

IKARIA

MAGAZINE

ΟΡΓΑΝΟΝ ΤΩΝ ΑΠΑΝΤΑΧΟΥ ΙΚΑΡΙΩΝ ΚΑΙ ΦΟΥΡΝΙΩΝ

OFFICIAL MAGAZINE OF THE PAN-ICARIAN BROTHERHOOD OF AMERICA
AND THE PAN-ICARIAN FOUNDATION



**IKARIA MAGAZINE IS A PUBLICATION OF THE
PAN-ICARIAN BROTHERHOOD OF AMERICA, "ICAROS"**



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**Donations to the Pan-Icarian Brotherhood must be sent directly to the Foundation:
Pan-Icarian Foundation P.O. Box 79037 Pittsburgh, PA 15216-0037**

PAN-ICARIAN BROTHERHOOD OF AMERICA "ICAROS"
Headquarters of the Supreme Lodge
SUPREME PRESIDENT'S MESSAGE
Spring 2018



Dear Brothers and Sisters,

I hope this communication finds you all well. With spring finally here, I want to make sure I provide you with some recent updates/reminders.

Atlanta Supreme Lodge Meeting

The Supreme Lodge traveled to Atlanta, Georgia on March 10, 2018 for its winter meeting, which was hosted by Chapter Langada. A big thank you to President Florence Potter and the members for their warm hospitality. The Supreme Lodge had the opportunity to meet with everyone over lunch at Basil's Restaurant and Tapas Bar, which was followed by our meeting. Once again, thank you Chapter Langada for your hospitality.

Washington D.C. Convention

Have you made your convention plans yet? If not, what are you waiting for? This year, the Brotherhood's annual Convention will be held in Washington, D.C. from Friday, August 31 to Monday, September 3, 2018. It is sure to be a fun and memorable weekend!

Chapter Lefkas is eager to show you an unforgettable weekend at our Nation's Capital. Icarians will take over the Grand Hyatt Washington, a great hotel in an exceptional location. You'll experience everything Washington D.C. has to offer, all within minutes of the hotel. Please use their website www.pan-icariandc2018.com for room reservations (\$179 +tax/night), weekend events, purchasing tickets, travel information, and more!

The Chapter has been working very hard the past two years to prepare for our long-awaited return to Washington D.C. We hope you support the chapter, and our Brotherhood, by attending the Convention and the Grand Banquet and purchasing an ad in the Convention album.

Ikarian Alzheimer's Project

For those of you who have not heard, Maria Shriver in partnership with NBC has asked the Pan-Icarian Brotherhood of America to be part of an amazing Alzheimer's Project that will focus on Icarians and their families after immigrating to the USA. To make this project successful, we need your help to collect some data.

If anyone from your family who is of Icarian descent has been or had been diagnosed with any form of Alzheimer's Disease while living in America, we want to hear from you. Please contact Katerina Mavrophilipos at ekatmavro2@gmail.com or (410) 218.5191 for more information and instructions.

We know this is a sensitive and personal subject for many families, but we appreciate any way you can help us in furthering the research on this devastating disease. Thank you in advance!

June is Pan-Icarian Volunteer Month!

The Supreme Lodge, with the help of Youth Governor Erica Aivaliotis and the Icarian Youth, are calling on all our members and chapters to participate in our second Pan-Icarian volunteer campaign in the month of June. Through volunteering we can make a big difference to individuals and our communities. We hope your chapter can once again plan, support and contribute to this great project. Together, we can all make a difference.

Pan Icarian Brotherhood of America “Icaros”
Spring 2018 SUPREME PRESIDENT’S MESSAGE (CONTINUED)

Membership

A friendly reminder to pay your 2018 membership dues! Please submit your dues to your local Chapter. I cannot emphasize enough how important your dues are to the continued success of our Brotherhood. Your contribution helps your Chapter cover its administrative costs and helps keep it strong and prosperous. By being a member, you are part of a historically rich family that cares for its community, education and Hellenism.

As a reminder to the Chapters, rather than submit paper receipts with your per capita checks (\$20 per member), we are asking each Chapter to email its membership info in a spreadsheet format to Supreme Treasurer, Katerina Mavrophilos at ekatmavro2@gmail.com. Please include emails in the spreadsheet!

Diagoras Athletic Club

Thank you to everyone who donated to our fundraising drive for the Diagoras Athletic Group. I am happy to announce that we raised \$5,000 to help the club continue their mission of providing athletic opportunities for the youth living in Ikaria. Our fundraising drive was successful thanks to generosity of several chapters and individuals!

Ikaria Magazine

This year we are reintroducing a fourth issue of the Ikaria Magazine. I encourage all the Chapter leaders and members to submit as much content as possible to the magazine. We want to see the magazine grow! The success of the magazine depends on all of us to do our part. There are many great Icarian events and moments happening that can be highlighted. We also all know someone deserving to feature for the Icarian Spotlight section. Lastly, even consider submitting an article that can be of interest to the members. We welcome some feedback and ideas on how we can improve the magazine. Contact the editor at: Ikariamag@tampabay.rr.com.

Thank you for your time. I wish everyone a wonderful spring season!

Fraternally yours,

George Paralemos
Supreme President
Pan-Icarian Brotherhood of America

Ikarian Spotlight

Hobby, sport, travel, art, internship, achievement, mission, discovery, adventure...
Ikarians have all of these in abundance.

If you or someone you know would like to share these highlights or
other interests with fellow Ikarians in the Spotlight feature of this magazine
please email to

IkariaMag@tampabay.rr.com



Ikarian Alzheimer's Project

Maria Shriver in partnership with NBC has asked the Pan-Icarian Brotherhood of America to be part of an amazing Alzheimer's Project that will focus on Ikarians and their families after immigrating to the USA.

We need your help to collect some data!

Please contact us if anyone from your family who is of Ikarian descent has been or had been diagnosed with any form of Alzheimer's Disease while living in America.



- Anyone in your family from any generation
- Either born here or Ikaria
- Living in America while diagnosed
- Recently diagnosed or further progressed
- Alive or no longer with us

Please contact Katerina Mavrophilipos at ekatmavro2@gmail.com or (410) 218-5191

We know this is a sensitive and personal subject for many families, but we appreciate any way you can help us in furthering the research on this devastating disease.

Thank you in advance!

***Pan-Icarian Brotherhood
Chapter Membership Best Practices***

Membership is the lifeblood of the Pan-Icarian Brotherhood. Fostering and promoting membership begins first and foremost at the local Chapter level. The Supreme Lodge has developed the following list of suggested “best practices” for Chapters to adopt in order to maintain and increase their membership:

- Make new members feel welcome by sending a welcome letter from the Chapter President and listing benefits of membership.
- Establish a schedule with regular meetings and events which is provided to all members.
- Call members prior to meetings and events and emphasize the importance of having members attend.
- Establish a Chapter Facebook page (and other social media presence, such as Twitter, if desired) and use it to communicate with members and increase awareness of the Chapter’s activities.
- Introduce and expand email communication as a quick way to distribute information and stay connected to members.
- Increase member communication to a minimum of 6 times per year.
- Send 1 to 3 membership renewal notices per year.
- Provide members with the opportunity to pay membership dues at every Chapter meeting and event.
- Provide for and accept credit card/debit payments for membership dues.
- Set deadlines for members to send in their membership dues to the Chapter treasurer.
- Recognize milestone years of membership (e.g., 5, 10, 20, etc. years of continual membership).
- Invite members to become involved in specific projects with a clear end date, to accommodate those interested in participating but with limited available time.
- Consider co-hosting an event with another Chapter in the region.
- Encourage all members to attend the annual Convention and Grand Banquet.
- Develop events of interest to younger generations.
- This includes hosting events aimed at young adults, as well as events aimed at families with small children.
- Invite younger members to become Chapter officers or join a committee.
- Encourage members ages 18-35 to attend the Brotherhood’s annual Youth Conference. Pay for additional youth members to attend the Youth Conference beyond what is currently covered by the Supreme Lodge.
- Pay for additional expenses (e.g., airfare) for youth members to attend the Youth Conference beyond what is currently covered by the Supreme Lodge.

Developed by the 2014-2015 Supreme Lodge.

Supreme Lodge visit to Langada 'Spirit of Ikaria' #23 Atlanta



The Supreme Lodge traveled to Atlanta, Georgia on March 10, 2018 for its winter Supreme Lodge meeting, which was hosted by the Langada chapter. A big thank you to President Florence Potter and other chapter members for their warm hospitality. The Supreme Lodge had the opportunity to meet with members of the chapter over lunch at Basil's Restaurant and Tapas Bar, which was followed by our meeting.



PAN-ICARIAN FOUNDATION OF AMERICA
Scholarship Recipient Letter of Appreciation

Dear Scholarship Committee,

Thank you for this generous scholarship the past three years of my college career. This scholarship is a constant reminder of how far my ancestors have come. My Papou, who came to America at the ripe age of seventeen, had so much going against him. He was not even able to finish High School, due to the language barrier. However, my Papou and his brother (Stephanos) started a successful painting business. Being able to represent such a strong community, has filled me with such pride. Not only does this scholarship pay for my tuition and books, but also pays for my future.

Constance (Georgie) Pedos- Diclemente, Pittsburgh Chapter

Dear Pan-Icarian Foundation

I would like to start by saying what an honor and a privilege it was to be chosen as one of this year's scholarship recipients. The scholarship that I had the honor of receiving was the George Saffos Memorial Scholarship. The scholarship has been extremely helpful with this years tuition and book expenses. My family and I are so very honored and grateful to have received this specific scholarship.

When my yiayia and papou got married in Ikaria back in 1964, George Saffos had a part in their wedding. The attached photo is from my yiayia and papou's wedding and George Saffos is the boy holding my papou's hand.

Sincerely,

Travis Mitchell



*Do you have photos from Ikaria that you'd like to share in this magazine?
They can be old or new, village or beach, panegyri or mountain hike,
from the air, land or sea, people, churches, goats, olive trees,
friends and family at home or a cafe; anything Ikarian.
Please send them to IkariaMag@tampabay.rr.com*

Sample size of a Quarter-Page

- 1 Issue - \$150
- 2 Issues - \$200
- 3 Issues - \$250
- 4 Issues - \$300

The Pan-Icarian Brotherhood is a not for profit organization of Greek Americans who are descendants of the island of Icaria and Fournoi. The Pan-Icarian Brotherhood is the oldest Hellenic organization in North America founded in 1903.

The Brotherhood's mission is to unite and cultivate closer relationships among all Icarian and Fournians and to render charitable aid and assistance in the education, civilization and spiritual needs of all peoples of human society, regardless of creed, race and religion.

In 1965 a tax exempt "Pan-Icarian Foundation" was established to administer the philanthropic endeavors of the Pan-Icarian Brotherhood. Since its inception the Foundation has distributed hundreds of thousands of dollars for medical aid, scholarships, disaster relief, and other charitable causes in North America and Greece.

SPONSOR *IKARIA* MAGAZINE!

