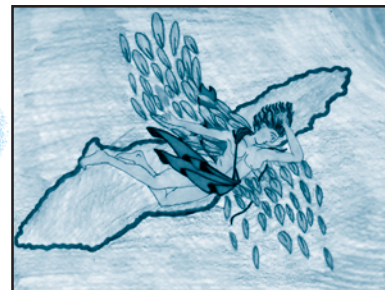


IKAPIA

MAGAZINE



ΟΡΓΑΝΟΝ ΤΩΝ ΑΠΑΝΤΑΧΟΥ ΙΚΑΡΙΩΝ

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



GREEK INDEPENDENCE

**Ikarian
Chapters
Represent**

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

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PAN-ICARIAN BROTHERHOOD OF AMERICA "ICAROS"

721 8th Street, Oakmont, PA 15139

Headquarters of the Supreme Lodge June, 2009

PRESIDENT'S MESSAGE

Greetings Fellow Icarians,

The Lodge has been very busy these past few months. In early March we had a meeting hosted by Chapter Lychnos and specifically the Kratsas family in Castro Valley, California. The members of Chapter Lychnos definitely know how to throw a party. It was exciting to see the members enthused with their revitalized Chapter. During the meeting we also celebrated the 95th birthday of Stelios Petsakos.

On March 28 I attended the Youth Conference hosted by Cleveland's Chapter Pharos. The Conference was well attended with delegates from almost every Chapter in the country. I was heartened by the level of commitment our younger members are already making to the Brotherhood. On a personal note, I was happy that they understood the importance of our Foundation and what it could mean to their future families. Thanks to Conference Co-chairs Michelle Kotsagrellos and Cathy Pandeladis and Chapter Pharos President Maria Tripodis for organizing the Youth Conference.

By the way, don't forget that Chapter Pharos needs your support regarding the upcoming national convention in Cleveland and specifically the convention ad album.

Over the Memorial Weekend (May 23-24), the Lodge held a meeting in Pittsburgh, Pennsylvania, hosted by Chapter Icaros. This meeting coincided with Chapter Icaros' annual Mini Convention, which included the Steven Manners golf outing on Saturday, a memorial service for our departed members Sunday morning, and a dance Sunday evening. I wish to thank Maggie Mamatas and Pan-Icarian Archivist Joanne Melacrinis for a great luncheon. On a side note, Chapter Icaros member Rose Pamphilis also celebrated a 100th birthday this year.

Fellow members, if you find yourself in Pittsburgh, please make time to visit the Pan-Icarian Archives. There is a wealth of information and photographs that document our history. You will walk away with a new appreciation not only of our Brotherhood but of the wonderful job Archivist Joanne Melacrinis has done in creating our museum.

As I have done in all my previous messages, I have to mention our Foundation. Unless completely insulated from media outlets, all should be aware that there has been a financial crisis in this country that has affected every instrument of savings, including our Foundation. Many of our children are in the process of applying for scholarships, and we are hoping that once again we can fund every applicant. It is now more important than ever that our chapters and members donate to our Foundation to insure that we can once again achieve that goal.

This is my last message as your president, and I want to thank all of you for working with me and the Lodge over the past two years. I hope that everyone cooperates with those in succession to help this Brotherhood grow and prosper. I am very proud to have been a part of the Brotherhood and its Foundation.

To those on the Lodge, I will miss working with you.

Good luck and my sincere thanks,

Emanuel Aivaliotis

PAN ICARIAN BROTHERHOOD OF AMERICA "ICAROS"
SUPREME LODGE MEETING REPORTS FROM SONJA STEFANADIS, SUPREME VICE PRESIDENT

MARCH 7, 2009

VISITATION TO LYCHNOS CHAPTER #11

Thanks—We thank Lavender Kratsas, President of Lychnos #11, her officers and members for hosting the Supreme Lodge for this meeting in California.

Chapter Membership—After receiving the Membership Report for 2008 from our Treasurer George Koklanaris, I contacted each chapter with the information and asked that they check their records to confirm their per capita. This did raise awareness and there were some discrepancies that have been hopefully resolved. We are stressing the need for contacting members we have lost through the years along with bringing in new members and especially students who can join by paying only the \$15.00 per capita fee.

Student Efforts--When the names of the Pan-Icarian Foundation Scholarship Awardees were published in the *Ikaria Magazine*, I sent individualized congratulatory letters to each student. They were also asked to join the Pan Icarian Brotherhood at the student per capita of \$15.00 with a Membership Application included in each letter.

Eirini--Chapter #28—Norfolk held a meeting on January 31, 2009 and selected the name of **Eirini** for their chapter. They elected Moscha Nichols, Pres; Stefanos G. Pedos, V.Pres; Kosta Plakas, Sec.; Anna Pedos, Treas.; Kelly Pedos-Bredologos, Assist. Treas and liaison to Ikaria—Christos Plakas. Following the meeting, they danced the Kariotiko and enjoyed the food and refreshments. Dr. Stelios Bredologos and his wife, Kelly became parents to a lovely daughter on Feb. 11th.

Chapter Visitations—I have communicated with the newest chapters in the Buffalo and Pacific Northwest areas and offered to visit with their officers and members. The chapters in New York and Long Island have also been contacted in an effort to coordinate a visitation during the Greek Independence Day Parade in New York City in April.

Housekeeping—If we are to learn from our experience, the recent fire at the Helios Leski in Clearwater would be a good example. How many of our chapters with their own club houses have checked on their insurance coverage to make certain that they are keeping up with inflation and replacement costs. We are still assessing the damage to Helios and we may find ourselves short of the funds to build and expand. We have also asked the chapters to check on the status of their organizational documents. Are they in a safe place? Have they been set

up properly? Thanks to our Supreme Counselor Athina Siringas for her assistance in developing the chapter formation information.

Youth Leadership—Thanks to Maria Tripodis and Pharos Chapter for hosting the Youth Leadership Conference in March. Hopefully more chapters will be represented in Cleveland. The goal is not only to have a social success but to have the attendees learn more of our Brotherhood; proper procedures and to return home with enthusiasm to share with their chapter officers and members.

MAY 24, 2009

VISITATION TO ICAROS CHAPTER #7

Thanks—We thank Michelle Kotsagrellos, President of Icaros #7, and her officers for an outstanding job in keeping up with the chapter records and recording changes to the Supreme Lodge in a timely manner.

Students Membership—We will be hearing a report of another successful Youth Leadership Conference held this past March in Cleveland. We have established a Student Member E-mail Group with hopes of keeping our student members aware of the events taking place in both the United States and Canada. Chapters have been contacted requesting the e-mail address of their student members. Individualized congratulatory letters were sent to each scholarship recipient with an invitation to join the Pan-Icarian Brotherhood for the student per capita fee of \$15.00. A membership application was included for their use or for a relative or Icarian friend. We now have over 35 names on this particular list.

Chapter Visitations—I have offered to travel to the three newest chapters in Buffalo, Pacific Northwest and in Norfolk and am waiting for a convenient date.

Chapter Liaisons—Each Supreme Lodge officer should keep communications open with their liaison chapters. When using the e-mail, please remind them and yourselves to use the PIB or Pan Icarian Brotherhood in the subject line in order to avoid being "spammed." We all need to keep checking our e-mail messages on a daily basis—especially when we are in a leadership position. Please remind the chapters to submit their per-capita forms and payment to Supreme Treasurer George Koklanaris and to report any addresses changes immediately via e-mail to George Koklanaris who is also the Database Manager.

PAN ICARIAN BROTHERHOOD OF AMERICA "ICAROS"

DISTRICT 1 - GOVERNOR REPORT

On Friday, January 31, 2009, Pandiki Chapter # 5 held a meeting that was followed by elections. During the meeting many issues were discussed; including ways to eliminate the real estate property taxes, membership and preparations to bring the convention to New York in 2011. The newly elected officers are as follows: Lefkie Fradelos, President; Stanley Kayafas, Vice President; Thomas Kochilas, Treasurer; Maria Eleftheriou, Secretary; Demetrios Paralemos, Board Member; John Kazalas; Board Member and Kostas I. Tsahas, Board Member.

On Saturday, February 28, 2009, I attended **Chapter Atheras' Annual Dinner Dance.** The dance was a huge success with many people in attendance and plenty of dancing through the

morning hours. I was very impressed with the youth participation.

On Sunday, March 1, 2009, Chapter Pandiki

hosted a delicious spaghetti "Makaronada" dinner. As always these dinners provide an opportunity for all the members to congregate and socialize.

On Saturday, March 14, I attended **Chapter Pandiki's Ouzeri Night.**

The members and their friends indulged in Ouzo, Wine and

"Pikilia", while enjoying live Greek music. It truly felt like being in an Ikarian Ouzeri.



On Sunday, March 29, 2009, I participated along with **Chapter Atheras in the parade in Philadelphia to celebrate the 188th Anniversary of Greek Independence.** A packed school bus loaded with patriotic Ikarians left the "Leshi" in Pennsauken, New Jersey to participate in Philadelphia, Pennsylvania. After the spirited outing, the group returned to the "Leshi" for a delicious Pizza Party.



PAN ICARIAN BROTHERHOOD OF AMERICA "ICAROS"
DISTRICT 1 - GOVERNOR REPORT



Philadelphia Parade



New York Parade



On Sunday, April 26, 2009, I participated along with **Chapters Pandiki and Nea Icaria in the New York City parade commemorating Greek Independence Day.** Many young and old marched together down 5th Avenue showing the spectators and dignitaries our Ikarian pride. A delicious chicken and spaghetti dinner awaited the marchers at Pandiki's clubhouse.

