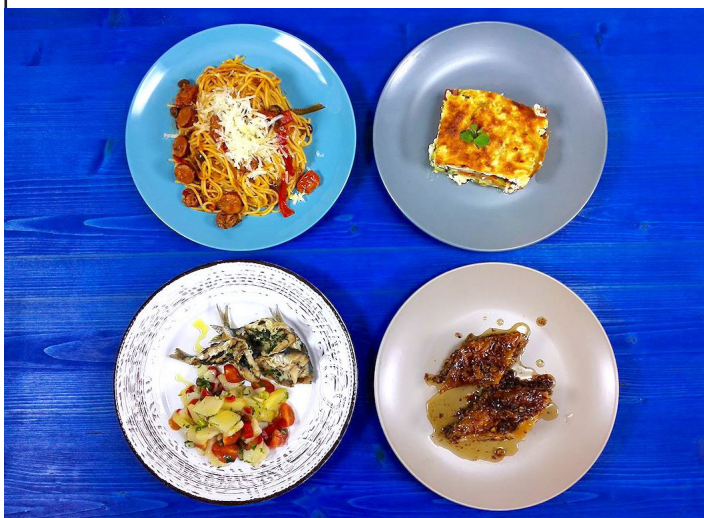
Greek food ranked second overall across the

globe, with a score of 4.73 out of five, after Italian cuisine, which came in first place with a score of 4.78.

The Greek dish “gemista,” or vegetables stuffed with rice and herbs, was voted the top vegetable-based food in the world, and “dakos,” a Cretan salad with tomatoes, feta, olive oil, and rusks was ranked the world’s best salad.

After Italy and Greece, Spain, Romania, and Mexico all ranked amongst the tastiest cuisines in the world.

### **Greek cuisine delicious and healthy**



Not only is Greek cuisine delicious, but it is also extremely healthy. In fact, many dieticians and doctors agree that the Mediterranean diet is the healthiest in the world.

As a rule, the Mediterranean diet is mainly plant-based, as it is high in vegetables, fruits, legumes, and unprocessed grains while low in meat and meat products (which are traditionally only eaten only a few times per month).

Adherents to the diet also consume a reduced amount of dairy products.

These ingredients are bound together by olive oil, an essential ingredient when it comes to defining the basics of healthy Greek food and the Mediterranean diet.

High in monounsaturated fatty acids, carotenoids, antioxidants, vitamin C, and polyphenols as well as other vitamins and minerals, the Greek diet is composed of exceptionally healthy foods.

Grains are whole or in the form of bread or pasta

cooked al dente, which lowers the glycemic index. Minimally-processed foods, which are a staple in the Greek diet, also provide prebiotic fiber, which promotes intestinal health.

According to several studies, the Mediterranean diet is associated with reduced risk of several chronic diseases, including cancer, Parkinson’s disease, Alzheimer’s disease, Type 2 diabetes and cardiovascular disease. Some have even linked it to preventing depression.

As an integral part and expression of the local culture, the Mediterranean diet is mostly based on home cooking, using local ingredients.

### **Vegetables are the stars in Mediterranean diet**

Vegetables are prominent in the Mediterranean diet, and they often make up main dishes rather than side dishes, as is common in the standard American diet. Rich in water, which hydrates the body, vegetables are also excellent sources of vitamins and minerals, which are needed to boost the immune system.

Omega-3 fatty acids and fish are perhaps the ace in the hole of the Mediterranean diet, however. Sardines, salmon, herring, and trout are excellent sources of omega-3 fatty acids and are cardioprotective.

They are known to help lower triglyceride levels in the blood and are essential to the operation and development of the nervous system. They are even believed to deter the development of degenerative dementia.

Nuts, including almonds and walnuts, are common in the diet of these areas. All tree nuts are rich in gamma-tocopherol and vitamin E, which help regulate the levels of lipids, lowering levels of LDL cholesterol to prevent clogging of the arteries by plaque formation.

Whole grains are better in general than processed cereals because they retain more of their nutritional value.

Wholegrain breads, pasta and rice can easily be added to any diet, and they can have a protective effect against various types of cancer, diabetes and cardiovascular disease.