Published four times a year, *Icaria Magazine* is a comprehensive publication read by informed and involved members and Greek community leaders. It covers chapter news, cultural events, foundation business, and highlights Icarians from around the world on adventures and internships, serving their nation or community, practicing a sport or hobby, visiting unique or historic places, dancing, playing music, or simply living life. Over 1,600 copies are mailed to households and many others read the online edition.

Icaria Magazine is supported by the Pan-Icarian Foundation and the Supreme Lodge of the Pan-Icarian Brotherhood, both of which are non-profit organizations. A Sponsorship ad in *Icaria Magazine* will help your organization gain brand recognition and visibility within the Greek Community at home and abroad.

Choose from two sizes; half-page or quarter-page. Ads may include seasonal greetings, a logo, tagline, photo, and/or a general reference or branding representing an organization, and family tributes. No sales of specific products or services, please.

Your sponsorship is tax-deductible.

Sample size of a Half-Page

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- 2 Issues - \$300
- 3 Issues - \$400
- 4 Issues - \$500

To Learn More and Sponsor *IKARIA Magazine*
visit online at <http://www.pan-icarian.com/magazine/>
or email to IcariaMag@tampabay.rr.com

All ads are subject to review and approval by the editor. The Pan-Icarian Brotherhood reserves the right to reject content or images that violate the organization's editorial guidelines and will not display any logo, mark, banner, or other visual display, provided by or on behalf of Sponsor, that contains a comparative or qualitative description of Sponsor's product or business, endorsements, price information or any other indications of savings or value about Sponsor's product or business, any message that otherwise endorses Sponsor's product or induces one to purchase or use Sponsor's product, or any message that causes Sponsor's payments to not be treated as "qualified sponsorship payments" as that term is defined in Section 513(i) of the Internal Revenue Code and related regulations.

All ads subject to approval. All artwork must be received by the editor's posted deadline.

Scholarships Awarded for the 2017-2018 Academic Year

U.S./Canada Undergraduate Scholarships

<u>Scholarship</u>	<u>Sponsored By</u>	<u>Recipient</u>	<u>Chapter</u>	<u>College/University</u>
Ava Lee Petchakos Memorial Scholarship	Peter and Anita Petchakos	Christopher Utrup	Akron	Xavier University
Constantine & Maria Safos Scholarship	Basil Safos	Demetra Price	Pandiki	Susquehanna University
Constantine & Elizabeth Mavronicolas Memorial Scholarship	Tony Mavronicolas and Frank Mavronicolas	Tommy Malahias	Therma	University of North Carolina
Demosthenes & Anna Memorial Scholarship	Gus Yiakas	Maria Lardas	Pandiki	Stevens Institute of Yiakas Technology
Elizabeth & George Pastis Memorial Scholarship	Stella Thomas & Dorothy Martinos	Constantina Pedos DiClemente	Icaros	California University
Evangeline Lardas Memorial Scholarship	The Lardas family	Marko Weisner	Icaros	Florida Institute of Technology
George & Archontoula Adams Memorial Scholarship	Pan-Icarian Foundation	Lauren Hackenberg	Akron	Ohio State University
George A. Glaros Memorial Scholarship	Frances Glaros	Vasilios Lardes	Pandiki	Fordham University
George A. Horiates Memorial Scholarship	Stavroula G. Horiates	Kali Pappas	Atheras	St. Joseph's University
George Saffos Scholarship	The family of George Saffos	Travis Mitchell	Kavo-Papas	Crowley's Ridge Memorial Technical Institute
Gus Stefanadis Memorial Scholarship	Pan-Icarian Foundation	Stephen Saphos	Oinoe	Kent State University
Jack & Mary Tripodes Memorial Scholarship	Peter J. Tripodes Virginia & Dino Lappas Nikitas & Dena Tripodes	Irin Genouzou	Nisos Ikaria	University of Toronto
Jack Christ Conzaman Memorial Scholarship	The family of Jack Conzaman	George Malahias	Therma	Appalachian State University
James Chapler Memorial Scholarship	Sally & Chris Collaros	Christos Mavrogeorgis	Pandiki	Long Island University

Scholarships Awarded for the 2017-2018 Academic Year

U.S./Canada Undergraduate Scholarships

<u>Scholarship</u>	<u>Sponsored By</u>	<u>Recipient</u>	<u>Chapter</u>	<u>College/University</u>
John Janis Kotsogiannis Scholarship	John Janis Kotsogiannis	Jacob Freesty	Akron	Kent State University
John Papalas Memorial Scholarship	The family of John Papalas	Nectarios Horiates	Atheras	University of Oklahoma
John, Sophia, & Anthony Vassilaros Memorial Scholarship	John Vassilaros	Zachary Horiates	Atheras	The College of New Jersey
Konstantinos Lardas Memorial Scholarship	The family of Konstantinos Lardas	Despina Kantounis	Helios	Valencia College
Kyriaki (Speis) Doumazios Memorial Scholarship	The family of Kyriaki (Speis) Doumazios	Theodore Parianos	Foutrides	Illinois State University
Louis & Jenny Tripodes Memorial Scholarship	The estate of Louis P. Tripodes	Katerina Katiskis	Therma	University of North Carolina
Mario Panas Memorial Scholarship	Pandiki Chapter No. 5 & Nicholas Panas	Pantelis Poulos	Therma	East Carolina University
Nicholas & Alexandra Koklanaris Memorial Scholarship	The Koklanaris Family	Calli Kesses	Nea Ikaria	Utica College
Nicholas & Rosina Memorial Scholarship	John Janis Kotsogiannis	Eliana Fragos	Therma	University of Kotsogiannis North Carolina
Nicko Pandeladis Memorial Scholarship	The Family of Nicko Pandeladis	Anna Bonaquist	Lefkas	University of Virginia
The Pan-Icarian Foundation Scholarship	Pan-Icarian Foundation	Alena Gemelas	Pharos	Ashland University
The Pan-Icarian Foundation Scholarship	Pan-Icarian Foundation	Georgios Atsidaftis	Pandiki	University of Rochester
The Pan-Icarian Foundation Scholarship	Pan-Icarian Foundation	Vasiliki Gemelas	Pharos	Baldwin-Wallace University
The Pan-Icarian Foundation Scholarship	Pan-Icarian Foundation	Peter Saffos	Atheras	Wesley College
The Pan-Icarian Foundation Scholarship	Pan-Icarian Foundation	Victoria Mavrogeorgis	Icaros	University of Pittsburgh

Scholarships Awarded for the 2017-2018 Academic Year

U.S./Canada Undergraduate Scholarships

<u>Scholarship</u>	<u>Sponsored By</u>	<u>Recipient</u>	<u>Chapter</u>	<u>College/University</u>
The Pan-Icarian Foundation Scholarship		Olivia Granaola	Helios	University of Florida
The Pan-Icarian Foundation Scholarship		Evie Tsiqas	Pharos	Cuyahoga Community Coll.
The Pan-Icarian Foundation Scholarship		Jacob Eisen	Daedalos	Ohio State University
The Pan-Icarian Foundation Scholarship		Victoria Utrup	Akron	Youngstown State Univ.
The Pan-Icarian Foundation Scholarship		Elias Horiates	Atheras	Rowan University
Stavros Pasamihalis Memorial Scholarship	The Pasamihalis Family	Lucas Pastis	Oinoe	California State University
Stelios & Stamatoula Kayafas Memorial Scholarship	Anthony & Anna Kayafas	Angela Mamatas	Icaros	Drexel University
Stephen Mavronicolas Memorial Scholarship	The Mavronicolas Family	Kalliope Price	Pandiki	St. Joseph's University
Theodore & Despina Mavronicolas Memorial	Lefkas Chapter No. 16 Scholarship	Polyxeni Safos	Pharos	Cleveland State University
William P. Saffo Memorial Scholarship	The late Angeline Batuyios Saffo	Angeliki Kappatos	Atheras	Grand Canyon University

U.S./Canada Graduate Scholarships

Oinoe Chapter No. 14 Graduate Scholarship	Oinoe Chapter No. 14 of Southern California	Nicholas Chakos	Icaros	Notre Dame
The Pan-Icarian Foundation Scholarship		Christine Xidas	Christ E. Aivaliotis	Miami University
The Pan-Icarian Foundation Scholarship		Victoria Xidas	Christ E. Aivaliotis	Miami University
The Pan-Icarian Foundation Scholarship		Georgia Mavrogeorgis	Pandiki	Buffalo State University
The Pan-Icarian Foundation Scholarship		Dale Pappas	Atheras	University of Miami
The Pan-Icarian Foundation Scholarship		Sophia Evripiotis	Pandiki	St. John's University



Washington - Baltimore Lefkas Ch. 16

*Welcomes you to celebrate our
50th Chapter Anniversary
at the 115th Supreme Convention.*

Join us Labor Day Weekend, August 31 - September 3rd, 2018 in Washington DC, at the fabulous Grand Hyatt Hotel. Our 50th Chapter Anniversary weekend boasts the Nation's Capitol with unbeatable historical and cultural activities for all ages. Since 1903, this annual event brings together people of Icarian descent in a unique, family reunion style, celebrating our heritage combined with the Brotherhood's National business meetings. Our hotel is located in the heart of DC, next door to the most amazing museums and minutes from the Capitol. We are a short stroll or bike ride to the National Mall and the metro is located directly in the hotel. Bring your family, gather with your friends and let's go exploring. We have great plans by day and we'll be dancing the night away! The website pan-icariandc2018.com will continue to list events and other important details such as a link to reserve your hotel room. We can't wait to see all our fellow Icarian brothers and sisters!

Friday:

Washington Nationals vs
Milwaukee at 7:05pm
Welcome Reception
Bar Crawl (21 and over)
Greek Night at Ultra Bar
(18 and over)

Saturday:

Capitol Building Tour
(Group)
Sightseeing - (Self)
washington.org
Basile the Comedian
Saturday Kariotiko Dance

Sunday:

Church Service at
Saint Sophia's
Grand Banquet
Youth Banquet
(12 and under)
Sunday Kariotiko Dance

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WASHINGTON



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www.pan-icariandc2018.com**

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A Tax Deductible Non Profit Organization

If you would like to either promote your business, make an
announcement, send a congratulatory message,
please check the following:

_____ \$1,000 Platinum Page _____ \$500 Gold Page
_____ \$400 Full Page (Color) _____ \$300 Full Page (Black/ White)
_____ \$200 Half Page (Color) _____ \$150 Half Page (Black/ White)

For the funds received, Pan Icarian Brotherhood of Washington - Baltimore agrees to
enter the message of the purchaser in its Commemorative Album for the 2018 Pan-
Icarian Convention. Please note ads will not be published without a payment.