Submitted by George Paralemos, #1 District Governor



PAN ICARIAN BROTHERHOOD OF AMERICA “ICAROS”
SUPREME LODGE MINUTES – MEETING 3
MARCH 7, 2009
SAN FRANCISCO, CA • LYCHNOS CHAPTER NO. 11

President Mike Aivaliotis called the third meeting of the 2008-2009 Supreme Lodge of the Pan Icarian Brotherhood of America “Icaros” to order at approximately 3:57 pm on Saturday, March 7, 2009 in Castro Valley, CA.

ATTENDEES:

The following members were in attendance and a quorum was reached:

Supreme President – Mike Aivaliotis
Supreme Vice-President – Sonja Stefanadis;
Supreme Secretary – Nikolaos J. Pasamihalis
Supreme Treasurer – George Koklanaris
District 2 Governor – Marino Moraitis
District 3 Governor – E. Terry Platis
District 5 Governor – Steve Facaros
District 6 Governor – Zack Lefas
Counselor – Athena Siringas

Lychnos Chapter Members and Guests
Chapter Pres. Lavender Kratsas and Zack Kratsas
Pan Icarian Foundation Vice-Chair Gus Yiakas
Elias and Mercini Pamfilis, Elaine Aivaliotis, Kosandinos Fakaros, David Spiegl, George and Despina Mougyanis
Bob and Stella Bratsis, Yianni Facaros, Stelios and Joanna Petsakos, Steve and Maria Facaros
Athena Charnes Pugliese, Denise Facaros, Alex Kouloulis, Ionnies Kratsas, Angela Kratsas, Chrysostomos and Maria Tsampis, George Kouloulis, Kosta and Antonia Tsampis, Pavlo Tsambis

ITEMS DISCUSSED:

· **Welcome:** President Mike Aivaliotis opened with welcoming remarks thanking the Lychnos Chapter for hosting the Supreme Lodge and especially the Kratsas family for opening their home to the Lodge. He thanked Chapter President Lavender Kratsas and her husband Zack for their efforts in preparing for the weekend’s events. The meeting was held in their beautiful backyard, a true Icarian aylh.

· **Introductions:** The members of the Supreme Lodge each introduced themselves to the Chapter.

· **Meeting Minutes:** Minutes of the last Supreme Lodge meeting in Detroit, MI were distributed, accepted and approved.

· **Treasurer’s Report:** Supreme Treasurer George Koklanaris gave the Treasurer’s Report. As of February, the ending balance of the PNC Checking Account was \$43,913.12.

Two Certificates of Deposit have been opened: \$35,000 with National City Bank \$15,000 with Laselle Bank

The Treasurer stated that the 2008 tax information had been submitted to the Brotherhood’s accountant, Mr. Ferra, who will be filing for an extension.

Membership Total:

The Treasurer noted that some dues had been collect for the 2009 season including the Foutrides, Aivaliotis and Pharos Chapters. Overall, however, the membership total is 1,858 persons - near the 2007 total.

Discussion regarding the membership fall-off ensued. Foundation Vice-Chair Gus Yiakas suggested that the Chapters send reminder notices to their members.

· **Vice-President Report:** Supreme Vice-President Sonja Stefanadis addressed the meeting. She too thanked the Kratsas family and the Chapter for welcoming the Lodge. Vice-President Stefanadis introduced a letter regarding a class action lawsuit for those like the Lodge who had had a Sun Trust CD. Settlement options would offer a future Sun Trust CD with a starting amount of \$354.17 or an alternative cash payment of \$230.21. As a court decision is pending, more information will be forthcoming.

Sonja stressed the need to contact lost members as well as students in efforts to bolster the Pan-Icarian membership. She offered that even scholarship recipients could receive a membership application with their award letter.

The Vice-President related that she had talked with the new Norfolk, VA Chapter – Erini No. 28 and its President Mosca Nichols

· **District Governors’ Reports:**

District 1 - Governor George Paralemos could not attend the weekend as his wife was christening a child.

District 2 - Governor Marino Moraitis attended the V.I. Chebithes Chapter membership drive at a local country club – 40 members attended. He noted that Argie Spithas was re-elected Chapter President.

Marino stated that he had experienced some issues with reservations at Cleveland’s Convention Hotel. It was noted that there were problems accepting the Reservation code and that there may be cheaper rates available through other sources. President Aivaliotis and Counselor Siringas said they would follow up with the Pharos Chapter and the Hotel.

District 3 - Governor Terry Platis reported on the Chicago

PAN ICARIAN BROTHERHOOD OF AMERICA "ICAROS"
SUPREME LODGE MINUTES – MEETING 3
MARCH 7, 2009
SAN FRANCISCO, CA • LYCHNOS CHAPTER NO. 11

Chapter's busy dance and Super Bowl party. She also related the untimely death of 25 year old Nick Kotsos on New Year's Day.

District 4 - Governor Charlotte Pardos could not attend the weekend but Sonja relayed that Charlotte had visited with the Kavos Papas Chapter. Some members were recovering from the recent hurricane. The Kavos Papas Chapter is celebrating 25 years of history.

Forthcoming elections were scheduled for the Therna, Langada and Helios Chapters.

Sonja also relayed that the Helios Chapter was recovering from a recent electrical fire at the Helios Chapter House and that renovations were currently in process.

District 5 - Governor Steve Facaros reported that he had been in contact with the Chapters in the District including the new Mesaria Chapter 27.

District 6 - Governor Zack Lefas reported that the Toronto and Montreal Chapters had hosted dances this past February. The Chapters' memberships are both around 40 persons. Montreal has scheduled elections for April.

· Committee Reports

PIB Conventions

Pan-Icarian Convention 2008: Philadelphia

On behalf of Atheras Chapter 12, Convention Co-Chair Nikolaos J. Pasamihalis presented a check for \$14,557.12 reflecting the successful outcome of the 2008 Convention to the Pan-Icarian Foundation and its Vice-Chair Gus Yiakas. Mr. Yiakas graciously accepted and thanked the Chapter for all their hard work.

Pan-Icarian Convention 2009: Cleveland

Secretary Pasamihalis reported that he had spoken to Gus Katsas from Cleveland about Philly's experience with souvenirs during the 2008 Convention. He also noted that the table plaques would also be delivered to Cleveland in time for the Convention.

Pan-Icarian Convention 2010: Detroit

Counselor Athena Siringas reported that plans for the 2010 Convention at the Detroit Marriot Renaissance Center were progressing

Constitution and By-Laws:

E. Terry Platis, Athina Siringas

Terry is still researching for missing Convention meeting minutes to update the Brotherhood's Constitution. She is looking for Convention minutes from 1994, 1995, 2004 and 2007.

Young Adults: 2009 Youth Conference to be held in Cleveland on March 28, 2009.

Greek-American Relations: Kostantinos Frangos

Kostantinos Frangos reported that he had been working with a representative of the Greek Minister of Finance on obtaining European Union / Common Market grants that could be directed for development in Ikaria. The grants could be used to create a new elder care facility. Brother Frangos requested volunteers to help with legal issues related to this investigational effort.

Pan-Icarian Foundation Foundation Vice-Chair Gus Yiakas addressed the meeting on the following key points:

The Vice-Chairman reported that we should all be proud of our support for Konstantinos Tsantiris who had his liver transplant and is doing well in England.

The Vice-Chairman said the Pan-Icarian Foundation would struggle to uphold its recent track of scholarship awards given the current market conditions. He encouraged eligible students to still make the application. The membership of the Brotherhood has stepped forward before to satisfy all the scholarship applications.

The Vice-Chairman recommended that each Chapter appoint a member to champion the local fundraising efforts for the Pan-Icarian Foundation. He cited the example of District Gov Facaros who convinced his friend that presenting a \$30,000 donation to the Foundation would be a worthy cause.

New Business The President congratulated Stavros Koutis and Rose Pamphilis on their centennial birthday celebrations.

Good of the Order District 5 Governor Steve Facaros warmly thanked the Gasparinatos family of Chapter Atheras which aided him and his wife during his brief hospital stay immediately at the close of the Philadelphia Convention.

Meeting was closed and adjourned at approximately 5:15 pm

The above represents, as written, the statements discussed, and decisions reached during the meeting, and are assumed to be a true and correct representation of those items and issues. If there are additions or corrections, please notify the author.

Respectfully Submitted, Nikolaos J. Pasamihalis
Supreme Secretary

PAN ICARIAN BROTHERHOOD OF AMERICA "ICAROS"
SUPREME LODGE MINUTES – MEETING 4
MAY 24, 2009
PITTSBURGH, PA • ICAROS CHAPTER NO. 7

President Mike Aivaliotis called the fourth meeting of the 2008-2009 Supreme Lodge of the Pan Icarian Brotherhood of America "Icaros" to order at approximately 2:30 pm on Sunday, May 24, 2009 in Verona, PA.

ATTENDEES: The following members were in attendance and a quorum was reached:

Supreme President – Mike Aivaliotis
Supreme Vice-President – Sonja Stefanadis;
Supreme Secretary – Nikolaos J. Pasamihalis
District 1 Governor – George Paralemos
District 2 Governor – Marino Moraitis
District 4 Governor – Charlotte Pardos

Icaros Chapter Members and Guests
Icaros Chapter Pres. Michelle Kotsagrellos
Icaros Chapter Tres. Cathy Pandeladis
Pan Icarian Foundation Director Chris Aivaliotis
Spanos/Areti Chapter Pres. Nick Manolis
Maggie Mamatas, Joanne Melacrinis, Jim Batouyios, Elene Page, John Manolis

ITEMS DISCUSSED:

· **Welcome:** President Mike Aivaliotis opened with welcoming remarks thanking Chapter Pres. Michelle Kotsagrellos and the Icaros Chapter for hosting the Supreme Lodge. He especially thanked Icaros members Maggie Mamatas and Joanne Melacrinis for preparing a delicious luncheon and desserts including a truly wonderful bundt cake. The meeting was held in the Icaros Chapter Hall, home of the Pan-Icarian Archives.