## VASILIOS PRISKOS



*(Ed. Note - A friend of mine was visiting Salt Lake City this past summer and he texted me - "who is Vasilios Priskos" seeing his statue downtown. I did a little research and came across a couple articles that I thought you might enjoy reading - quite a tribute!s)*

For the first time in 53 years the sun rose and Vasilios Priskos was not there to see it, passing away on October 9, 2017. Though he fought mightily for many years against the cancer robbing him of his adult life, he died peacefully surrounded by family at the Huntsman Cancer Institute. Our sun blazed a bit dimmer that day.

Vasilios was born on May 29, 1964 in the village of Kamaritsa deep in the mountains on the Greek island of Evia. He came to the United States in 1966, in the arms of his father and mother, Chris and Tula Priskos, who settled in Utah to fulfill the family ambition to live the American Dream. That dream was realized when the family established the Royal Burger on the corner of 400 South Main in 1981 where Vasilios began flipping burgers and washing dishes while a student at Skyline High School. During this period Vasilios developed his own ambitions to help grow and shape Salt Lake City as each day he was met with a new story by another of Salt Lake's movers and shakers, the rich and the poor, the white and blue collar. Their stories moved him to marry the American dream with his own Greek birthright of achievement, stewardship and honor, termed Philotimo in the language he first spoke.

In 1990 he earned his Bachelors of Arts degree in Finance from the University of Utah and began a real estate career. After earning his brokers license, he founded InterNet Properties in 1994 and purchased his first property on 400 South that still houses the company today.

Vasilios became well-known as one of the major influencers of downtown Salt Lake City with a

particular love for Main Street where he not only brokered sales, but also purchased properties that others had left abandoned or ruined. His vision for, and belief in Main Street, allowed establishments like Eva's Bakery, Mollie & Ollies, Whiskey Street and Apollo Burger to begin the modern transformation of Main Street. When the Salt Lake Tribune left downtown and its historic building behind, Vasilios was able to purchase and transform it into the vital campus and housing for Neumont University. Many other businesses and properties throughout downtown are benefactors of his vision. The Downtown Alliance recognized that vision, naming Vasilios one of the Top-25 People Who Helped Shape Downtown.

Vasilios believed in giving back to his community, serving on multiple civic and public boards including positions with the Salt Lake City Police Foundation, the Children's Museum, Salt Lake Chamber of Commerce, the Salt Lake Redevelopment Agency, the Heritage Foundation, Utah Film Center, the 2002 Olympics Committee, Westminster College Foundation, and the Board of Realtors Grievance Committee. He served on the board of the Salt Lake Country Club and is a past president of the Alta Club. Vasilios was a member of the National Hellenic Society and of Leadership 100, two groups dedicated to the preservation of Hellenic heritage and culture. Vasilios was always ready with financial aid or mentorship, and importantly, to connect the dots between other community leaders. His sphere of friends and allies includes persons of every religion, every ethnicity and every social strata. Especially cigar smoking gamblers.

His true calling is that of admired son, brother, uncle, husband, father and faithful steward to the Greek Orthodox Church, in which he became a Nono (Godfather) to many local children. He married Shauna Bamberger in 1988. Together they raised four strong boys, Christian, Nico, Alexander and Aristotle each of whom are gifted with particular Vasilios and Shauna attributes. Of his many accomplishments, he considered his children his greatest. They were a source of pride that motivated him during his darkest times.

Throughout his illness he continued to attend their sporting events, Greek dance performances and graduations. They were his rock and his reason for waking to each painful day. Those who knew him best agree that his highest accolade is that of loving husband and father. His reward was that they loved him in return.

Through his family, Vasilios found the strength to fight each and every day. He was a champion for not only life itself, but a living memorial that despite all the bad cards one is dealt, it remains possible to build a winning hand. His zest for life, his smile, his solid words of confidence, his encouragement to all and his embrace of even his critics is the final chisel on the piece of granite we all knew as among the finest and strongest men ever.

*Then in 2020. . .*

Vasilios Priskos was “a true champion” of downtown Salt Lake City, so erecting a larger-than-life statue of the real estate developer was “not only fitting, it was

appropriate,” said the city’s mayor, Jackie Biskupski.