Purchaser: _____ Amount: _____

Address: _____

Phone: _____ Email: _____

DEADLINE JULY 7th, 2018

Make Checks Payable to :
PAN-ICARIAN BROTHERHOOD LEFKAS, INC
PO BOX 11638 Burke, VA 22009

Online Payments maybe completed thru PayPal or Venmo
Go to www.pan-icariandc2018.com

MESSAGE:

Mail Form back with photo & message:

Pan-Icarian Brotherhood - Lefkas

PO BOX 11638

Burke, VA 22009

Email artwork / photos with

message and include

above information:

info@pan-icariandc2018.com

For Assistance call either:

Athina Kohilas 703-622-3847 or Toulia Manolis 410-977-3990



Internship / Mentoring Program

The Pan-Icarian Brotherhood would like to remind and encourage our Icarian Brothers and Sisters to participate in the newly established Internship/Mentoring Program. This program will serve as a **career development resource** to our youth and others looking for guidance and opportunities in their chosen field of practice.

The first step in launching this innovative program is to gain support from you! Please complete the attached application and we will work on connecting individuals with others interested in pursuing careers in similar professions. The hope is that by bringing these entities together, valuable experience and guidance can be shared as they mold their future careers.

Though we originally solicited internship and employment opportunities, we wanted to expand our scope to focus on mentoring. A **simple phone** call to discuss the future/up-and-coming job markets, courses to pursue which make individuals more marketable, and common obstacles to avoid, is all invaluable information that can significantly help our **young professionals**.

We have a diverse and knowledgeable organization, with interests and experience in everything from the arts to the medical professions. Your experience and knowledge can make a difference while making the Brotherhood a stronger organization for all.

Leading by example, the Supreme Lodge members have already completed their applications and are working to support participants in this program. We hope you join us, as this is how we can ensure the Brotherhood has a strong foundation in the future.

To participate in this program as either a mentor or entry level student/professional:

1. Download and complete the Program's Application form from the Pan-Icarian Brotherhood website.
2. Email the completed form to Damianos T. Skaros (dtskaros@gmail.com), where it will be added to a database for pairing.
3. Once a database is established, mentors and mentees will be contacted with a professional pairing at which point the two parties will determine how best to work together based on each other's needs.

Pan-Icarian Brotherhood of America "Icaros"
PAN-ICARIAN FOUNDATION OF AMERICA

Donations received between 10/11/2017 to 1/16/2018 inadvertently omitted from the last issue

Nick & Alexandra Koklanaris Scholarship Fund

Koklanaris, Dr. Nikki	\$300.00
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Nicko Pandeladis Scholarship Fund

Herouvis, Sophie & Olga	In Memory of Nicko Pandeladis	50.00
Kotsagrellos, Michelle	In Memory of Nicko Pandeladis	25.00
Kumpfmiller, Donald & Shannon	In Memory of Nicko Pandeladis	50.00
Lardas, Constantina	In Memory of Nicko Pandeladis	50.00
Voyiatzoglou, Mike & Kathy	In Memory of Nicko Pandeladis	100.00
Walker, Jason & Aimee	In Memory of Nicko Pandeladis	25.00
		\$300.00

Foundation Donations received between 1/17/2018 and 4/16/2018

Bettina Katsaros Medical Fund Fund

Pan-Icarian Brotherhood of America	800.00
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General Fund

Aivaliotis, Mike & Elaine	In Memory of George Vassilaros	150.00
Anagnostis, Jack & Maria	In Memory of Vasiliki (Bessie) Frangos	30.00
Apostolos, Henrietta	In Memory of George Vassilaros	50.00
Banis, Nektarios & Helen	In Memory of Vasiliki Frangos	25.00
Chapter Icaros,	In Memory of Maria Futules	100.00
Demoss, Mike & Laura	In Memory of George Vassilaros	25.00
Gotzis, Thomas & Lola	In Memory of Vasiliki Frangos	40.00
Hareras, Pennie	In Memory of George Vassilaros	50.00
Katsaros, Constantine & Sharon	In Memory of George Vassilaros	100.00
Koutoufaris, John & Marlene		100.00
Koutsoutis, Socrates & Anne	In Memory of Lemonia Mavrophilipos	25.00
Koutsoutis, Angela	In Memory of Ioannis Mavrophilipos	50.00
Koutsoutis, Socrates & Anne	In Memory of Giangos Mavrophilipos	25.00
Lardas, Nick & Zoe	In Memory of George Vassilaros	100.00
Lardas, Nicholas & Rita Marie	In Memory of George Vassilaros	100.00
Lardis, Alexander & Victoria	In Memory of Stella Charnas	100.00
Lefes, Chrissa	In Memory of Giangos Mavrophilipos	100.00
Makropoulos, John & Maria	In Memory of Vasiliki "Bessie" Frangos	100.00
Manolis, George & Amy	In Memory of Giangos Mavrophilipos	100.00
Manolis, Demetrios & Toula	In Memory of Giangos Mavrophilipos	100.00

PayPal Donations 805.00

Pandeladis, Georgia	In Memory of George Vassilaros	100.00
Pandeladis, Catherine	In Memory of George Vassilaros	50.00
Pappas, Bessie	In Memory of Bessie Frangos	50.00
Pappas, Carol & T.	In Memory of Bessie Frangos	25.00
Saphos, Lee	In Memory of George Vassilaros	50.00
Tussel, Lillian	In Memory of Asimina Livianos Kaznmeas	25.00
Tussel, Lillian	In Memory of Vasiliki Karros Frangos	25.00
Wakim, Ibrahim	In Memory of Vasiliki "Bessie" Frangos	100.00

Pan-Icarian Brotherhood of America "Icaros"
PAN-ICARIAN FOUNDATION OF AMERICA

Foundation Donations received between 1/17/2018 to 4/16/2018 - continued

Warren Chapter 'Daedalos' No. 4	In Memory of Stella Charnas	50.00	
Xilas, Gus & Argiro	In Memory of George Vassilaros	50.00	
Zaoutis, Elias	In Memory of Nicholas Scaros	50.00	
			\$2,850.00
<u>James Chapler Scholarship Fund</u>			
Vassiliadis, Paul & Elaine	In Memory of Mary Chapler	100.00	
<u>Konstantinos Lardas Scholarship Fund</u>			
Lardas, Stephen & Sophia	In Memory of Bessie Frangos	100.00	
<u>Magazine Fund</u>			
Papalas, Katherine		300.00	
<u>Nick & Alexandra Koklanaris Scholarship Fund</u>			
Koklanaris, Dr. Nikki		225.00	
<u>Nicko Pandeladis Scholarship Fund</u>			
Androutsopoulos, Bill & Nicole	In Memory of Nicko Pandeladis	50.00	
<u>Nikitas Tripodes Scholarship Fund</u>			
Aivaliotis, Mike & Elaine	In Memory of Dr. Nikitas Tripodes	100.00	
Pan-Icarian Brotherhood of America	In Memory of Dr. Nikitas Tripodes	300.00	
Pastis, Steve & April I	In Memory of Dr. Nikitas Tripodes	100.00	
Petrides, Thomas & Toulia Lolonis	In Memory of Dr. Nikitas Tripodes	500.00	
Schultz, Stan	In Memory of Dr. Nikitas Tripodes	100.00	
			\$1,100.00
<u>Scholarship Fund</u>			
Biscardi, Augustine & Donna	In Memory of George Vassilaros	75.00	
Chris Aivaliotis Chapter		2,000.00	
Herouvis, Sophie	In Memory of George Vassilaros	50.00	
Kalogeris, Nicholas & Vassiliki	In Memory of George Vassilaros	100.00	
Lardas, Kleanthis & Victoria	In Memory of George Vassilaros	75.00	
Pandeladis, Catherine	In Memory of Maria Tripodis	50.00	
Pandeladis, Georgia	In Memory of Maria Tripodis	50.00	
Pan-Icarian Brotherhood	In Memory of George Vassilaros	200.00	
Papathanasis, Katherine	In Memory of Gus A. Glaros	250.00	
Stambolis, Dean & Kirania	In Memory of George Vassilaros	25.00	
Xenakis, Despina	In Memory of George Vassilaros	25.00	
			\$2,900.00
Grand Total:			\$8,425.00

Pan-Icarian Scholarship - Requirements for Undergraduate Need Based 2018

The Pan-Icarian Scholarship (Undergraduate Need-Based) is an award of \$2,000 which covers one academic year. Eligible students may receive the scholarship up to 2 times provided they: (A) remain enrolled full-time, (B) maintain a minimum of not less than exactly a 3.0 cumulative GPA, (C) re-apply for subsequent annual scholarships, and (D) comply with all other scholarship rules and instructions. (Non-compliance will result in automatic disqualification of the application.)

******The Pan-Icarian Scholarship is NOT guaranteed to any applicant******

Scholarship recipients who drop or withdraw from any courses, resulting in a matriculation status of less than full-time in the academic period the award covers, will not be eligible to receive a scholarship for the following academic year. The primary variable in determining eligibility for this scholarship is financial need, however academic merit will be considered as a secondary variable.

Eligibility Requirements:

- Applicant must be of Icarian or Fournian descent through at least one parent (see #8 below)
- Applicant (or one parent) must be a member of the Pan-Icarian Brotherhood at time of application and for a minimum the 4 years immediately prior to application year (see #8 below)
- Applicant must be enrolled full-time in an academically accredited college or university (see #4 below)
- Applicant must have a cumulative undergraduate GPA of not less than exactly 2.8 (incoming freshmen must have a final cumulative high school GPA of not less than exactly 2.8) (see #1 below)
- Applicant must not have received more than one previous Pan-Icarian Undergraduate Scholarship
- Applicant for a Need-Based Scholarship is not eligible to apply for a Merit-Based Scholarship

A Completed Scholarship Packet Must Include All of the Following:

1. An official, sealed copy of applicant's most recent college/university transcript mailed directly from the school (or incoming freshmen should provide an official, sealed copy of final high school transcript)
- Only Item Not Mailed by Applicant
2. A completed Application Form (including this signed instruction sheet)
3. Incoming Freshman Only: a sealed and signed letter of recommendation from at least one teacher
4. Incoming Freshmen Only: must include a copy of their letter of acceptance to an academically accredited college or university
5. A list of previous higher education schools attended, dates attended, major(s), and degrees received
6. A list of all relevant honors and awards received
7. A list of all extra-curricular activities and employment positions held in last five years
8. A letter from a Pan-Icarian Chapter Officer verifying that applicant (or one of applicant's parents) meets the membership eligibility criterion
9. A description of applicant's family's participation and involvement, if any, with their local chapter
10. A list of all other sources of financial aid (including parents/legal guardians) and scholarships received (or to be received), including the amounts, dates, and duration of such funding

A completed scholarship packet (which includes all items from the list above) must be

- A) Neatly and legibly typed or written in blue or black ink only
- B) Mailed in a single envelope with the exception of #1
- C) Postmarked no later than JULY 1, 2018

Late, hand delivered, or incomplete applications will be automatically rejected

Applicant must sign to indicate that this page has been completed _____

Include this page with your application

This form may be photocopied

Pan-Icarian Scholarship Application Form - Undergraduate Need Based 2018

Name(Last) _____ (First) _____ (Middle) _____. Date of Birth _____
Home Address _____ (Zip Code) _____
Phone Number _____ Email _____
Place of Birth _____ Hometown(s) in Icaria or Fourni (optional) _____
Father's Name _____
Father's place of employment and title/position _____
Mother's Name (including maiden name) _____
Mother's place of employment and title/position _____
Parents' Combined Annual Gross Income from all sources last year \$ _____
Number of siblings under age 25 _____ Number of siblings (and parents) currently in college or university _____
Chapter Name _____ Location _____
Number of years you (your parent) have been a member in good standing in the PIB _____
Have you ever applied for a Pan-Icarian Undergraduate Scholarship before? Yes _____ What year(s) _____ No _____
Have you ever received a Pan-Icarian Undergraduate Scholarship before? Yes _____ What year(s) _____ No _____
College/ university you are attending or will attend _____ Location. _____
High school attended _____ Location _____
Student status fall semester: Freshman _____ Sophomore _____ Junior _____ Senior _____
Current cumulative GPA (incoming freshmen provide high school GPA) _____

Certification:

I, _____, do hereby certify and attest that I meet the eligibility requirements stated above. Furthermore, I do hereby certify and attest that the information provided, in confidence, on the application form is accurate, complete, and true. I also do hereby certify and attest that all required supplemental materials (i.e., transcripts, letters, and lists) are authentic, accurate, and true. I acknowledge that providing misleading or false information in this application automatically disqualifies my application and may prohibit me from applying for future Pan Icarian scholarships.