· **Introductions:** The members of the Supreme Lodge each introduced themselves to the Chapter.

· **Meeting Minutes:** Minutes of the last Supreme Lodge meeting in San Francisco, CA were distributed, accepted and approved.

· **Treasurer's Report:** Supreme Treasurer George Koklanaris could not attend the weekend but submitted the Treasurer's Report via email. Supreme Vice-President Sonja Stefanadis read the report to the attendees - "Our current balance is \$34,311.02 This figure does not reflect the funds recently forwarded to Brother Mike for deposit; an additional \$3,915.00 received from various chapters for 09 dues. Our 2 CD's represent an additional \$50,000 in savings. Our largest expenditure for this month will be the \$6,000 sent to the magazine for the Summer issue. Please pass the word on to the chapters to forward their dues to me in a relatively timely manner."

Membership Total:

"To date we have received 2009 Per Capita for 462 members. The breakout is as follows: Pittsburgh 97, Akron 66,

Cleveland 71, Los Angeles 17, Clearwater 143, Columbus 26, Chicago 41, and Houston 1."

An additional 29 members for 2008 was received, raising the 2008 membership total to 1881 members.

Database:

The attendees discussed the feasibility of allowing Chapters access to the Database to do local address updates and membership postings. The Treasurer/Database Manager would in turn validate the entries once the per capita has been received. The Lodge will review with the Pan-Icarian Website manager to see if this could be possible through the site.

· **Correspondence:** The Lodge received an email from Manolis Galenianos and Alexander Stafanadis from Heraklion, Crete. They are developing an on-line bibliography of Greek materials for Greeks in the Diaspora. They were looking for assistance and suggestions on the list. The Lodge will reply that they believe the idea has merit and wish them good luck.

President Aivaliotis received an invitation from the Atlanta Philoptochos for a Children's Medical Fund Luncheon schedule for November. He forwarded the info to Sonja.

· **Vice-President Report:** Supreme Vice-President Sonja Stefanadis addressed the meeting.

She gave kudos to Icaros Chapter Pres. Michelle Kotsagrellos and Chapter Tres. Cathy Pandeladis for their thorough management of the Icaros membership and work for the Youth Conference in Cleveland.

Vice-President Stefanadis stated that as of this meeting there was no info regarding the class action lawsuit for those like the Lodge who had a Sun Trust CD. Settlement options would offer a future Sun Trust CD with a starting amount of \$354.17 or an alternative cash payment of \$230.21. She will update the group when more information is available.

Sonja commented on her efforts to develop a student email list. To date, thirty-five have signed up. She also noted that this year's scholarship recipients had received a membership application with their award letter.

Sonja said that all should include PIB (for Pan-Icarian Brotherhood) in their Email subject lines to help identify Brotherhood specific emails.

The Vice President has made inquiries to the new Buffalo, Pacific Northwest and Norfolk Chapters to set up visitations.

· **District Governors' Reports:**

District 1 - Governor George Paralemos reported on his recent visits throughout the District.

o Baltimore – He attended the Lefkas Christmas party and elections

PAN ICARIAN BROTHERHOOD OF AMERICA "ICAROS"

SUPREME LODGE MINUTES – MEETING 4

MAY 24, 2009

PITTSBURGH, PA • ICAROS CHAPTER NO. 7

- o Port Jefferson – He attended a fundraiser that was organized by President Dean Spanos of Chapter New Ikaria for a brother that had fallen ill and was in financial need. The fundraiser was well attended and over \$3,500 was raised.
- o Kousaros – He has been trying to set up meetings with the Chapter to rejuvenate its membership.
- o Pandiki – He reported the Chapter was looking for ways to eliminate the real estate property taxes, raise membership and make preparations to bring the convention to New York in 2011.
- o Atheras – He attended Chapter Atheras' Annual Dinner Dance in February. and was very impressed with the Youth participation.
George inquired on the status of parade reimbursement for the Pan-Icarian float in the NYC Greek Parade. He was advised to forward a statement to the Treasurer for reimbursement.

District 2 - Governor Marino Moraitis reported on his recent visits throughout the District.

- o Youngstown - The V.I. Chebithes Chapter had a very nice Christmas party.
- o Akron – The Chapter is working on souvenir ordering in their partnership with Cleveland.
- o Drakanon – The Chapter is planning a Casino trip in late May to West Virginia.
- o Pharos – The Chapter had forty Icarians playing on the Icarian Float at this year's Greek parade.
- o Columbus – The Chapter recently had a dinner meeting at the Happy Greek Restaurant.
- o Icaros – The Chapter was in the midst of its Memorial Weekend Mini Convention
- o Warren - No report
- o Steubenville – No report

District 3 -

Governor Terry Platis could not attend the weekend.

District 4 - Governor Charlotte Pardos reported on her recent visits throughout the District.

- o Houston – Has a new President George Tratras.
- o Wilmington – The Therma Chapter is planning an Icarian weekend in November with more info to follow.
- o Atlanta – The Langada Chapter is considering a 2011 Convention Bid.
- o Clearwater – The Helios Chapter is recovering from a recent electrical fire at their Chapter House and is considering its future plans.

District 5 - Governor Steve Facaros could not attend.

District 6 - Governor Zack Lefas could not attend.

Committee Reports

· **PIB Conventions**

- o Pan-Icarian Convention 2009: Cleveland
Governor Moraitis reported that Cleveland's Gus Katsas has resolved issues with reservations at Cleveland's Convention Hotel. Everything has been smoothed out.
- o Pan-Icarian Convention 2010: Detroit
Spanos/Areti Chapter Pres. Nick Manolis reported that the Chapter was forming committees and plans were signed for the 2010 Convention at the Detroit Marriot Renaissance Center.

Constitution and By-Laws: E. Terry Platis, Athina Siringas

- o Terry has been sent the remaining missing Convention meeting minutes to update the Brotherhood's Constitution.

Young Adults: The President was impressed with the turnout for the 2009 Youth Conference held in Cleveland on March 28, 2009. There were 25 to 30 participants who learn amongst other things how to run a meeting. Many were still in college and all but 1 were current members of the Brotherhood.

Greek-American Relations - No update

· **Pan-Icarian Foundation**

Pan Icarian Foundation Director Chris Aivaliotis addressed the meeting on the following key points:

- o The Director reported that the Foundation Chairman sends his best wishes as he was recovering from knee surgery and could not come to Pittsburgh.
- o The Director said the Pan-Icarian Foundation would have a donation form in the next IKARIA magazine edition.
- o The Foundation is suffering through the economic downturn but will uphold its commitment to the 40 mandated scholarship awards.

· **Good of the Order** President Mike Aivaliotis

complimented all his officers for the work they have done this year and charged them to work hard in the future to uplift awareness of and contributions to the Pan-Icarian Foundation.

- Meeting was closed and adjourned at approximately 4:55 pm. The Lodge toured the Pan-Icarian archives.

The above represents, as written, the statements discussed, and decisions reached during the meeting, and are assumed to be a true and correct representation of those items and issues. If there are additions or corrections, please notify the author.

Respectfully Submitted,

Nikolaos J. Pasamihalis, Supreme Secretary

IKARIAN YOUTH PAGES

5TH ANNUAL

Youth Leadership Conference

MARCH 27TH – 29TH

The 5th Annual Icarian Youth Leadership Conference that was held on March 27-29, 2009, in Cleveland, OH, was an enormous success. The Conference, hosted by Chapter Pharos #3 (Cleveland, OH), gathered youth delegates from the following chapters: Pramne #1 (Youngstown), V.I Chembithes #2 (Akron), Pharos #3 (Cleveland), Icaros #7 (Pittsburgh), Foutrides #8 (Chicago), Spanos/Areti #9 (Detroit), Therma #10 (Wilmington), Lychnos #11 (Northern California), Atheras #12 (Philadelphia), Lefkas #16 (Baltimore), Helios #19 (Clearwater), N'Ikaria #25 (Northwest Indiana) and Panagia #26 (Buffalo). There were many activities that weekend for the youth to enjoy. The delegates stayed at the Holiday Inn Cleveland South located in Independence, Ohio.

On Friday night the Pharos Chapter showed true Icarian hospitality and invited the delegates to their clubhouse for "Meze Mazi." This enabled the delegates to meet and greet one another. Afterwards the delegates went to



Greek Night at Mars Bar. Like true Ikariotes, they were out into the wee hours of the night / morning.

The Conference was held on Saturday afternoon following the Greek Independence Day parade, where all

delegates marched with pride (even Icaros himself was there). There were nearly twenty-five (25) Icarian Youth



in attendance. The conference is an opportunity for the youth to get involved and ask questions they may have regarding the Brotherhood.

Supreme Lodge President Mike Aivaliotis addressed the delegates and Michelle Kotsagrelis and Cathy Pandeladis (Youth Committee Co-chairs) had a workshop on how to run a meeting. After the conference the delegates had free time before the dance.



IKARIAN YOUTH PAGES

Saturday evening the delegates had free entrance to the dance hosted by Chapter Pharos. More than 300 people were there for the dance. Everyone enjoyed dancing the Ikariotiko to Pete Karnavas on the violi. The Icarian youth had a weekend they will not soon forget. They also look forward to meeting together at the 106th Pan-Icarian



National Convention in Cleveland (again)!