In one of her last acts as mayor, Biskupski took part in the unveiling of an 8-foot bronze statue of Priskos, near the entrance of a walkway named after him that links Main Street to the McCarthy Plaza by the Eccles Theater.

Priskos, who died in 2017, was the founder of InterNet Properties and a major property owner and developer in downtown Salt Lake City. Priskos was an advocate for historical preservation and for downtown’s continued development.

The statue and walkway, Biskupski said, will be “a place for Vasilios’ spirit to be a part of the comings

and goings of the city he loved and nurtured.”

In a statement, Priskos’ family called the statue “a tremendous honor for our family. . . . This statue represents the vibrancy of downtown, Main Street and our community at large. When people see this statue, we hope they think of Vasilios’ vision for downtown and the role our city plays on a national scale.”

Utah sculptor Daniel Fairbanks said it was “a great privilege” to create the sculpture, which depicts Priskos standing bolt upright, arms crossed and smiling slightly. “His contributions to the renaissance of downtown Salt Lake City are legendary,” Fairbanks said, “and this monument

will ensure that his memory endures for generations to come.”

Priskos was born in 1964 in Evia, Greece, and he and his family moved to America in 1966. The family settled in Salt Lake City and opened the Royal Eatery at



the corner of Main Street and 400 South. That building, the former New Grand Hotel (and now an Apollo Burger franchise), was one of many locations Priskos later owned as founder and principal broker of InterNet Properties.

The properties Priskos handled included the Neumont College of Computer Science site at 143 S. Main in the former headquarters of The Salt Lake Tribune, and the One/Main Plaza, the office tower at 111 S. Main, next to the Eccles Theater.

Priskos died Oct. 9, 2017, at age 53, after a long battle with cancer.

## King Charles: a Staunch Philhellene on the British Throne

### Charles: Greece can count on her friends in the UK

He added that “today, as in 1821, Greece can count on her friends in the United Kingdom. The ties between us are strong and vital, and make a profound difference to our shared prosperity and security.

“In feeling a profound connection to Greece—her landscapes, her history and her culture—I am hardly alone: there is something of her essence in us all,” he said. “As the wellspring of Western civilization, Greece’s spirit runs through our societies and our democracies. Without her, our laws, our art, our way of life, would never have flourished as they have.”



### Charles: We are all Greeks

In a previous visit to Greece in 2018, Charles hailed the traditionally close ties between the UK and Greece and highlighted Greece’s role in the world by saying: “We are all Greeks”.

“We are all Greeks. Our laws, our literature, our religion, our arts have their root in Greece,” he said.

Meeting the head of Greece’s Orthodox Church, Archbishop Ieronymos, Charles recalled that he has visited Mount Athos and its monasteries several times. “And having done this, I have gained a special appreciation for the traditions of the Orthodox Church.”

When Prince Charles said that Greece is in his blood upon his first official visit to the country, he was not just speaking metaphorically, as both his father and grandfather were born in Greece.

The grandfather of the Prince of Wales, Prince Andrew of Greece and Denmark, was born at Tatoi Palace, on the outskirts of Athens in 1882. His father, Prince Philip,

the Duke of Edinburgh, was born on the island of Corfu, at Mon Repos Palace, in 1921.

### Charles to be officially proclaimed King

In the first twenty-four hours or so after his mother’s death, Charles will be officially proclaimed King. This happens at St. James’s Palace in London in front of a ceremonial body known as the Accession Council.

This is made up of members of the Privy Council—a group of senior MPs, past and present, and peers—as well as some senior civil servants, Commonwealth high commissioners, and the Lord Mayor of London.

There is no “swearing-in” at the start of a British monarch’s reign in the style of some other heads of state, such as the President of the US. But there is a declaration made by the new King and—in line with a tradition dating from the early 18th century—he will make an oath to preserve the Church of Scotland.

After a fanfare of trumpeters, a public proclamation will be made declaring Charles as the new King. This will be made from a balcony above Friary Court in St. James’s Palace.

An official will call: “God save the King,” and for the first time since 1952, when the national anthem is played, the words will be “God Save the King.”