Student's Signature _____ Date _____

Parent's Signature (for any applicant under the age of 25) _____ Date _____

INQUIRES should be e-mailed to: pib-scholarship@chadwicklakerdas.com
NO PHONE CALLS WILL BE ACCEPTED

Mail Completed Scholarship Packet to: James G Lakerdas, Chair, Pan-Icarian Scholarship Committee
5300 South Shore Drive #100, Chicago, IL 60615

THIS FORM MAY BE PHOTOCOPIED

Pan-Icarian Scholarship - Requirements for Undergraduate Merit Based 2018

The Pan-Icarian Scholarship (Undergraduate Merit-Based) is an award of \$2,000 which covers one academic year. Eligible students may receive the scholarship up to 2 times provided they: (A) remain enrolled full-time, (B) maintain a minimum of not less than exactly a 3.0 cumulative GPA, (C) re-apply for subsequent annual scholarships, and (D) comply with all other scholarship rules and instructions. (Non-compliance will result in automatic disqualification of the application.)

******The Pan-Icarian Scholarship is NOT guaranteed to any applicant******

Scholarship recipients who drop or withdraw from any courses, resulting in a matriculation status of less than full-time in the academic period the award covers, will not be eligible to receive a scholarship for the following academic year. The primary variable in determining eligibility for this scholarship is merit, however academic financial need will be considered as a secondary variable.

Eligibility Requirements:

- Applicant must be of Icarian or Fournian descent through at least one parent (see #8 below)
- Applicant (or one parent) must be a member of the Pan-Icarian Brotherhood at time of application and for a minimum the 4 years immediately prior to application year (see #8 below)
- Applicant must be enrolled full-time in an academically accredited college or university (see #4 below)
- Applicant must have a cumulative undergraduate GPA of not less than exactly 3.0 (incoming freshmen must have a final cumulative high school GPA of not less than exactly 3.0) (see # 1 below)
- Applicant must not have received more than one previous Pan-Icarian Undergraduate Scholarship
- Applicant for a Merit-Based Scholarship is not eligible to apply for a Need-Based Scholarship

A Completed Scholarship Packet Must Include All of the Following:

1. An official, sealed copy of applicant's most recent college/university transcript mailed directly from the school (or incoming freshmen should provide an official, sealed copy of final high school transcript)
- Only Item Not Mailed by Applicant
2. A completed Application Form (including this signed instruction sheet)
3. Incoming Freshman Only: a sealed and signed letter of recommendation from at least one teacher
4. Incoming Freshmen Only: must include a copy of their letter of acceptance to an academically accredited college or university
5. A list of previous higher education schools attended, dates attended, major(s), and degrees received
6. A list of all relevant honors and awards received
7. A list of all extra-curricular activities and employment positions held in last five years
8. A letter from a Pan-Icarian Chapter Officer verifying that applicant (or one of applicant's parents) meets the membership eligibility criterion
9. A description of applicant's family's participation and involvement, if any, with their local chapter

A completed scholarship packet (which includes all items from the list above) must be

- A) Neatly and legibly typed or written in blue or black ink only
- B) Mailed in a single envelope with the exception of #1
- C) Postmarked no later than JULY 1, 2018

Late, hand delivered, or incomplete applications will be automatically rejected

Applicant must sign to indicate that this page has been completed _____

Include this page with your application

This form may be photocopied

Pan-Icarian Scholarship Application Form - Undergraduate Merit Based 2018

Name(Last) _____ (First) _____ (Middle) _____. Date of Birth _____
Home Address _____ (Zip Code) _____
Phone Number _____ Email _____
Place of Birth _____ Hometown(s) in Icaria or Fourni (optional) _____
Father's Name _____
Father's place of employment and title/position _____
Mother's Name (including maiden name) _____
Mother's place of employment and title/position _____
Parents' Combined Annual Gross Income from all sources last year \$ _____
Number of siblings under age 25 _____ Number of siblings (and parents) currently in college or university _____
Chapter Name _____ Location _____
Number of years you (your parent) have been a member in good standing in the PIB _____
Have you ever applied for a Pan-Icarian Undergraduate Scholarship before? Yes ____ What year(s) ____ No ____
Have you ever received a Pan-Icarian Undergraduate Scholarship before? Yes ____ What year(s) ____ No ____
College/ university you are attending or will attend _____ Location. _____
High school attended _____ Location _____
Student status fall semester: Freshman ____ Sophomore ____ Junior ____ Senior ____
Current cumulative GPA (incoming freshmen provide high school GPA) _____

Certification:

I, _____, do hereby certify and attest that I meet the eligibility requirements stated above. Furthermore, I do hereby certify and attest that the information provided, in confidence, on the application form is accurate, complete, and true. I also do hereby certify and attest that all required supplemental materials (i.e., transcripts, letters, and lists) are authentic, accurate, and true. I acknowledge that providing misleading or false information in this application automatically disqualifies my application and may prohibit me from applying for future Pan Icarian scholarships.

Student's Signature _____ Date _____

Parent's Signature (for any applicant under the age of 25) _____ Date _____

INQUIRES should be e-mailed to: pib-scholarship@chadwicklakerdas.com
NO PHONE CALLS WILL BE ACCEPTED

Mail Completed Scholarship Packet to: James G Lakerdas, Chair, Pan-Icarian Scholarship Committee
5300 South Shore Drive #100, Chicago, IL 60615

THIS FORM MAY BE PHOTOCOPIED

Pan-Icarian Scholarship - Requirements for Graduate Merit Based 2018

The Pan-Icarian Scholarship (Graduate Merit-Based) is an award of \$2,500 which covers one academic year. Eligible students may receive the scholarship only once provided they: (A) remain enrolled full-time, (B) maintain a minimum of not less than exactly a 3.0 cumulative GPA, (C) comply with all other scholarship rules and instructions. (Non-compliance will result in automatic disqualification of the application.)

******The Pan-Icarian Scholarship is NOT guaranteed to any applicant******

The primary variable in determining eligibility for this scholarship is merit, however academic financial need will be considered as a secondary variable.

Eligibility Requirements:

- Applicant must be of Icarian or Fournian descent through at least one parent (see #8 below)
- Applicant (or one parent) must be a member of the Pan-Icarian Brotherhood at time of application and for a minimum the 4 years immediately prior to application year (see #8 below)
- Applicant must be enrolled full-time in an academically accredited university graduate program (including law, medical, dental and business school) (see #4 below)
- Applicant must have a cumulative undergraduate GPA of not less than exactly 3.0 (incoming graduate students must have a final cumulative GPA of not less than exactly 3.0) (see # 1 below)

A Completed Scholarship Packet Must Include All of the Following:

1. An official, sealed copy of applicant's most recent college/university transcript mailed directly from the school (or incoming freshmen should provide an official, sealed copy of final high school transcript)
- *Only Item Not Mailed by Applicant*
2. A completed Application Form (including this signed instruction sheet)
3. Incoming graduate students must include a copy of their letter of acceptance to an academically accredited graduate program
4. A list of previous higher education schools attended, dates attended, major(s) and degrees received
5. A list of all relevant honors and awards received
6. A list of all extra-curricular activities and employment positions held in last five years
7. A letter from a Pan-Icarian Chapter Officer verifying that applicant (or one of applicant's parents) meets the membership eligibility criterion
8. A description of applicant's family's participation and involvement, if any, with their local chapter
9. A list of all other sources of financial aid (except your parents/legal guardians) and scholarships received (or to be received), including the amounts, dates, and duration of such funding.

A completed scholarship packet (which includes all items from the list above) must be

- A) Neatly and legibly typed or written in blue or black ink only
- B) Mailed in a single envelope with the exception of #1
- C) Postmarked no later than JULY 1, 2018

Late, hand delivered, or incomplete applications will be automatically rejected

Applicant must sign to indicate that this page has been completed _____

Include this page with your application

This form may be photocopied

Pan-Icarian Scholarship Application Form - Graduate Merit Based 2018

Name(Last) _____ (First) _____ (Middle) _____. Date of Birth _____
Home Address _____ (Zip Code) _____
Phone Number _____ Email _____
Place of Birth _____ Hometown(s) in Icaria or Fourni (optional) _____
Father's Name _____
Father's place of employment and title/position _____
Mother's Name (including maiden name) _____
Mother's place of employment and title/position _____
Parents' Combined Annual Gross Income from all sources last year \$ _____
Number of siblings under age 25 _____ Number of siblings (and parents) currently in college or university _____
Chapter Name _____ Location _____
Number of years you (your parent) have been a member in good standing in the PIB _____
Have you ever applied for a Pan-Icarian Undergraduate Scholarship before? Yes _____ What year(s) _____ No _____
Have you ever received a Pan-Icarian Undergraduate Scholarship before? Yes _____ What year(s) _____ No _____
Graduate program you are attending / will attend _____ Location. _____
Field of Study _____
Undergraduate College / University attended _____ Location _____
Final Undergraduate GPA _____ Current cumulative GPA _____

Certification:

I, _____, do hereby certify and attest that I meet the eligibility requirements stated above. Furthermore, I do hereby certify and attest that the information provided, in confidence, on the application form is accurate, complete, and true. I also do hereby certify and attest that all required supplemental materials (i.e., transcripts, letters, and lists) are authentic, accurate, and true. I acknowledge that providing misleading or false information in this application automatically disqualifies my application and may prohibit me from applying for future Pan Icarian scholarships.