The future of the Brotherhood lies in the hands of our youth and their involvement is crucial to the continuation and growth of the organization. The weekend allowed the youth to form bonds with each other and gave everyone the opportunity to feel more involved with the Brotherhood. Please urge your youth to take the initiative and attend the next Youth Conference; that is where friendships are made in the true spirit of "brotherly love".



The Youth Committee would like to thank the Pan-Icarian Brotherhood's Supreme Lodge and the Pan-Icarian Foundation for realizing the

need to get our young Icarians involved with our causes and traditions by sponsoring the Icarian Youth



Leadership Conference. The island of Icaria will always be there, but we must make sure, the place and its way of life exists in the hearts of future generations.



Submitted by
Michelle Marie Kotsagrellos & Catherine E. Pandeladis
2009 Youth Committee Co-Chairs



How to outlive your doctor By Dan Buettner

CNN.com Tuesday, April 21, 2009

Ikaria, GREECE — In 1970, when doctors diagnosed Greek-American Yiannis Karimalis with stomach cancer and only gave him a few months to live, he decided to move back to Ikaria, his birth island. There, he reasoned, he could be buried more inexpensively among his fellow Greeks.

But when he moved back to the island he didn't die. He has lived nearly 40 years more. And when he returned to America on a recent visit, he discovered that his doctors were all dead. The people on this 99-square-mile Greek island in the eastern Aegean Sea smugly tell this story as yet another example of what they've always known and scientists are now discovering: People in Ikaria live longer than in just about another other place in the world. A recent study of 90-year-old siblings, conducted by the National Hellenic Research Foundation, discovered 10 times more 90-year-old brothers and sisters here than the European average.

Why is this important?

Most scientists agree that the average human should live to age 90. (You have to have won the genetic lottery to live to 100.) But the Centers for Disease Control and Prevention says life expectancy in America is 78. Somewhere along the line, we're losing about a dozen years — most of them to costly and potentially preventable chronic diseases such as heart attacks, diabetes and cancer. These diseases are dragging down our health care system and account for much of the reason why the National Institute on Aging says the average American suffers about three disabled end-of-life years during which they incur 90 percent of our lifelong health care costs.

Ikarians are avoiding these diseases and reaching age 90 at a rate of about four times the rate that Americans do. They are getting the good years we're missing, dying

quickly and less expensively.

For the next two weeks, I'm leading **"The Blue Zones"** expedition, an AARP and National Geographic sponsored team of the world's best demographers, physicians, medical researchers and media specialists, to explore Ikarian longevity.

We already have a few clues. Since at least the sixth century B.C., Icaria was known to the ancient Greeks and Romans as a health destination — largely for its hot

springs believed to relieve pain, joint problems and skin ailments. Our team has reviewed reports of high levels of radon in these baths and will be exploring a theory that chronic exposure to low-level radiation may help protect DNA against the ravages of aging.

For much of the ensuing two millenniums, people here lived in relative isolation. The people here evolved a unique diet that we believe is a more heart-protective version of the Mediterranean diet. We're doing pharmacological analyses of dozens of herbal teas and unique honey

produced by bees that draw pollen of thyme, fir and erica. We think we'll find anti-cancer, anti-oxidant and probiotic properties in these locally produced products. We also know that people here have a vastly different character than the rest of the Mediterranean. They have volcanic tempers that quickly subside. Despite living on harsh, steep terrain, they're known for relentless optimism and three-day parties. They don't get stressed by deadlines. They go to bed well after midnight, sleep late and take naps. Anecdotally, we know that most people over 90 are sexually active.

Do these people possess the true secret to longevity?

We're not sure yet, but we'll certainly distill a few clues about living longer, better. Ikarian wisdom may not help you live to 100. But at least they may help you outlive your doctor.

www.bluezones.com/ikaria

The Blue Zones team determined the top 8 factors of longevity in Ikaria are:

- 1. Wild Greens** - Greens are abundant in fields and roadsides, Ikarians frequently eat wild green salads and pies. Some contain more antioxidants than green tea or wine.
- 2. Herbal Teas** - The common herbal teas consumed here contain compounds that lower blood pressure and decrease the risk of heart disease and dementia.
- 3. Low sense of time urgency** - Feeling less obligation to one's schedule and day is shown to lower heart-harming stress hormones.
- 4. Daily naps** - Taking a 30-minute nap at least five times a week can decrease the risk of heart attack by 35 percent.
- 5. Mountain living** - Here, every trip out of the house occasions a mini workout. People get their daily exercise without thinking about it. Studies show the mountain people have lower cardiovascular disease.
- 6. Strong sense of community** - Family and village support create strong social connections, which are proven to promote longevity.
- 7. Goat's milk** - 80 percent of all people over 90 have consumed goat's milk many times per week throughout their life. It is rich in blood-pressure lowering tryptophan and antibacterial compounds.
- 8. Ikarian diet** - The Ikarian variation of Mediterranean Diet is high in vegetables, beans, and low in meat and sugar. Uniquely, though, it's lower in grains and fish, but high in potatoes.

The Blue Zones: What do our members think?

Ikaria Magazine asked:

Unless you've been under a rock for the past few weeks, you've heard about Ikaria being named a "blue zone". Much publicity has been centered around our island with crews filming there daily and posting reports on their website as well as on news shows like CNN 360, Good Morning America and Nightline. Many facts have been given about why it is that so many Ikarians live so long — diet, social activity, purpose of life, naps and even frequency of sex. So - the question to you is, what do you think of all this?

Is all of this publicity around Ikaria positive or could it be seen as negative? Do we really want our island broadcasted nationally and internationally for all to see? Can Ikaria survive an influx of people who may want to relocate or retire to a famed blue zone? Are the findings of the blue zones crew valid in your opinion or are these facts that most Mediterranean people already know?

To The Editor:

Any news is good news! I believe the coverage has been fair and positive for the most part. Ikaria for too long has been seen as a second rate island. We lack the infrastructure and amenities that the 21-century demands. Maybe all this coverage will finally force the Greek Government to invest on infrastructure and motivate the local Ikarians to focus on the enhancement of the island. Even if there is a huge influx of people in the coming years it will be very short lived. Unfortunately, Ikaria lacks proper ports, ferry and air service (except during the summer months), roads, water, electricity, sewers and most importantly medical facilities. These factors are essential to sustain an increase in population. Therefore, people might come to explore but will not anchor themselves to the island. In closing, if there is one thing we should take from all of this (especially the youth of Ikaria), is that we need to revert to the diet and physical and social activities of the elders. Today, most youth seldom exercise, eat greasy and fried food and consume a large amount of tobacco and alcohol. If the new generation does not change their ways and the "Blue Zone" group were to go back to Ikaria in 20 - 30 years, they would be very shocked to discover just the opposite of their initial findings!

George, NY

Having lived in Ikaria for over 15 of my 34 years here in Greece I truly don't believe that Ikaria will be seeing much more than the usual flow of tourism that it normally has. As usual all the filming has been going on in the northern side of the island and that's where the surge of our visitors go anyway. We southerners won't see much of a difference which makes me a bit sad because Agios and Therma need an extreme makeover. To keep our children on the island we have to get some business going on and that just hasn't been happening on our side because we truly are not a motivated society and we are more concerned about our island being trampled because

we prefer to be let alone but that is wrong. This publicity should be used positively and the youth that live here should jump at the opportunities that this exposure has brought us. This is so much better for our island than the previous press we have gotten. Terrorists, pedophile killing father and of course our long history of drug trafficking. I would truly love to see this all being embraced with a healthy positive attitude.

Vessie Moulas, Ikaria

I am thrilled that Ikaria is getting the recognition and respect deserved! Beyond the healthy diet and lifestyle, what Ikariotes have, that cannot easily be adopted, are other senses that we experience. The pride and love that we have for Ikaria, the closeness we have with our family, the ease we feel the moment we step foot on the island, togetherness and sense of community, in general we love being Ikarian! Being healthy is amazing but enjoying and celebrating life is even more important!

Maria S. Sakoutis

I am not a native of Ikaria but have vacationed there several times and wish I could visit more often. I love the island and its people. Ikaria is a beautiful island and definitely one of the most relaxed islands in Greece that I have visited. I believe the publicity will make Ikaria a tourist attraction this year and more to come, which will stimulate the island's economy. Hopefully, the influx of people will impel natives and authorities to improve the sanitation and accommodations of the island. Personally, I don't think the islands new found publicity will bring many foreigners to relocate permanently. The only downside I would imagine is that Ikaria would not have enough room and board to accommodate the heavy flow of tourists. Hopefully, the Ikarians are prepared for a busy and prosperous summer.

I love Greece and believe that the Mediterranean lifestyle is the way to go! ***Ikaria here we come!***

Chrisula Tsampis (wife of Paul K. Tsampis) Lodi, CA

Blue Zone. The term has been thrown around left and right anymore, but what does it really mean? Who is Dan Buettner to come around all of a sudden and tell us all what we have known for so long? That Ikarians are just a bit different. Our longevity is just another one of those unexplainable qualities that makes us who we are. Just another quality that the rest of the world would like to be able to understand but will never truly be able to since they do not have the blood of Icaros coursing through their veins as we do. We Ikarians are known by our "Ikarian time" which is seen as by being late to the rest of the world. But what they didn't realize is that that is just our way of increasing our life span. I don't think the rest of the world can convert to Ikarian time, things would just go haywire. We have been perfecting it for thousands of years and no one from anywhere else can come and just adapt to our way of life as well as we do. The same goes with our diet and social activity which could best be summed up as a work out plan. I know that when I go to Ikaria my diet is composed mainly of gyros, Amstel, and french fries, which all helps to fuels my Ikariotiko dancing and late night hours. I highly doubt that many people would be able to keep up with that.

