

October 2009

Dear Members and Friends:

It is an honor to have been elected to the office of Supreme President of the Pan-Icarian Brotherhood. I consider it a privilege and look forward to working with my fellow officers on the Supreme Lodge.

The Supreme Lodge has been assigned as liaisons to chapters to concentrate on collecting and submitting per capita in a timely manner; encourage regularly scheduled monthly meetings and stressing the need of communicating with the chapter members and the Supreme Lodge. A concerted effort is being made to obtain e-mail addresses of members in order to receive electronic monthly bulletins from the Supreme President. You are invited to visit the website at: www.pan-icarian.com and keep up with the latest Icarian news.

Following up on the Blue Zone publicity, it has been decided to publish an Icarian Cookbook which will not only include Icarian recipes but information of the herbs used on the Island of Icaria. Our youth are getting organized for the next Youth Leadership Conference to be held in Clearwater during the Annual Helios #19 Glendi on January 16, 2010 weekend. Look for more details to follow.

The following photos cover the Supreme President's visits in September to:

Youngstown/Warren; Columbus; Steubenville, Akron; Buffalo, Toronto, Montreal and Clearwater. A trip to Washington to attend the SAE meeting held at the Embassy of Greece afforded the Supreme President the opportunity of meeting with the Ambassador of Cyprus, Andreas Kakouris, the Ambassador of Greece, Vassilis Kaskarelis and Mr. T. G. Spyropoulos, USA coordinator of the SAE., testimonial luncheon honoring PSP Gus Stefanadis for his service to the Order of AHEPA.

October scheduled visits include; Houston, southern California, northern California, Pacific Northwest in Portland, Baltimore, Chicago, Cleveland, and Detroit.

Sonja Stefanadis, Supreme President