Student's Signature _____ Date _____
Parent's Signature (for any applicant under the age of 25) _____ Date _____

INQUIRES should be e-mailed to: pib-scholarship@chadwicklakerdas.com
NO PHONE CALLS WILL BE ACCEPTED

Mail Completed Scholarship Packet to: James G Lakerdas, Chair, Pan-Icarian Scholarship Committee
5300 South Shore Drive #100, Chicago, IL 60615

THIS FORM MAY BE PHOTOCOPIED

SAVE THE DATES!

Join Pittsburgh's Chapter Icaros for the 43rd Annual Memorial Weekend Mini Convention Dance

Sunday, May 27, 2018

Dormition of the Holy Theotokos Greek Orthodox Church Hall, Oakmont, PA

Live Greek Music with Ta Filarakia,
Featuring Victoria Mavrogeorgis on Violin!

For more info, contact Michelle Kotsagrelos at
412-680-1416 or mmk8317@hotmail.com

Join Pittsburgh's Chapter Icaros for the 18th Annual Memorial Weekend Steve Manners Icarian Golf Open Saturday, May 26, 2018

Westwood Golf Club <http://westwoodlinks.com>

For more information, contact Anna Aivaliotis at
412-310-7290 or annaca@pitt.edu

*We look forward to seeing you Memorial Weekend and
hope you will support Chapter Icaros by placing an ad
in the Mini Convention Ad Album
and/or sponsoring a hole at the Golf Open*

Orthodoxy.biz

HELENIC FESTIVAL

Hollywood Greeks

Baywalk Marketing

Greek Ballroom

Hellenic Dining

Greek Obituary
Welcoming your tributes and photos of family members and friends.
(800) 927-8841
www.greekobituary.com

Loan Humor

Greek Canada

Festival Chairman

Big Evening with Papou

Dean S. Tripodes
www.baywalk.net
(800) 927-8841

Yia Yia Mary



Sponsorship Opportunities



The Pan-Icarian Brotherhood of America was founded in 1903 and this year we will be celebrating our 115th supreme convention in Washington, DC. It all began with the love for the island and its people. Every year Ikarians from all over North America meet to celebrate their island heritage and discover new ways to help those most in need both in Ikaria and here at home. Hundreds of thousands of dollars have been raised for descendants of the island including educational scholarships, medical assistance, and emergency equipment. Let us continue supporting this great non-profit organization. Please become a sponsor of this worthwhile event!

Please select one:

Grand Benefactor - \$5,000 (Platinum) _____

Receive special recognition at all of our events including at the podium during Sunday Banquet, Ten (10) tickets to any one of our events, Platinum Page Ad in our commemorative album along with a complimentary album, name or logo will be featured on a banner and other printed materials.

Sponsor - \$2,500 (Gold) _____

Receive special recognition at our Saturday and Sunday dance, Five (5) tickets to any one of our events, Gold Page Ad in commemorative album along with a complimentary album, and your name or logo will be featured on a banner.

Contributor - \$1,200 (Silver) _____

Receive special recognition at Saturday dance, five (5) Saturday dance or comedy show tickets, and a Full Color Page Ad in commemorative album along with a complimentary album.

Name: _____

Business: _____

Phone Number: _____

Email: _____

Any questions please call:
George Moratis (703) 774-6180
Athina Kohilas (703) 622-3847
Toula Manolis (410) 977-3990

Mail Form or Checks to:
Pan-Icarian Brotherhood of America,
Lefkas
PO BOX 11638
Burke, VA 22009

Email Information:
info@pan-icariandc2018.com

PayOnline:
PayPal or Venmo
www.pan-icariandc2018.com

Other News

On Sunday, March 18, many New York Icarians participated in a protest rally at the United Nations Plaza along with thousands of other Greeks from across the United States. The protest rally was to show support and send a message to the world leaders and community that Macedonia is Greek and that we must protect our Greek heritage, culture, and history.



George Panagopoulos, a member of Pandiki Chapter, was recently named Douglas Elliman's 2017 Rookie of the Year for Long Island and Queens, having done more business than any first-time agents in the company.

Prior to George's real estate career, he spent over eight years working on Wall Street for companies such as Morgan Stanley and Bank of Montreal, where he specialized in the valuation of assets, from residential real estate portfolios and multinational corporations to the marketing of a hedge fund strategy.



GEORGE PANAGOPOULOS
ROOKIE OF THE YEAR

Ikaria Beach Cleanup 2018

Yioryos Raptis is a certified PADI Scuba Instructor who has been diving for almost 30 years in California. He writes that "I have decided to spend part of the year on Ikaria ... to give back to a community that has given me and my family so much. I will also be pushing to educate, and to get locals excited, by hosting beach cleanup days and what we can all do to improve our oceans for the futures to come. The Oceans need our help, and currently there is a worldwide push to clean up the shores of the areas that we reside and play in. Ikaria will be no exception." Yioryos will run this program from the AMASO Dive Center in Agios Kiryikos.

<http://www.island-ikaria.com/activities/Scuba-Diving> www.amasodivecenter.com

Other News

Share Your Stories With Us!

Last year we asked members to share their individual stories with the Brotherhood. We have received numerous stories, but there are thousands more just waiting to be shared. Please send us quotes, vignettes and/or short anecdotes about your Ikarian relatives/friends (or yourself) which you believe in some way chronicle or reflect the Ikarian spirit and that you would like to share with your fellow Brothers and Sisters. For example, you could send us:

- Quotes – that inspire, make us laugh, etc.
- Advice – on life, matters of the heart, etc.
- Memories – of Conventions, dances, picnics, family life, friendship, etc.
- Stories – of Ikarians fleeing war and economic hardship in Greece, of their immigrant lives in the U.S. and Canada, both the challenges and the triumphs, of returning to, or traveling to, Ikaria for the first time, etc.

The quotes/stories can be inspiring, heartbreaking, funny or all three! There is no limit to how many you are allowed to submit, however, please limit each individual quote/story to a couple of sentences or one paragraph.

These stories will eventually be shared with the members of the Brotherhood. We hope to compile them into some type of publication that touches, entertains and inspires our members, chronicles the Ikarian experience and provides people with a glimpse of some of the amazing personal/family histories of Ikarians in the U.S. and Canada. We also hope that this project will serve as inspiration for some of you to record your own individual family histories, if you haven't already done so, so that you can preserve those stories for future generations.

Please send submissions to Past Supreme President Terry Platis by email at terryplatis@hotmail.com and don't forget to include your name and chapter. Thank you for your help! We hope that all members will participate in this project!

The Benefits of Meditation

The wellness and mindfulness movements are upon us because, in general, we need them. We hear all the buzz but aren't always sure we understand the benefits. And, more often than not the promise of an improved life seems all too much like hype and serves as a deterrent to taking the time to slow down and do nothing. There are benefits to meditation and they are profound. But, they require time, patience and practice; things many of us are short on and not always inclined to make space for in our already packed lives.

In meditation we find stillness, a sense of slowing down, pairing down and many times a sense of awkwardness and some minor discomfort, as sensations we are not accustomed to move through our physical bodies. And, while there isn't likely going to be a tremendous epiphany or overall sense of wow, these sensations are the first signs that meditation is starting to become a beneficial practice.

There are numerous lists describing the benefits of meditation. The first comes from slowing down. Even just a 5 minute reset in the middle of the afternoon allows the mind to rest. The body slows down and a sense of calm generally fills your being. Likely, your mood will improve, as well.

The second benefit of meditation; noticing that you are better able to stay calm and focused throughout your day and during life events. The ongoing practice of meditation increases the grey matter in the brain which effects areas involving perspective, emotional regulation, focus, learning and self-awareness.

The third benefit is better sleep. There are many free meditation apps out there and I recommend giving them a try and find one you like.

The fourth benefit of meditation leans toward improved health. Regular practices of meditation can lead to overall reduced blood pressure, pain reduction, lowered stress and anxiety levels.

The mind is a powerful thing. As we take a moment to unplug, unwind, sit and listen to our breath and observe the sensations in our bodies, the innate wisdom of each individual begins to unfold. We learn that a little time spent on ourselves makes us better able to define our needs and inspirations, which in turn allows us to better serve others. And, this is the true benefit of meditation. Though it is not yet scientifically proven, I think when we are working from a place of focused calm, true to our instincts and inspirations, we simply are better at whatever it is we do. Bringing out our best and the best in others is the true gift of meditation.

Contributed by RJ Lisander, Chapter Therma, Lotus Seed Meditations

We are looking forward to the annual Youth Leadership Conference in Pittsburgh and cannot wait to share the ideas that come from it the Brotherhood. One topic we are going to discuss is the June Service Project. While we encourage our Youth to reach out to organizations in their communities, this year we are offering some more direction. We plan to fundraise and collect toiletries, medicine, clothes, and other goods for refugees living in Greece. More information and updates will follow.

We also plan to discuss ways of getting more involved with our local chapters and to educate the Youth about the Mentoring/Internship Program. Our Youth are getting more involved everyday, and it is evidenced by their increased participation at Lodge meetings, chapter meetings, and in event planning.

At Chapter Pharos' Greek Independence Dance, our very own Teddy Poulos wowed us all with his Ikariotiko on the violi. As expected, it was a great night with lots of kefi! Katie Plakas and Michael Parianos, 2017 Youth Delegates from Akron, V.I. Chembithes, were in attendance and shared flyers for their First Annual Glendi in October. We could not be more excited to attend!

The Youth in New York continue to stay active and impress us with their commitment, and we are glad to hear about our other delegates stepping in and showing up at local events.

Additionally, the Supreme Lodge had a wonderful surprise guest, Koula Frangos, at the meeting in Atlanta. Her presence and the increased participation of all our Youth is proof that our Brotherhood is in good hands. I would also like to thank Chapter Langada for hosting our meeting in Atlanta. I had a wonderful time and look forward to seeing what comes next from the Chapter. - Erica Aivaliotis

PRAMNE

YOUNGSTOWN #1

Pramne #1 Youngstown resumed meetings in April and are planning for their annual picnic in June.

Congratulations to Kyra Alexandra Tabak and Bradley Matthew End, who married at St. John Greek Orthodox Church in Youngstown, Ohio, on October 14th, 2017. Kyra and Brad met at the University of Pittsburgh and are currently living in Columbus, Ohio. Kyra works as a physical therapist at Nationwide Children's Hospital and



Brad is a third year emergency medicine resident at The Ohio State University's Wexner Medical Center. Kyra is the daughter of Cheryl Sirigas Tabak and Edward Tabak, Jr., and the grand-

daughter of Dorothy Sirigas and the late Lewis Sirigas. Eve Kratsas from Jacksonville, Florida, is the Koumbara. Congratulations and Best Wishes! Synharityria to the newlyweds!

Elysia June Patrick was baptized on February 24 at

St. John the Forerunner in Boardman. Her Godparents are Alexis and Daniel Spohn, and Carrie Stipanovich.

Elysia is the daughter of Dana and David Patrick, and the granddaughter of Aspasia and David Elias. May God bless her always!

Syncharitiria!



Submitted by Jaclyn Sarah Senich,
Pramne chapter secretary

Hello from the Members of Cleveland Chapter Pharos. Hoping everyone is having a prosperous year.