Now don't get me wrong, there are plenty of non-Ikarians who have been known to keep the pace and I salute that and encourage it. But I also am realistic and know that not many other people of the world are cut from the same cloth as us, a cloth similar to that of the golden fleece. So do I think Ikaria can survive an influx of people coming to our home trying to relocate? The better question should be "Can the people who come, survive Ikaria". We have survived attacks from the Persians, Ottoman Turks, fascist Italians, and Nazi Germans. I know we can handle a few measly tourists. Blue Zone? I don't know what that means. All I know is that Ikarians have been doing what they do by their own standards for thousands of years and will continue to do so. If that is what Blue Zone means then so be it. To me the only blue zone, in regards to Ikaria is that point when you swim out just far enough from the beach to where the water beneath you is no longer the color of the ocean floor, but that deep comforting blue. That blue that I so long for every day I am away from it. Ikarians, living free since 1912.

Fanourios George Seindanis Chapter #12 "Atheras"

The horses are out of the barn and can never be corralled. I sincerely doubt that there will be too many foreigners interested in packing up and living out their lives in our Ikarian "blue zone." Anybody not pleased about the publicity should just relax and enjoy the fact that our little island, which has had more than its share of negative publicity, has finally been acknowledged for its quality of life.

Stella Thomas

It is a very, very interesting article on Blue Zone, Ikaria. The funny thing is when young folks get to their middle ages, like fifty plus, they start thinking about their future or the lack thereof. Then when they hear about a place they already know and love, they think, hey maybe IKARIA should be our retirement home. Then when they learn about all the pluses of the place, it seems much more inviting. After all they could move there and avoid cancer and heart problems and dementia and all other things that seem not to happen in Ikaria.

What they don't think about is how the folks over there got to be so healthy and avoided the illnesses we get here in America. It's not only the healthy living, but they live off the land, which is exactly what God intended us to do. Americans are too lazy to live off the land, so they choose to buy and eat processed foods, even though we have been told for years fresh food is 100% better for us. We eat whatever is quick and easy and worry later what it's doing to our bodies.

However, we also have to remember these healthy folks who are living this life in Ikaria have been there doing this for years. Even if we all moved there now, I doubt we could add health to our already over processed bodies. Can you see yourself planting a garden, milking a goat, traveling back and forth on a bicycle for health sake? How about walking up the mountain to gather the herbs to add to foods to keep you young and healthy. How about gathering olives and making your own olive oil, or picking grapes and making your own wine and vinegar? How about you children walking to and from school every day? How about walking to church every Sunday? All the above is the way to live and stay healthy and Americans are too lazy to live that way, even if it prolongs their life and keeps them germ free.

They have none of what we call luxuries, but they have what God has provided and they use it to show Him how much they appreciate what he's given them. They live in a clean area and they keep it that way by living off the land and eating what the earth produces. We spend millions to pollute our lands and infect our bodies and then wonder why we are dying in our younger years. One person here asked if this advertising of Ikaria was a good idea, as she was afraid others might find it inviting and everyone move there and disturb their beautiful vacation spot with modernization. That will not happen, once Americans realize the lifelong process that is required to live a healthy life; they'd choose luxury over hard work. We could have been doing the same thing here (too late now) but that would mean living off the land, and they have already ruined 90% of God's green earth with chemicals, and what's left is not enough room for a couple dozen people, much less millions

My opinion only. Let me know yours. Fran Glaros-Sharp

The Blue Zones

your opinion (cont)

Any publicity about Ikaria is a good thing. The blue zones highlight will enhance Ikaria's future economically and geopolitically. It's also great because we did not need to put in any effort, time or funding from our Brotherhood. The real question is what the Pan Icarian Brotherhood is willing to do in Cleveland to highlight Ikaria as a special place in our hearts to the public. The answer is to set up the framework now for the 100 year celebration of Ikarian independence, with activities in Ikaria and sponsored by the Pan Icarian Brotherhood. We were able to put together a stunning celebration of our centennial in the United States and Ikaria. There is no good reason why we should not celebrate 100 years of Ikarian Independence home and abroad. 2012 is right around the corner. An official statement from our convention as to whether we will support a convention in Ikaria or have other events here and in Greece throughout the year of 2012 is needed. We have an obligation to put forth our efforts in that regard.

If you walk up mountains, taking the road less traveled, you will live long. If our Brotherhood chooses to take the easy road, I question our future.

GEORGE G. HORIATES

Past Supreme President

As a native of Ikaria and with all the publicity the island is getting I feel even more proud to be an Ikarian than I already was. Ikaria is a beautiful island and we know that the facts given in regards to the lifestyle of the people there is essentially valid and good cause for longevity. The only thing that worries me is the pollution. The last time I was in Ikaria I noticed how much the island was polluted. There was a lot of junk and scrap vehicles abandoned in some areas as well as lots of garbage along the roads and beaches. This only shows me that the island is not kept clean and it will only get worst with tourists who are curious to see this infamous island with its longevity secret. I was very disappointed and embarrassed with the upkeep of the island and can only hope that the natives there do something to help keep our island clean. Maybe the influx of people will compel the authorities to clean and modernize our island in regards to sanitation and to better facilitate our therapeutic waters (iamatica nera) for all the people near and far who come to use these waters for healing purposes. The plus side of the publicity Ikaria is getting would be the economic flow and wealth it brings to the island.

In any case, ***I AM PROUD TO BE AN IKARIAN!***

Paul K. Tsampis Lodi , CA

Native of Chrysostomos, Ikaria

Keeping up with

U.S. Rep. Zack Space

Ohio rep helped prevent hasty vote on 'stimulus'

An Editorial originally published February 19, 2009

Tribune Chronicle Warren, OH

While we disagree with U.S. Rep. Zack Space's vote in favor of the so-called "stimulus" bill, he is to be applauded for one stand he took in regard to the measure.

Space, who represents the 18th District in East Ohio, was one of just 18 Democrats in the House of Representatives to break with his party in regard to an important issue.

Several "procedural" votes were taken in the House on Friday, before the main event - HR1, the \$787 billion "stimulus" bill - could come to a vote. One of the preliminary votes involved questions about how quickly a bill can be voted on, once its final version is posted.

Clearly, that is an important issue. Too often, members of Congress vote on bills they have not had time to understand adequately. According to one published report, Democrat leaders in the House had agreed to a provision requiring that no bill could be brought to a floor vote unless at least 48 hours had passed since the text was posted.

So powerful were the forces in favor of the "stimulus" bill that a vote on it was requested within just a few hours of it being posted.

Clearly, most representatives didn't have time to go through the text in order to understand the "stimulus" bill's provisions. Because the required 48 hours had not passed, a procedural vote had to be taken to clear the way for the bill to go to the House floor.

"Stimulus" bill promoters won that vote, 234-194. But every Republican in the House voted "nay" - and Space joined them. Again, he was one of just 18 Democrats to do that.

Obviously, Space agreed with critics of the rush to passage that House Democrat leaders were being unfair in ramming the bill forward without allowing enough time for it to be understood. During coming months, liberals who control the House no doubt will attempt to push more legislation forward without allowing it to be subjected to proper scrutiny. We hope Space continues to oppose such tactics, for the good of his constituents. Transparency in the legislative process should not be a question of partisan politics.

In the end, Space joined his fellow Democrats in voting for the "stimulus" bill. But he displayed some political courage in his stance on procedure - and for that, he deserves to be commended.



President Obama with Sen. Sherrod Brown, D-Ohio, center, & Rep. Zack Space, D-Ohio, aboard Air Force One on Fri., March 6
photo by Stephen Crowley NY Times



Pan-Icarian Brotherhood of America "Icaros"

106th Supreme Convention
Cleveland Chapter Pharos #3
Renaissance Cleveland Hotel
Cleveland, Ohio
September 4-7, 2009

Dear Fellow Icarians & Friends,

June, 2009

September is just a few months away, and members of Cleveland Chapter Pharos #3 are busy finalizing plans for a fun and memorable **106th Pan Icarian National Convention** on September 4 - 7, 2009. **The Renaissance Cleveland Hotel, (800) 468-3571**, located in the heart of downtown Cleveland, has a limited number of rooms remaining at \$149 USD per night. Hurry and book your rooms! We urge you to make your reservations before August 20th to receive the preferred rates. Be sure to mention convention code **Pan -Icarian** (or **PANIC** for short). For hotel information, visit: www.marriott.com/hotels/travel/clebr-renaissance-cleveland-hotel/

Travel to Cleveland: For those driving to Cleveland, ample parking is available at the Renaissance Cleveland Hotel, which includes Valet Parking for \$30.00 USD daily and self parking for \$23.00 USD daily. Just across the street from the Renaissance Cleveland Hotel, on W. Superior Avenue, are various surface lots which charge approximately \$15.00 USD daily. For a map of parking in downtown Cleveland Ohio, just follow this link. www.cleveland.com/visit/wide/index.ssf?/visit/wide/110102parking.html. **Network Parking** located at 300 W Superior Ave Address: (the corner of West Superior Ave and West 3rd St) is offering parking for \$12.00 USD daily. As with all surface lot parking, vehicle owners assume all liability and risk.

Just a reminder, for those flying, we have arranged a discount with **Continental Airlines**. Booking by phone or travel agent, you will receive a 2% discount before-tax. Booking online, you will receive a 5% discount before-tax. To book online, go to <http://www.continental.com/reservations>. Click the blue "Products & Services" bar (top of page), click "Travel for Groups and Meetings" from the drop-down menu. Click the "MeetingWorks" link. Click "Book MeetingWorks Travel." Enter the **discount code ZF9TBHSYZL** and click the arrow button. This will take you to the discounted reservation page to complete your travel plans.

