

February 2010

Dear Members & Friends:

Hopefully, you and your families have weathered the storms that have been challenging us throughout the U.S. and Canada. We have all had our share of the cold—some more than others! We were fortunate to have a successful Youth Leadership Conference, Supreme Lodge meeting and the Helios Icarian Glendi and golf outing in Clearwater, Florida before the weather became so stressful.

Membership Update--Our Treasurer, E. Terry Platis, has reported the membership count for **2009 as 1,915**. I am delighted to report that per capita was received from all of our **27 chapters!** She has started receiving the per capita for 2010 with a request for chapters to submit as soon as they collect to avoid missing the deadline of June 30th.

New Chapter--Charlotte, NC—I have received a request for a new chapter in Charlotte, North Carolina and are seeking additional potential members. If you have any family or friends that qualify for membership, please contact me or any of our Supreme Lodge Officers. Hopefully, we will be able to help them get organized within the next few months.

Icarian Cookbook—Co-chairs, Jackie Moraitis and Tim Leakas, have started contacting every chapter with recipe cards in soliciting recipes for our project. They are also soliciting volunteers to assist with the proof reading and testing of the recipes. They are looking for sponsors that may be interested in underwriting the cost of the cookbook. They are also concentrating on the “Blue Zone” herbs and information attributed to the longevity of individuals residing on our Island of Icaria. Encourage your members to share their recipes with us now that they can and not take their recipes with them when they depart this world.

In closing, let us **work together** to increase the membership. If each member reached out to just one new member, we could surpass all of our expectations. If you have any questions, please do not hesitate to get in touch with me.

Sonja B. Stefanadis, SP