Here in Cleveland we started off the year with a spaghetti dinner fundraiser for a family in Ikaria. It was very well attended and we raised almost \$3000. Thank you to everyone who came out to help.



On April 14th we held our annual Independence Day Dance. Everyone had a great time eating, drinking and dancing. Thanks to Stigma for a wonderful night, and a big thank you to our own, Teddy Poulos, for playing the violin for us all night.



Some of our members participated in Cleveland's Greek Independence Day Parade. Even Ikaros, himself, made an appearance.



It makes us proud that our young people participate in all of our events. They are our future. We are planning on hosting a Paniyiri style picnic in mid August at our hall and hope some of our neighboring chapters will join us. Everyone have a great summer!!

Greetings to all from lovely Warren, Ohio's Daedalos Chapter #4.

We held our quarterly meeting where our agenda included upcoming summer activities such as local dances, parades, scholarships and the convention.

We also participated in the Greek Independence Day parade in Warren and

proudly represented both our Ikarian and Greek heritage.



*Theo and
Sophia
Facaros*



*Sister Theodoti
Koula Glaros King
Sophia Facaros*



We are looking forward to attending the Pittsburgh mini-convention over Memorial Day weekend.



Do you have photos from Ikaria that you would like to share in this magazine?

They can be old or new, village or beach, panegyri or mountain hike, from the air, land or sea, people, churches, goats, olive trees, friends and family at home or a cafe; anything Ikarian.

Please send them to the Editor at IkariaMag@tampabay.rr.com

On March 8, the Pan-Icarian Youth Association of New York held their first meeting and elections of the year. The newly elected officers are as follows:

Peter Panagopoulos, President; Demetri Kazalas, Vice President; Rodopi Chasoulidi, Treasurer; Chrisoula Mantagas, Secretary.



On March 25, the Pan-Icarian Brotherhood of New York hosted their Annual Loukoumades Event. The Pandiki Hall was buzzing with conversation,

fellowship and delicious Loukoumades! It was a very well attended event. One thousand dollars from the proceeds were donated to the



for 2018 events they would like to organize or assist with. There was a great response and they look forward to all their planned activities.



Zack Space, a former Congressman and member of the Pan-Icarian Brotherhood, paid a few members from Pandiki a surprise visit. It is always a pleasure to get together with a fellow Ikarian and friend from Columbus, Ohio.



Diagoras Athletic Club who are in need of funding for their athletic youth programs in Ikaria. A big thank you to the generosity of those who attended, and our volunteers depicted in the picture for making all this happen.

On March 23, the Pan-Icarian Brotherhood of New York held their first meeting of 2018. There was an overwhelming showing and after completing their agenda there was a discussion of upcoming events for the rest of the year. There was also a Sign-Up Board for members



Some members of Pandiki Chapter are participating in the NYC Greek Orthodox Men's Basketball League.

On April 15, the Pan-Icarian Brotherhood of New York hosted a fundraiser to benefit a family in need.



Refreshments and desserts were provided. The fundraiser was very successful thanks to the generosity of all those who contributed.



On April 22, the Pan-Icarian Brotherhood of New York, along with Supreme President George Paralemos and District Governor Chrissa Lefes participated in the Annual Greek Independence Day Parade on Fifth Avenue in Manhattan. We had excellent participation and energy spearheaded by the float, which featured two Icarian musicians, Leonidas Eracleous and Giannis Politis.

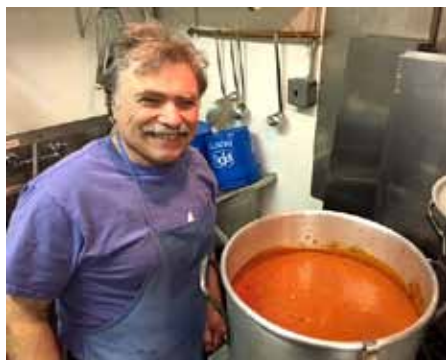


After the parade we headed back to our hall for the annual Post Parade Macaronada. Joining us was Carl "Icaros" Hollister, a member of Chapter 17, Columbus, and AHEPA Supreme President.



Chapter Icaros continues to meet the first Sunday of each month. Our discussions include event planning, hall maintenance, and decisions on charitable donations.

Recent events include Bingo Night on January 20; our Annual Super Bowl Party on February 4; a dinner on March 25 sponsored by the Karakatsanis and Kouknas families; Bingo Night on April 28.



Ioannis Kouknas prepares the spaghetti dinner



Ioannis Kouknas, Grace Facaros and Titika Karakatsanis serve dinner



A great turnout for the Greek Independence Day spaghetti dinner celebration

Zach Caras enjoys the festivities



Yanna Mavrogeorgis, Ben Kefalos, Steven Kefalos, Georgia Tsambis and Chris Kefalos commemorate Greek Independence Day

Georgia Tsambis leads the ceremony



Our annual Memorial Weekend Mini Convention, including the Steve Manners Golf Outing is May 26 and Big Glendi on May 27. In addition, this year Chapter Icaros hosts the PIB Youth Conference in conjunction with our Mini Convention.

Congratulations to:
Nicole (Aivaliotis) and Zach Tripoulas on the birth of their daughter Evangelia, born January 25, 2018.
Evi Moula and Pandeli Kalpaxidis on the birth of their daughter Anna, born March 22, 2018.

We were greatly saddened by the deaths of Marie Futules and Paul Kouknas. May their memory be eternal.

We wish you all a happy and healthy summer.

Submitted by Chapter Icaros Corresponding Secretary Anna Aivaliotis

Greetings from Detroit, Spanos/Areti

We hope everyone is well and our brothers and sisters have made it through some very harsh weather this winter. Spring is on it's way, already the days are getting longer.

We are so sorry to report of the passing of our brother, Barry Grunin. Barry was married to our sister Argie Papalas. Barry was known as the hot dog king. In his younger days he passionately served hot dogs from his cart. His toppings were the best, but never ask for chili or you would get a lecture. He will always be remembered for his wit and his charming personality. May his memory be eternal.



This last fall we celebrated the weddings of two of our members.

Christos Michalakakis was married in October to Elizabeth Riley. They will be living in Washington D.C. where they are active in union politics. Christos is the son of Diane (Manolis) and Chris Michalakakis. His grandparents were George and Anna Manolis.



Stephan Harris was married to Pamela Loukopoulos also last fall. Stephan is the son of Christine and Harry Harris. Many of you have heard Harry play with his band, The Levendes. Pam and Stefan will be living in the Detroit area. We wish both couples many happy years together.

On November 4th we hosted the Supreme Lodge meeting at the Ikarian hall. During their visit we toured the newly remodeled Book Cadillac Hotel downtown, and some of us were able to show the members of the Lodge some of the wonderful restaurants and bars opening in the city.

Every year the members in our club whose names are Nick, John, Vasili, Vasiliki, Stephan and Gregory were

generous, as they are every year, to sponsor a glendi to celebrate their name days. Each year we get to have a great time with music, pareia, and amazing food. Thanks everyone and Hronia Polla.

Spring is drawing near, Easter has passed and we held our macaronada at the hall. This year it was sponsored by Nick Tsalis in honor of his mother Koula, John and Eleni Lygizos, Nick Lygizos and Zambella Lygizos for their father and Bella's husband Andoni. The spaghetti was amazing, since Nick cooked it using his mother's recipe. May their memory be eternal.

Steve M Papalas celebrates a birthday



Nick Koklanaris and John Lygizos enjoy the birthday cake

Congratulations to all of our high school and college graduates. We are so proud of our intelligent and talented youth.

There will be more activities in the future after the thaw for which we are still waiting. Wishing everyone the best!

Submitted by Katherine Mourselas

Double Graduates!

Nicholas George Koklanaris and Olivia Olga Koklanaris are doing the Koklanaris family proud.



Nick is a graduate of Grosse Ile High School and will attend Western Michigan University in the fall of 2018. Olivia is Graduating from Michigan State University, magna cum laude, with a degree in Business Administration.

Both will celebrate in Ikaria this summer with proud parents PSP George N. Koklanaris and Stamatoula Sirigas Koklanaris. ONWARDS!

Our son Jack Nicholas Tsalis is graduating from Northville Michigan High School. Jack will be attending Michigan State University in the fall, he plans on seeking a business degree.

Jack is an awesome young man. If you know him, you understand, he has the ability to make anyone feel comfortable around him. Jack can be found at all Ikarian conventions dancing till 5am! His grandmother, Olga Sirigas, taught him all his moves. He loves his heritage/culture and frequent trips to Ikaria and especially our home in Manganniti.



Jack played on the high school tennis team, church basketball team, he has practiced piano for many years, he graduated from the Aristotle Hellenic Academy where he passed his proficiency exam for modern Greek. Jack has been a counselor and life guard for our Greek Orthodox Metropolis Summer Camp, MDSC, where he and his sister have

attended for many years.

Jack is excited and well prepared for college! We are so proud of him and wish him much happiness, first and foremost, and a successful lifelong learning journey!

Proud and loving parents,
Maria Sirigas Tsalis, PSP Nicholas Tsalis
Loving little sister, Lea Angeliki Tsalis



Elena Tyler is the daughter of Deborah and Michael Tyler and granddaughter of Eleni (Fakaros) Tyler.

Elena is a senior at Riverview Community High School. She has upheld a GPA of a 4.1 while taking multiple rigorous honors and advanced prep classes. Elena has partaken in many clubs and sports; a four-year member of Student Council, Diversity Club and Key Club and currently holds the office of Secretary for Student Council and National Honor Society. She had participated in the Girl's Golf Club and J.V. Softball and when Girl's Golf officially became a varsity sport she was given a position on the team. In the fall of her senior year, Elena was voted Riverview's 2017 Homecoming Queen.

In the fall, Elena will attend the University of Michigan at Dearborn. She plans to study Pre-Veterinary Medicine and transfer to Michigan State to further pursue her education and career path.



Greetings from Chapter Therma,

We opened up our 2018 year with a well-attended breakfast meeting at Chris's Restaurant, owned by Chris and Angie Tsingelis.

We are looking forward to our Greek Festival where many of our fellow Ikarians volunteer their time and talent to help make it a success.

We are sending two of our youth to the mini convention in Pittsburgh. They are looking forward to it.



Our three college graduates are Katherine Franck, Gabriella Livanos, and Rena Poulson. The two high school graduates are Demetri Brown and George Fragos. We wish them much success in their future endeavors.

Congratulations are in order for Michael and Kippy Batuyios on the birth of their baby boy, Louis Michael Martin Batuyios, born March 29th. Proud grandparents are Louie and Nadine Batuyios.

We wish to offer our sympathy to the family of Bebe Karnavas Saffo on her passing. May her memory be eternal!

Finally, we are hoping to make a bid for the 2020 convention to come back to the Carolinas. "Nothing is finer than coming back to Carolina!"

Chapter Therma hopes that everyone has a wonderful summer and we will see you all in Washington, DC."