Banquet and Commemorative Album: It is not too late to reserve your table for the **Grand Banquet and Ball** planned for Sunday evening. Cocktails begin at 6:00 p.m. followed by dinner at 7:00 pm, which features appetizers, salad, an entrée of seared petite filet of beef with merlot sauce, served with shrimp scampi, creamy gorgonzola tomato orzo and seasonal vegetables, and dessert. Tickets are \$85 USD per person. Seating is limited, so be sure to book early. **To purchase tickets contact Kathryn Tripodis at zeus12@cox.net or (440) 843-7836 or complete and return the enclosed reservation form no later than August 10, 2009.**

Is the economy hurting your business? Need an Icarian Stimulus package? Purchase an ad or two in the 106th Commemorative Album. Promote your business, favorite not-for-profit, family announcement or warm greetings to friends. Though, our deadline is quickly approaching, there is still time to submit your ad. To purchase ad space, complete and return the enclosed Ad Contract. **All contracts must be received by July 15, 2009. Contact Maria Tripodis at ikarioti25@sbcglobal.net or (216) 741-4194 with questions.**

The Blue Zone: Icaria: Have you heard about the newest Blue Zone? Researchers believe that Icaria has one of the world's healthiest lifestyles. The Icarian way of life may hold the secret to living a longer and healthier life. Want to know more? Go to www.bluezones.com/ikaria. You may see a familiar face or two. Here's even better news. We have been in contact with the Blue Zone research team and are trying to schedule an appearance over the convention weekend. We'll update you as plans develop.

For the latest information on the 106th Supreme Convention, be sure to visit our website at www.pan-icarian.com/~pharos/.

Chapter Pharos #3 would like to thank you in advance for your generous support for a successful 106th Convention. We're looking forward to seeing you **ελάτε και Σάς Περιμένουμε!**

Sincerely,

Gus Katsas
Convention Co-Chairman

Maria Tripodis
Convention Co-Chairman
President, Pharos Chapter #3

John G. Papandreas - Esquire
Honorary Co-Chairman



Pan-Icarian Brotherhood of America "Icaros"

106th Supreme Convention
Cleveland Chapter Pharos #3
Renaissance Cleveland Hotel
Cleveland, Ohio
September 4-7, 2009

Friday, September 4, 2009

9:00 AM – All Day	Golf Tournament -Sleepy Hollow Golf Course , Brecksville, Ohio
2:00 PM - 7:00 PM	Icarian Platea (Registration, Information, Tickets, Memorabilia, Souvenirs)
3:00 PM - 7:00 PM	Business Meetings
9:00 PM - 12:00 AM	East 4th Bar Crawl (Returning to the Welcome Glendi)
9:00 PM - Close	Welcome Glendi –Icarian Style (Music by D.J. and at Midnight, a special guest musician) Cash Bar

Saturday, September 5, 2009

9:00 AM - 6:00 PM	Icarian Platea (Registration, Information, Tickets, Memorabilia, Souvenirs)
9:00 AM - 11:00 AM	President's Breakfast
9:00 AM - 6:00 PM	Business Meetings
10:30 AM - 3:00 PM	Ohio Country Wine Tour (Includes tour, tasting, lunch & time to shop)
1:00 PM - 3:00 PM	Kid's Zone
2:00 PM - 4:00 PM	Lolly the Trolley Tours of Cleveland (Includes Rockefeller Greenhouse & International Cultural Gardens)
3:00 PM - 4:00 PM	Icarian Jeopardy - Elimination Round
9:00 PM - Close	Saturday Night Gala (\$25 - Featuring Stigma, accompanied by Peter Karnavas, "Get your violi on", Cash Bar - Grand Ballroom)

Sunday, September 6, 2009

9:00 AM - 5:00 PM	Icarian Platea (Information, Tickets, Memorabilia, Souvenirs)
9:30 AM - 12:30 PM	Church/Pan-Icarian Memorial Services at The Greek Orthodox Church of the Annunciation
1:00 PM - 5:00 PM	Business Meetings
1:00 PM - 3:00 PM	Kid's Zone
1:00 PM - 3:00 PM	Lolly the Trolley Tours of Cleveland (Includes Rockefeller Greenhouse & International Cultural Gardens)
3:00 PM - 4:00 PM	Icarian Jeopardy - Championship Finals
6:00 PM - 7:00 PM	Grand Banquet Cocktail Hour Reception - Grand Ballroom
7:00 PM - 9:00 PM	Grand Banquet Dinner (\$85 - Grand Ballroom)
7:00 PM - 9:00 PM	Youth Banquet
9:00 PM - Close	Grand Ball (\$25 - Featuring Stigma, accompanied by Peter Karnavas, "Get your violi on", Cash Bar - Grand Ballroom)

Monday, September 7, 2009

9:00 AM - 1:00 PM	Icarian Platea (Information, Memorabilia, Souvenirs)
9:00 AM - 1:00 PM	Business Meetings
9:00 AM - 12:00 PM	Checkout and Farewells



Pan-Icarian Brotherhood of America "Icaros"
106th Supreme Convention
Cleveland Chapter Pharos #3
Renaissance Cleveland Hotel
Cleveland, Ohio
September 4-7, 2009

CONVENTION ALBUM AD CONTRACT

For funds received, Pharos Chapter #3 agrees to enter the message of the purchaser in the 2009 Cleveland Convention Ad Book

- | | | |
|--|--|---|
| <input type="checkbox"/> Gold Page \$250 | <input type="checkbox"/> Silver Page \$225 | <input type="checkbox"/> White Page \$200 |
| <input type="checkbox"/> Half Page \$100 | <input type="checkbox"/> Quarter Page \$80 | <input type="checkbox"/> Photo: \$25 additional per photo |

Place your message in this area, e-mail, or attach a "camera ready" copy. Advertisements accepted with payment only.

Purchaser: _____ Amount Paid: _____
Address: _____
City, State, Country, Zip: _____
Phone: _____ Email: _____
Fax: _____ Chapter #: _____

Please make check payable to **Pan-Icarian Brotherhood Chapter Pharos**
and mail with this contract to:

Pharos Chapter #3
5007 Memphis Ave. • Cleveland, OH 44144

Contact Maria Tripodis at (216) 741-4194 or email to: ikarioti25@sbcglobal.net

ALL SALES FINAL-NO REFUNDS

Contracts must be received by July 15, 2009

Please indicate: Will not attend the 2009 Convention, please send my Convention Album____
Will pick up my Convention Album____
Do not want my Convention Album____



Pan-Icarian Brotherhood of America "Icaros"
106th Supreme Convention
Cleveland Chapter Pharos #3
Renaissance Cleveland Hotel
Cleveland, OH
September 4-7, 2009

GRAND BANQUET & BALL



Sunday September 6, 2009 at the Renaissance Cleveland Hotel

Cocktails at 6:00 pm

Dinner at 7:00 pm

With music by ΣTIGMA and Peter Karnavas on the violin

Please make reservations early, as space is limited.

Please make check payable to Pan-Icarian Brotherhood Chapter Pharos
and mail to:

5007 Memphis Ave. • Cleveland, OH 44144

Return this form by August 10, 2009 to ensure your reservation.

Name(s) _____

Address: _____

City, State, Country, Zip: _____

Phone: _____ Email: _____

Fax: _____ Chapter # _____

Number of Tickets: _____ at \$85 each

Total Amount Paid: _____



**Pan-Icarian Brotherhood of America “Icaros”
106th Supreme Convention
Cleveland Chapter Pharos #3**

TOUR RESERVATION AND PAYMENT FORM~LIMITED SEATING
ADVANCE PURCHASE REQUIRED TO ENSURE AVAILABILITY

WINE TOUR & LUNCH
\$42 each SEPT 5TH

1 _____

2 _____

3 _____

4 _____

\$ _____ TOTAL

LOLLY TROLLY TOUR
\$23 each SEPT 5TH

1 _____

2 _____

3 _____

4 _____

\$ _____ TOTAL

MAJESTIC YACHT BRUNCH
\$38 (\$25 children under 12) Sept 6th

1 _____

2 _____

3 _____

4 _____

\$ _____ TOTAL

LOLLY TROLLY TOUR
\$23 each Sept 6th

1 _____

2 _____

3 _____

4 _____

\$ _____ TOTAL

SOLD OUT

ADD TOTALS \$ _____

Mail form and check to: Georgia Dadas
4832 Sweetwater Drive
Brecksville, Ohio 44141

Make checks payable to:
Pan-Icarian Brotherhood
Chapter Pharos

For information, email Georgie52@sbcglobal.net

For departure and boarding times visit our booth at the convention, see you there!



Pan-Icarian Brotherhood of America "Icaros"
 106th Supreme Convention
 Cleveland Chapter Pharos #3
 Renaissance Cleveland Hotel
 Cleveland, Ohio
 September 4-7, 2009

PAN-ICARIAN GOLF OUTING
 Friday September 4th, 2009

FOUR PERSON SCRAMBLE

10:00 A.M. shotgun

SLEEPY HOLLOW G.C.
9445 Brecksville Road (Route 21)
Brecksville, Ohio 44141

Exits off of I-77 and Ohio Turnpike

\$125 per person Range practice 8:30

**3 miles north of turnpike exit 173 &
 from I-77, exit 82 east to Rte 21 turn right 1mile**

Includes coffee and pastries in the morning,
 Hot dog and beer at the turn,
 Steak Roast Dinner &
 prizes for longest drive, closest to pin
 Putting contest and more!