Gun salutes will be fired in Hyde Park, the Tower of London, and from naval ships, and the proclamation announcing Charles as the King will be read in in Edinburgh, Cardiff, and Belfast.

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Prince Charles has visited Greece several times, but always privately. He has visited Mount Athos a few times, while he often enjoys his summer vacations on the Greek seas. Last summer, for instance, he took a mini cruise in the Ionian Sea with his wife Camilla, Duchess of Cornwall.

Prince Andrew of Greece and Denmark, and Princess Alice of Battenberg, grandparents of Prince Charles.

### **Charles' grandparents and Greece**

Prince Andrew of Greece and Denmark (1882-1944) was the seventh child and fourth son of King George I of Greece and Olga Constantinovna of Russia. He was the grandfather of the present Prince of Wales.

Prince Andrew was an officer in the Greek army, who also served in the Balkan Wars (1912-1913). In 1913, his father was assassinated and Andrew's elder brother, Constantine, became king. Constantine's neutrality policy during World War I led to his abdication, and most members of the royal family, including Andrew, were exiled.

After the royals' return a few years later, Andrew fought again in the Greco-Turkish War (1919-1922), but the war went badly for Greece, and Andrew was blamed, in part, for the catastrophic loss of Greek territory.

The court martial was about to sentence him to death for his decisions, but General Theodoros Pangalos intervened and saved him, on the grounds that his "great inexperience of commanding upper ranks". Andrew was exiled for the second time in 1922, and spent most of the rest of his life in France.

### **Prince Andrew**

Prince Andrew was estranged from his wife, Princess Alice, but was never divorced from her. He spent the rest of his life in Monte Carlo, dying on Dec. 3, 1944 from a heart attack. His body was transported to Greece and buried in the royal cemetery at Tatoi.

Charles' grandmother, Princess Alice of Battenberg (1856-1969), was diagnosed with schizophrenia and committed to a sanatorium in Switzerland, thereafter living separately from her husband. Allegedly, Princess Alice believed that she possessed healing powers and that she had come into erotic contact with Jesus Christ.

After her recovery, she returned to Greece in 1938 whereupon she devoted most of her remaining years to charity work. She stayed in Athens during World War II, courageously sheltering Jewish refugees. She was also responsible for the management of many orphanages and clubs, doing valuable social work during the years of the German Occupation.

In 1949 Princess Alice moved to Tinos to establish a

convent, even trying to take on its construction herself. She lived as an Orthodox nun until the end of her life in 1969.

Britain's Princess Elizabeth, later Queen Elizabeth II, Prince Philip and their children Prince Charles and Princess Anne, London, 1951. (AP Photo/Worth)

### **Queen Elizabeth and Prince Philip have never visited Greece**

Queen Elizabeth II and Prince Philip, Duke of Edinburgh, have visited almost 200 countries and all of the EU countries. Except for one: Greece. In all the many years of her reign, they never once visited Greece, the land of his birth, not for one day.

This is especially noteworthy given the fact that Prince Philip, Charles' father, was born on Corfu, and his grandfather, King George I, was the longest-ruling King in Greece.

The answer seems quite very simple: Queen Elizabeth definitely feels an aversion to a country that drove its kings into exile and even sentenced Prince Andrew, Philip's father, to death, regardless of the fact that Prince Andrew was not actually executed, but rather exiled.

Surely, it seems Prince Philip feels a dislike for the country. On the other hand, he only lived in Greece for one year as an infant, as his family was exiled in 1922.

Also, Prince Andrew and Princess Alice were two highly controversial personalities, with his mother never offering him the security a family gives to a child.

Prince Philip needed a father, but there was never anyone there. He lived an extraordinarily lonely childhood. His parents' marriage broke up when his mother was diagnosed with schizophrenia, and later, after being released from the sanatorium, she dedicated herself for the rest of her life solely to God.

As a consequence, the young prince grew up with an assortment of relatives and constantly changed schools. His relatives may have cared for his education, but never offered him the emotional support he so desperately needed.

*Lifted from Greek Reporter: [greekreporter.com](http://greekreporter.com).*



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