Sincerely, Kay Saffo Skandalakis

Demetri Poulos Brown graduated with honors from John T. Hoggard High School, in Wilmington, NC. He is the son of Doug and Argie (Poulos) Brown, and the grandson of Dena Poulos and the late Pantelis Zanis Poulos from Panagia Ikaria. He is a member of National Honor Society & BETA club. Demetri was the recipient of The Metropolis of Atlanta, Archangel



Michael Award and the prestigious 2018 John T. Hoggard Viking Heart Award. He was named to the State All Conference Football Team and received honors from North Carolina Scholars-Athlete and the President's Education Award. Demetri will be attending the University of

North Carolina at Charlotte studying Sports Management/Marketing.

Gabriella Demetra Livanos of Chapter graduated from the University of North Carolina at Asheville with a Bachelor of Arts in Psychology and Philosophy. During her time in the greater Asheville community, Gabriella volunteered as a Sunday School Teacher at Holy Trinity Greek Orthodox Church, interned on campus as a peer health educator with the Peers Educating Peers & Advancing Health Program, and at Appalachian Counseling & Psychological Services. She also served as President of the Psychology Club, Treasurer of the Philosophy Club, a Residential Assistant and a Camp Counselor at Carolina Friends School Summer Programs.



This summer she will continue to gain field experience by continuing her work with Appalachian Counseling & Psychological Services as an Assistant Secretary. After that, she plans to "move to a beautiful place where she knows absolutely no one" and continue to gain field experience while working towards a Master's Degree in Marriage & Family Therapy. She is most excited to "push her boundaries and challenge herself!" Gabriella is the daughter of George Livanos and Elizabeth (Milcos) Gonzalez. She is 100% Greek American, and 25% Icarian out of that through her grandmother, Eleni Livanos. Her family hails from the villages of Perdiki and Katafigi.

Greeting from Los Angeles!

On February 25th, we held elections and welcomed our new officers; President-Maria Katsas, VP-Helene Tripodis, and Treasurer-Emily Economou. James Horaites was re-elected as Secretary and we thank him for his continued commitment to the Chapter! Many thanks to our outgoing officers, Costa Frangos, Demosthenes Yiakas and Niko Yiakas.



James Horaites, Alexandra Katsas, Emily Economou, Maria Katsas, Helene Tripodis

Our first order of business was to decide on our delegates for the Youth Convention and to increase the travel stipend to \$450 each to offset flights costs. Erini Katopodis and Stelanie Tripodis will join Ikarian youth from around the country on Memorial Day weekend in Pittsburgh to help usher in the next generation of leaders for the Brotherhood.

On March 10th, members of Chapter Oinoe joined the Rose Bowl Chapter of the Order of AHEPA in their annual Southern California Day at the Races at Santa Anita Park. A favorite of long-time members James and Bessie Bornino, this "day at the races" is held annually in their memory. Their commitment to the Brotherhood is unforgotten and their spirit guides us as we continue their tradition. Chairman Steven Tripodes organized the event,



which was also attended by Past Foundation Chairman Gus Yiakas, Demosthenes Yiakas, Nick Yiakas, Constantino Frangos, George Horaites, Jim Horaites,

Tony Horaites, Virginia Lappas, Peter J. Tripodes, Andrea Lappas, Vincent Lappas, Dean Tripodes, and honorary member Dr. Jim Dimitriou, a Past Supreme President of AHEPA.

On March 27th, fans of Giannis Antetokounmpo



gathered at Staples Center to watch the Clippers take on the Milwaukee Bucks and cheer on "The Greek Freak."



Yiakas Family and Friends



Members of Apostolakis and Balanis families

On April 8th, we hosted an Easter picnic potluck at Tournament Park in Pasadena. Families brought their favorites



the Advanced Primary team “Rythmos” and her little sister Zoe Yiakas who danced in the Division III group “Astrape.” It was a wonderful experience for the kids to share in the joy of music and dance, and celebrate their heritage.

dishes and we enjoyed each other’s company under the shade. Our winner of the “tsougrisma” was Debbie Stamoulos who now lives in Ikaria full time but is still a member and join us whenever she is back for a visit.



The 42nd annual Greek Orthodox Folk Dance and Choral Festival was held in San Francisco, CA, January 11 to 14. Chapter Oinoe youth members were well represented at the festival.



From St. Sophia Cathedral in Los Angeles were Sophia Anna and Alexander James who danced in the intermediate group “Sinefakia” which came in 2nd place in their division, little brother Peter James danced in the Division III group “Kyklonakia.”

From St. Katherine’s church in Redondo Beach were Arianna Yiakas who danced in



Chapter Oinoe’s very own Nicole Saphos & Ele Rubenstein recently performed at Marx Cafe in Washington, DC performing tracks from her newly released EP, Buzz & Bloom. Congratulations!



Hello Brothers and Sisters! Lefkas is busy preparing for the 2018 Washington DC Convention at the Washington Grand Hyatt!! Please book your rooms now for Labor Day weekend 2018 at www.Pan-icariandc2018.com



On March 25th our chapter participated in the Baltimore Greek Independence Day Parade.



On March 22 the Greek Independence Day celebration at the White House was attended by St Constantine and Helen Church dance group from Annapolis, Maryland. Ikarians were represented by Alexia Nicholas (*far right*), daughter of Tony and Cynthia Nicholas. BRAVO!!!



The chapter mourns the death of Giangos (Ioannis) D. Mavrophilipos on March 18 and Eleni Kavarligos on April 4th. Aionia h mnimi tous. May their Memory be eternal.

115th SUPREME CONVENTION

AUG 31 -SEPT 2 2018

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WASHINGTON

LEFKAS CHAPTER 16

WASHINGTON - BALTIMORE

Members of the Christ E. Aivoliotis Chapter #17 met on February 25 at the home of Dessine Fricioni in Xenia, Ohio.

They were greeted and welcomed by her front porch statue (don't all Greek homes have statues?) for an afternoon of delicious food, a fruitful meeting, and good conversation with dear friends.



We were pleased to be joined by special guest George Karnavas, District Governor from Cleveland, who honored us with a 3 1/2 hour drive, one way, to meet our group for the first time. Although Ohio

weather can be tricky, it was a sunny day, no thunderstorms and everyone made it home safely.

Former United States Congressman Zack Space, a native of Dover, Ohio, and a member of Christ E. Aivaliotis Chapter #17. He is a third-generation Ikarian. Zack's grandparents, Zacharias Space of Karavostamo and Despina Pardos of Kondouma, immigrated to Dover in the 1920s.

Zack spent most of his career as a small-town lawyer in private practice and as Dover's Law Director. In 2006, he was elected to the United States Congress, and served two terms representing 16 counties in Southeastern Ohio.



Now Zack is seeking election as Ohio Auditor of State to restore faith in Ohio's broken political system. The Auditor of State is Ohio's top government watchdog, and Zack intends to use the position's broad powers to combat the influence of money in politics and to end partisan gerrymandering.

Only by restoring its people's faith in government and by restoring political justice -- can the State of Ohio make advances in all other forms of justice, whether social, economic, racial, or environmental.

For more information, and to support the campaign, please visit www.zackspaceforohio.com.

James Xidas and Melissa Morris exchanged wedding vows on October 28th, 2017. James is the son of Tony & Penny Xidas from Miamisburg, Ohio. Melissa is the daughter of Dr. Mark and Karen Morris from Fairfield, Ohio. James and Melissa got their undergraduate degrees at Miami University, in Oxford, Ohio. James currently is attending Wright State University School of Medicine. James will graduate this May, and start a residency in Psychiatry. Melissa has her Master's in Public Health from the University of Pittsburgh. She is currently teaching High School Science in Dayton Public City School System.

We wish them much Health, Happiness, and Prosperity!

Love Mom, Dad, Christina, Victoria and Yiayia



Helios Chapter #19 would like to thank everyone who attended our 41st Dinner Dance in Clearwater, FL on February 3, 2018.

Stella Thomas and friends



We are very grateful to everyone who continues to support this wonderful event. It also gives us a chance to re-unite with our Ikarian family and friends while enjoying the sounds of the Ikariotiko on the violi.

Harry Batuyios with uncle Nick Batuyios



PSP John Sakoutis and Chapter President Linda Murray

Jimmy Xilas and daughter Alexandra



Clara and Dan Kaster with Spiros Manos



Greek Independence Day Parade, Tarpon Springs, FL took place on March 18, 2018, a beautiful sunny day!



Helios Chapter was one of over 56 other community entries in the parade! Our chapter has been participating in this wonderful parade for over 40 years! Long live our Greek Heritage!



Members enjoyed a spaghetti dinner after the parade hosted by Perry Krastas (*seated center*).



PSP Sonja Stefanadis with her uncle John Lewis and other family members.



We hope everyone enjoys a healthy and happy summer and look forward to seeing you at the Washington, DC Pan-Icarian National Convention on Labor Day Weekend

NISOS IKARIA

TORONTO #21

On February 3rd, our chapter held it's annual cutting of the Vasilopita. Our members each brought a savouring dish to share as we got caught up on each other's news. We would like to thank member Despina Kouvaris

who volunteered to make her delicious Vasilopita for our meeting.



In addition to discussing current affairs that affect our chapter, we also held elections. We are very proud that as a small chapter, we have been able to increase



our membership significantly this year and have an increased youth presence. Seeing how important it is to have the youth involved in our chapter and seeing



their drive and love for Ikaria, we decided as a chapter that we will be putting in a bid for the 2020 convention. Our last was in 2002 and it's only fitting that 2020 also be our year..... so let's vote Toronto for 2020!!



On March 25th our Chapter walked in the annual Greek Independence Day parade. It was a beautiful sunny day with a great turn out. We are so proud of our younger ikariotakia who proudly carried the Ikarian flag.



*Toronto
through
the
years*



Greetings from Langada chapter in Atlanta.

The Supreme lodge members visited our city in March this year. Catherine Alexander welcomed them with boxed sweets waiting in their hotel rooms. Demo Galaktiadis prepared a delicious Greek traditional meal including banana pudding to show our southern hospitality for lunch.

We held our luncheon meeting at a nice little quite place in Buckhead called Basil's Restaurant & Tapas Bar. It was a wonderful experience to meet members from the other states. It was especially nice to meet George Paralamos, the Supreme President of the Pan-Icarian Brotherhood of American. He is a true Icarian.

There was such a positive energy around the table. They truly were a inspiration with all their ideas and projects that they have generated in the past and their ideas for the future. We wish them lots of luck on their travels and hope to see them again soon.



Greetings from Indiana! This past February District Governor Steve Stratakos was present at our first meeting of the year. Elections were held and we are pleased



to report our new officers are: Argyro Tripodis President, Sid Moulas Vice President. Maria (Skavdis) Malamatos Treasurer and Kalliopi Tsahas Secretary.



We have many events planned and look forward to the upcoming year.



May 2017 brought two graduations for the Atsas family.

Valanti Atsas graduated with his Bachelor's degree from Valparaiso University. His sister Stella Atsas graduated from Wheeler High School and is attending Purdue University pursuing her degree in education.