Register your foursome, singles will be matched at random

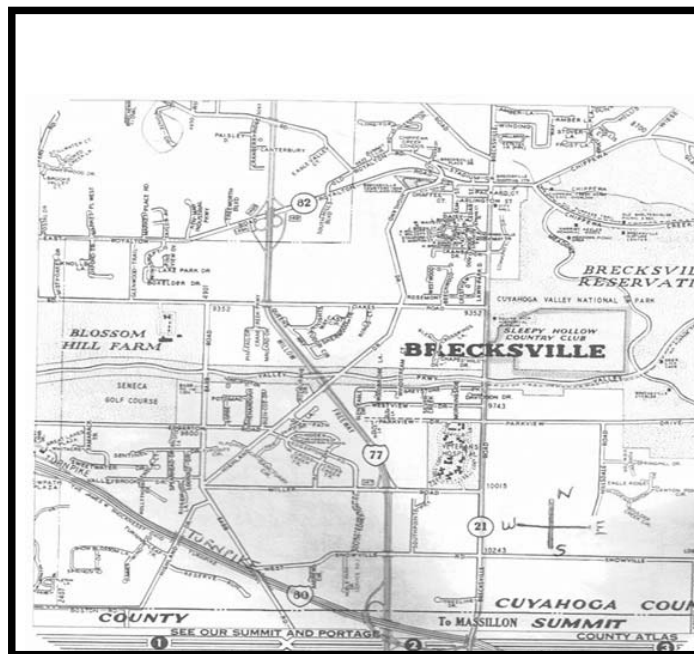
Name	phone #
1 _____	_____
2 _____	_____
3 _____	_____
4 _____	_____

Make checks payable to Pan-Icarian Brotherhood-
 Chapter Pharos.

Mail to:
 Georgia Dadas- PANIC
 4832 Sweetwater Drive
 Brecksville, Ohio 44141-4107



Contact Georgia Dadas
georgie52@sbcglobal.net



PAN-ICARIAN BROTHERHOOD OF AMERICA "ICAROS"
106TH SUPREME CONVENTION
CLEVELAND CHAPTER PHAROS #3
RENAISSANCE CLEVELAND HOTEL
CLEVELAND, OHIO
SEPTEMBER 4-7, 2009

LIST OF ELECTED DELEGATES AND ALTERNATES

This is to certify that during a regular meeting of _____ Chapter # _____ held on _____, 2009, the following members in good standing were elected Delegates to the 106th Pan-Icarian Supreme Convention to be held in Cleveland, Ohio Friday, September 4th through Monday, September 7th, 2009.

Signed by _____ Chapter President and _____ Chapter Secretary

DELEGATES

NAME	ADDRESS	CITY	STATE	ZIP
1. _____				
2. _____				
3. _____				
4. _____				
5. _____				
6. _____				
7. _____				
8. _____				
9. _____				

ALTERNATES

1. _____
2. _____
3. _____
4. _____

Please mail Delegate Form by August 1, 2009 to: Pan Icarian Brotherhood, Cleveland Chapter Pharos 5007 Memphis Avenue Cleveland, OH 44144	Per Capita Paid: 8-25 26-35 36-50 51-75 76-100 101-150 151-200 201-250	# of Delegates 2 3 4 5 6 7 8 9
Please mail Per Capita Dues by July 31, 2009 to: George Koklanaris, PIB Treasurer 22236 Harlan Grosse Ile, MI 48138		

V.I. CHEBITHES

AKRON #2

The Akron chapter held a well attended and productive membership appreciation meeting and luncheon in March. At that time, the following officers were elected:

Argie Spithas-Miner - President

George Tonies - Vice President

Steven Parianos - Treasurer

Lia Spithas Fresty - corresponding secretary

Paula Kasapis & Sarah Chibis - recording secretaries

We are very busy planning with the Cleveland chapter for our national convention in September. Our role is to provide and sell convention souvenirs and we hope to

provide you all with an attractive assortment of items to commemorate your time there!

The past months have also brought sadness, as we endured the passing of Florence Donahue, a dedicated and enthusiastic supporter of our chapter, and Daniel Charnas, beloved son of members Gus & Carol. May our memories of them be stronger than our pain in loss.

See you in September!!

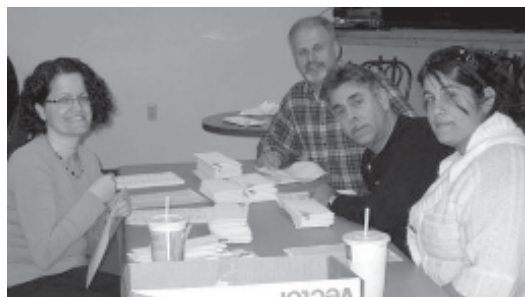
Argie Spithas-Miner, President

PHAROS

CLEVELAND #3

Greetings from the members of Cleveland Chapter Pharos:

We hope the summer is going well for everyone and that you are all making your plans to join us for the Supreme Convention here in Cleveland Labor Day weekend.



Making sure all the envelopes are labeled

Our members have been very busy getting ready to make sure that you all have a wonderful

time in Cleveland. We have planned many activities and are looking forward to hosting this grand event.



Making sure all the envelopes are stamped



Waiting for the parade to start

However, we have taken some time out to have fun. On March 28th we held our annual Independence Day Dance. Well over 500 people came from near and far to party with us. That same weekend our Chapter hosted the Pan-Icarian Youth Leadership Conference. It was very well attended; we had over 25 youth from 12 different cities participate in the conference, as well as other youth who came to attend our dance. We started the weekend on Friday night with a get-together at our Icarian Hall where a light dinner was served. After dinner some of the youth went to a local club for Greek Night. On Saturday



Making sure all the envelopes are stuffed for the convention



Ikaros and crew



All Cleveland parade attendees

morning we attended Cleveland's Greek Independence Day Parade. There were over 40 Icarions representing our organization. We had a float and speakers playing a very loud rendition of the "Kariotiko." It was a good thing that the "Kariotakia" were there, because we made the parade a huge success. After the parade, we went back to our Icarian hall for lunch and a meeting. That evening was the dance and we were there until the wee hours of the morning.

The members of Chapter Pharos would like to thank all of those who attended the youth conference and dance. We had a great time, and thanks to all of you, everything was a huge success. We hope that the Foundation continues this tradition of having the Youth Conference in a different city each year in conjunction with a dance or other event. It was very informative for the youth, and of course, a whole lot of fun.



We are planning our annual picnic for Sunday, August 9th at St. Sava's picnic grounds. The picnic is always well attended and a lot of fun. We hope that those of you who live nearby will join us.

Congratulations to **Effie and Kosta Stavrou on the birth of their son, Niko**. Proud grandparents are Niko and Vaso (Bratsis) Nikolaou. "Na Sas Zisi."

Once again, "Sas Perimenome" in Cleveland Labor Day Weekend. Submitted by Chapter President, Maria Tripodis



PANDIKI

Greetings from New York! The members of Pandiki have kept themselves very busy this month with several successful events.

On Sunday, January 25th we hosted a loukoumades. Our members feasted on the tasty treats made lovingly by Nickie Fradelos. We later had spaghetti dinner on March 1st to celebrate the beginning of lent.



Eleni Karoustos and Panagiota Tsahas were gracious enough to



café was recreated in our leschi. Members were served ouzo and mezzedakia while listening to live music.



NEW YORK #5

make the delicious dinner. On Saturday, March 14th we held our 2nd annual **Ouzeri Night**. The atmosphere of a small Aegean

The mothers of Pandiki headed by Sophia Karoutsos hosted an Easter party for our little ones on April 11th. The children enjoyed an egg hunt, crafts, and goodies. We later celebrated Greek Independence Day on April 26th by marching down 5th ave. As always a tasty luncheon was served to our members at the Ileshi after the parade.



To welcome summer we hosted a cookout for our members on Saturday May 16th. It was a great event with many of our members and their children enjoying a fun filled afternoon and evening.

We wish all our brothers and sisters a happy and healthy summer. See you all at the convention!

Submitted by Lekfie Fradelos Hunt



Gregoris and Kathy Vroulos would like to announce the marriage of their daughter **Amanda to Nikos Pasvanis**, son of Vana and Elias Pasvanis from Oxe Ikaria. The special day took place on July 19th, 2008 at Agios Pantelemon, Ikaria. Proud grandparents Xenophon and Hariklia Tsarnas.



DOLICHE

Congratulations to Nick and Christina Kotsanis on the baptism of their daughter **Anastasia Kotsanis**.

Anastasia is the granddaughter of Tom and Stacey Kotsanis of Steubenville and Father Dean and Daisy Dimon of Cleveland. Na Mas Zise!

The Steubenville Doliche Chapter is awarding two scholarships this year. The scholarships are for high school students that will be continuing their education in the fall. The recipients are Enza Tsouris, daughter of Nick and Vincetta Tsouris and granddaughter of Sarandos and Stella Tsouris and Christopher Economos, son of Ted and Marie Economos and grandson of Louis and Kalope Diniaco. Congratulations to this year's graduates.



STEUBENVILLE #6

Congratulations to **Billy Kotsanis and Melissa Reid** on their marriage. Billy and Melissa were married at Holy Trinity Greek Orthodox Church in Steubenville, Ohio and held a reception at Oglebay Park in Wheeling, WV. Billy is the son of Tom & Stacey Kotsanis of Steubenville. Melissa is the daughter of Ed & Becky Reid of Washington, PA. Tommy Kotsanis, brother of the groom was Koumparo. Billy & Melissa honeymooned in Ikaria.