Valparaiso University. His sister Stella Atsas graduated from Wheeler High School and is attending Purdue University pursuing her degree in education.



May 2017 brought the birth of Stamati Dalis, son of Pete and Ashley Dalis.



In June 2017 our chapter treasurer Maria Skavdis was wed to Mixalis Malamatos in a beautiful ceremony here in Indiana.

Zack & Angie Dalis are proud to



announce the marriage of their daughter Marianthi to Andrew Pritt last July. The lovely couple is awaiting the birth of their first son.



Congratulations to Dimitri Tsahas and Thimitra Rousos on their engagement. The couple is planning a November 2019 wedding.

Congratulations to John Karagiannakis and Stephanie Emerich on the birth of their second child, daughter Elena Maria, this past February.



Welcoming Spring, members of Chapter Panagia, Buffalo, NY were busy volunteering in local community and family events. Some of our members traveled to Toronto, Canada to watch the Greek Independence



Day Parade and cheer on the Toronto Chapter as they represented Ikaria in the parade!

It was a well-attended event and we hope to march along with you next year!



Two of our youth members, Phillip (Junior Division) and Nicholas Marcello (Elementary Division), participated in the Saint John Chrysostom Oratorical Festival, representing the Annunciation Hellenic Orthodox Parish in Buffalo,



NY. We are very proud of Phillip and Nicholas' hard work and dedication.

Phillip has been selected to advance on to the Upstate New York Regional Oratorical Festival and we wish him the best of luck!

For the Easter celebration, Chapter Panagia once again organized an end of Lenten meal for the Greek Orthodox parishioners following midnight liturgy. Three generations of Ikarians (Nikolaos G., Theodore G. & Damianos Skaros; Nicole, Philip & Nicholas Marcello) helped prepare and serve over two hundred parishioners this delicious feast. Rev. Dr. Christos Christakis recognized the Pan Icarian Brotherhood during his sermon and thanked



the local Chapter for their hard work and dedication. This has grown into a great tradition for our Chapter, where we raise awareness for our great organization.



Our Chapter members are looking forward to the Supreme National Convention in Washington, D.C. We know it will be a great convention and we are excited to see our fellow Ikarian Brothers and Sisters soon!



IN MEMORY OF



Vasili Calaboyias and Anna Calaboyias Shape

Vasili “Billy” Calaboyias age 86, passed away peacefully on August 29, 2017 at the Arbutus Nursing Home in Johnstown, Pa. His sister, Anna Calaboyias Shape, age 84, passed away September 26, 2017 in Gahanna, Ohio. Both were born in Cambridge, Ohio; Vasili in May 1931 and Anna in December 1932, the oldest of five children to Zacharias and Demetra Pavlos Calaboyias.



Their father had arrived in America in 1916 and was beckoned by his mother’s sisters in Cambridge to return to Ikaria and marry Demetra. Zacharias was honored to marry Father Petro Pavlos’ daughter and the wedding took place in Monokambi with the reception in Karavostomon on July 4, 1930. Once in the states their mother became very homesick, so in 1939 with two children and pregnant with a third, Demetra returned to Ikaria,



only to be faced with the biggest challenge of her life: surviving World War II. Young Billy became his mother’s column of strength and continued in that role his entire life, always looking out for his brothers and sisters.

To survive the invading forces Demetra with her three children, Vasili, Anna and baby Peter, escaped from the shores of Ikaria to Turkey in the middle of the night. They began the long two week walk to Izmir finding whatever food they could. Demetra gave her wedding rings and anything else she possessed for food.

From Izmir, with her US Citizenship papers, they were given passage on a train to Beirut, Lebanon. After five months they continued to Cairo, Egypt and lived there for six months. Again the family had to escape this invasion and found passage on a freighter at the Suez Canal embarking for Tanganyika. The voyage took six weeks. The ship docked on the east coast of Africa and a convoy of trucks transported the displaced refugees from Tanganyika, through Kenya, to the final destination, the Belgian Congo. The family settled in Leopoldville for the duration of the war, constantly fighting hunger and disease.

When the war ended, they began their return to Ikaria. During the journey, they were delayed in North Africa in the Sahara Desert for five months, living in tents and existing in the worst of conditions. In April 1946, the family wanted to return to Ikaria, not America, and arrived to find that Papa Petro had survived the war but Presbytera Zaharoula (Economos) and other relatives had perished from hunger.

In September of 1946, they boarded a converted Liberty ship called the Marine Carp at the port of Piraeus at Athens and departed for the United States, arriving the 1st of October. There they boarded a train two days later to Johnstown, Pa. where their father had resettled. Two more children were born after the war, Mary Calaboyias Raich and Sophia Calaboyias Facaros.

Vasili stayed in Johnstown, married Judith Bartlebaugh, and became the proprietor of the Franklin Lunch, The Town House, and Grecian Gardens.

Anna went on to Cambridge, Ohio to be near her cousins, the Poulos and Raptis’ families, and worked for RCA. She married Reed Shape and had two daughters Kimberly, who passed away May, 1996, and Demetra, and became Yiayia to three beautiful grandsons.

Two siblings who together endured so much to live their lives in America and two siblings who left this life together.



IN MEMORY OF



Louis G. Chibis

The Chibis family lost their patriarch, Louis G. on March 20, 2018. He was a loving husband, caring father, and dotting Papou (grandfather). He knew no enemies and was loved by all. He was easy going, fun-loving, instantly made friends and was everyone's favorite. He and Alice were amazing dancers and showcased their unique style at many family parties.

He served his country bravely in WWII and the Korean Conflict, receiving the American Area Campaign Medal and World War II Victory Medal. Louie shared his energy and his talent with the less fortunate by working for years at his church's Good Neighbors program feeding the needy. He was also an active member of the Eagles and the Ahepa. He volunteered his accounting knowledge with the V.I. Chembithes Chapter of The Pan-Icarian Brotherhood, acting as treasurer for many years.



For much of his working life, he worked two jobs simultaneously, his main job at Chrysler and various others. This allowed him to provide for his adoring wife, Alice, and his three appreciative daughters, Venette LaRocca, Denise Bar, and Lisa Chibis-Tapper, giving them the means to live full meaningful lives. He took pride in his girls all graduating college and making successes of their respective lives. He and Alice gave whatever they could to foster the success of their kids.



Probably his best gift to others was the caring and hardworking model that he

was to everyone. His work, his achievements were all the more impressive because of the love that motivated him to do so much for so many. Giving and caring was second nature to him because he had such a big heart. And with each kind word, with each effort to help, his good heart came through, teaching each of us what it means to be a father, a husband, a friend. He used humor to soften life's lessons and showed compassion to all. Is it any wonder that he will be sorely missed by all that knew him, but especially by his wife Alice to whom he was married for almost 61 years, his daughter Venette and her two sons Joe and Kevin and, his daughter Denise and her son Alexander and daughter Alyssa and her husband Michael Bar, and his daughter Lisa and her daughter Kali, son Kagan, and husband Jeff Tapper. Although gone from this world, he still lives in the hearts of all that knew him. May his memory be eternal.



Louis valued education and to honor this a scholarship is being created in his name. If you would like to pay tribute to Lou you may donate to the scholarship fund. Please make checks out to the Pan-Icarian Foundation and mail them to his daughter, Venette LaRocca at 3777 Falcon Chase NW, Uniontown, Ohio, 44685.

The family is also collecting stories about Louis for a memory book they are creating as a keepsake. Please share you memories of Louis with them! Email Venette at venettel@yahoo.com or mail them to the address above.



IN MEMORY OF



Eleni Kavarligos

Our beloved wife, mother and grandmother, Eleni Kavarligos age 70 has passed away on April 4th 2018 after a hard fought battle with Cancer. She was born in beautiful Karavas, Cyprus on November 14, 1947.

She came to the United States in 1967 to build a better life for herself. She met her future husband (George from Manganitis) in 1968 and married him in 1970 at St. Katherine's Greek Orthodox Church. She had her first child in 1971 (Sophia) and her second child in 1977 (Tina). She had 3 successful careers during her lifetime that she was very proud of. She owned her own Beauty Salon, she obtained her Certificate as a Travel Consultant, and she also worked as a government contractor. She always would say that her biggest blessing was her kids and what gave her life was her 7 grandkids.

She loved to travel and go on many adventures. She also loved spending time with all of her family and friends. Her beauty, humor, kindness, thoughtfulness, and her love for her faith and family will be truly missed.

She is survived by her husband, George Kavarligos, her daughters Sophia Orfanides (Mario) and Tina Kavarligos (Chuck), 7 grandchildren (Eleni, Michael, Georgia, George, Alex, Natalie, and Demitri) and 1 sister Despina Anastassiou. May her memory be eternal.



Arry S. Pastis

Arry passed away unexpectedly at home on January 10, 2018. He was a San Marino resident for 48 years. He was born August 29, 1936 in Akron, Ohio, to Pana and Steve Pastis, moved to Cleveland and then to Phoenix, Arizona, at the age of 10.



After earning his Master's degree at USC, he served in the Air National Guard alongside Jack Nicholson (a story he loved to tell). He worked in the aerospace industry before opening Arry's Super Burgers. He then joined his father-in-law at the Paris Restaurant. He finished his restaurant career at Clockers' Corner at Santa Anita Race-track and embarked on a career in real estate.

He was a member of St. Anthony Greek Orthodox Church for 55 years. He served on the Parish Council for 14 consecutive years starting in 1963 and as its President in 1970. He was a devout steward of the church and a member of the building fund committee, the consecration committee, worked at the festivals and planned the Pentahilarikos. Arry was also a member of the AHEPA, the Pan-Icarian Brotherhood, San Marino City Club and the Monterey Park Rotary Club.

He was a loyal fan of all Ohio sports teams. He cried when the Cleveland Cavaliers won the NBA Championship on Father's Day in 2016 surrounded by his grandchildren. He was also an enthusiastic fan of every team his grandchildren played on. He would regularly be found in the stands, armchair coaching, educating the moms on what had just happened and offering his opinion, under his breathe, to the referees and umpires. He loved his time with his family and looked forward to their annual trip to the desert. Golf became his favorite sport. He practiced all week and looked forward to his Wednesday golf group. He also participated in all church golf tournaments. He avidly enjoyed tennis, traveling and blackjack. A few of his favorite pastimes were the LA Times cross-word puzzle, Jumble, Sudoku and Free Cell on his computer.

Arry is survived by his loving wife of 55 years Leah, his three children Pana Gelt (Brian), Jennifer Webster (John) and Louis Pastis (Natalia) and seven adoring grandchildren David, Ben and Alex Gelt, Jack, Jenna and Justin Webster and Aris Pastis. Also survived by his brother Tom, sisters-in-law, brothers-in-law and many loving nieces, nephews and cousins. He was predeceased by his brother Gus. He will be remembered for his humility, selflessness and heart of gold. May his memory be eternal.

Submitted with love, Leah Pastis and Family

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