ICAROS

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

Recent Chapter Icaros events include our annual Super Bowl Party on February 1, 2009 where we gathered to watch hometown **PITTSBURGH STEELERS** bring home their 6th **SUPER BOWL RING!**



Members of Chapter Icaros enjoying the game

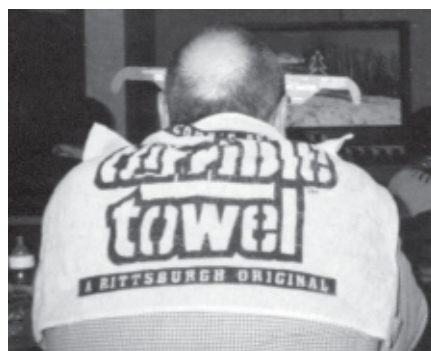


Left to right: John Gemellas, Theologos Facaros and Soterios Gemellas enjoying Steelers Super Bowl Victory 3-D Style!

PITTSBURGH #7

We had a dinner on March 8, 2009 hosted by the Karakatsanis and Kouknas families, and a dinner on April 26, 2009 hosted by Chapter Icaros.

Chapter Icaros President Michelle Kotsagrelas and



Supreme President Mike Aivaliotis wrapped in the magical Terrible Towel

Treasurer Cathy Pandeladis did an outstanding job co-chairing the 5th Annual Pan-Icarian Youth Conference March 27-28, 2009 in Cleveland, Ohio. The delegates participated in a Greek Independence Day Parade, and Chapter Pharos hosted a wonderful luncheon afterwards. Youth Conference Co-Chairs Michelle and Cathy conducted a mock chapter meeting, where delegates learned problem-solving skills. Supreme President Mike Aivaliotis was also on hand to lend some words of wisdom. The weekend was capped by Chapter Pharos' annual March glendi. The annual Youth Conference is a wonderful way to mentor our youth, who are the future of the Brotherhood.

Chapter Icaros' annual Memorial Weekend Mini Convention, held May 23-24, 2009, was another great success. Events included the 9th Annual Steve Manners Golf Outing on Saturday, May 23 and our big glendi on Sunday, May 24. Young and old danced the Ikariotiko

ICAROS

PITTSBURGH #7

late into the evening! Chapter Icaros was also happy to host a Supreme Lodge meeting over the Memorial Weekend.



The Pittsburgh gang rounded up the out-of-towners for a Saturday night outing. This has become an annual tradition.



Annual chapter Icaros wiffleball game



Victoria Mavrogeorgis played Ikariotiko while Pete Karnavas danced



Supreme President Mike Aivaliotis making a rare appearance on the dance floor to do a Zembekiko with his daughter Erica Aivaliotis.





Congratulations to:

•**Rose Pamphilis**, who celebrated her 100th birthday on February 7, 2009! Mrs. Pamphilis still actively enjoys life and is an inspiration to us all.

•**Louie and Mary Halvas** on the birth of their daughter **Angelina Jane**, born January



7, 2009 pictured with big sister Julia Marie.

•**Scott and Stacey (Kotsagrellos) Whipple** on the birth of their daughter **Faith Pauline**, born March 11, 2009.



•**Rich and Renee (Pappas) Fogg** on the birth of their daughter **Anastasia Grace**, (pictured right) born March 15, 2009.

•**Bobby and Angie (Kouknas) Schafer** on the birth of their daughter **Ava Marie**, born March 29, 2009.

•**Chad Miller and Jamie Hudale** who were married on May 30, 2009. Jamie is the daughter Rudy and Christine (Lardas) Hudale.



Our 2009 high school graduates!

Erin Cope, daughter of Neil and Joanne (Moraitis) Cope, graduated from Riverview High School and will continue her education at the University of Pittsburgh.

Lisa Kefalos, daughter of Chris and Anne Kefalos, graduated from Woodland Hills High School and will continue her education at Ohio University.

Tony Xenakis, son of Mike and Dee Xenakis, graduated from Fox Chapel High School and will continue his education at the University of Pittsburgh.

Our 2009 college graduates!

Erica Aivaliotis, daughter of Mike and Elaine Aivaliotis, graduated from the University of Pittsburgh-Johnstown and will continue her graduate education at the Chicago School of Psychology.



Carlos David DeZayas, son of Marisela (Chiotis) DeZayas, graduated with honors from Carnegie Mellon University with a Bachelor's in Business with a finance emphasis.



We were deeply saddened by the deaths of Evangeline Lardas, Henrietta "Chickie" Johnson, and Tom Frentzos. May their memory be eternal. We wish all our Pan-Icarian brothers and sisters a wonderful summer. See you in Cleveland over Labor Day Weekend! Submitted by Chapter Icaros Corresponding Secretary Anna Aivaliotis

Congratulations to **Anthony E. Xenakis**, 2009 Fox Chapel Area High School graduate. Tony has



successfully completed many advanced academic courses throughout high school and graduated with high honors. Tony's dynamic communication and leadership abilities were exemplified in activities that included lead roles in the Theatre Arts Festivals. Tony especially enjoys traveling to Ikaria and attending

the Ikarian conventions with his cousins. Tony plans to pursue a Bachelor of Science, in Engineering at the University of Pittsburgh. Tony is the son of Mike & Dee Xenakis, and grandson of Anthony and Despina Xenakis.

Congratulations to **Dede E. Xenakis**, 2009 University of Pittsburgh, Bachelor of Science, Chemical Engineering degree with high honors. Dede enjoys traveling internationally, and has spent many summers abroad in Europe, Asia, and her



favorite place Ikaria. Dede would like to send her sincere thanks to the Pan-Icarian Brotherhood of America, Order of Ahepa Aristoteles Chapter No. 34,

Order of AHEPA District #4, and the AHEPA Educational Foundation – Kounaris for their Scholarship awards. In addition, Dede was awarded the "David and Jeanette Bundy" Engineering Scholarship award for outstanding academic performance in engineering. Dede has accepted an engineering & marketing position with Exxon Mobil Corp, Houston Texas, in June 2009. Dede is the daughter of Mike & Dee Xenakis, and granddaughter of Anthony & Despina Xenakis.

Congratulations to **Lisa Maria Kefalos**, 2009 Woodland Hills High School graduate. Lisa was a

member of the National Honors Society, Gifted Program, Student Council, Varsity Tennis Team, Chamber & A Cappella Choir, Musical, Interact Club, Ski Club, and was Homecoming Queen 2nd Runner Up. Lisa maintained High Honor Roll throughout all four years of her high school career. Her musical stage credits



include The King and I, Evita, Pippin, Les Miserables, Beauty and the Beast, and The Wizard of Oz. She was also a member of the Studio G competition dance team. Lisa was very involved with her church, St. Nicholas Cathedral; she participated in GOYA activities, basketball, and dancing. Next year Lisa will be attending Ohio University in Athens, Ohio.

Submitted by parents Christopher & Anne Kefalos

Congratulations to **Erin Cope**, 2009 Riverview High School graduate.

She is the daughter of Neil and Joanne Cope and the granddaughter of Chris and the late Ann Moratis and the late Roger and Elizabeth Cope.

Erin graduated with high honors and is a member of the National Honor Society, participated in many activities including rowing, Key Club, Spanish Club, GOYA, school musicals and peer tutoring. Erin will be continuing her education at the University of Pittsburgh.

Submitted by proud parents, Neil & Joanne Cope



ICAROS

PITTSBURGH #7

Congratulations to Scott and Stacey (Kotsagrellos) Whipple on the birth of their daughter, **Faith Pauline**, on March 11, 2009. She weighed 6 lbs. 10 oz. and was 19.5 inches long. Faith is the second grandchild of Tasso and Estair Kotsagrellos. Faith is pictured with her "big" brother, Tasso.



PHOTO BY MELISSA KACZOROWSKI
Nicolette, Sophia, and Anastacia Antonucci and Connie Koutoufaris of Bethel Park at the Steelers rally. Anastacia says "Ben Roethlisberger will make the Steelers win the Super Bowl."



Cheering on the Steelers to victory! John and Connie Koutoufaris host a Super Birthday Bowl Bash. We were celebrating not only the Steelers Championship win but granddaughter Nicolette Antonucci's 3rd birthday. She was born on the day of the Steelers last trip to the Super Bowl on February 5th, 2006.

FOUTRIDES

CHICAGO #8

Spring Greetings to all from the Chicago chapter. We wish everyone a safe and healthy upcoming summer holiday season.

September 21, 2008, our chapter held another successful pancake breakfast meeting. Members got a chance to catch up with one another and plan out the following winter/spring parties.



November 1, 2008, we held our **annual children's Halloween Party**. Raquel Kohilas chaired the event and did such a wonderful job coordinating fun and engaging activities for our chapter's children. Foutrides' kariotakia

and adults alike dressed up and celebrated the candy decadent Halloween holiday in style.

November 28, 2008, Rozina Janis Karnavas hosted our first ever Thanksgiving Potluck Dinner. Ikarians gathered the Friday after Thanksgiving and shared homemade food and family recipes. Among delicious food, drinks, and good pareia, we relished in what makes Thanksgiving such a special holiday.

December 31, 2008-New Year's Eve Party, Kay Karnavas and Ourania Kotsogiannis organized a **New Year's Eve party that included**

Peter Karnavas on violin and Dj and keyboardist, Takis Zarakas. Families gathered together at the leski to ring in 2009 with a champagne toast, good wine, homemade food, and excellent pareia. Our leski was lucky enough to host guests all the way from Ikaria, Athens, and Cyprus.



Superbowl Party-Nick Shizas, our vice-president, hosted members and friends as we watched the infamous annual football game together on February 1, 2009. Thanks to Nick for organizing a nice get together stocked with Chicago style Italian beef sandwiches and other tasty football watching grub.

Greek Parade-

March 29, 2009, Our chapter braved the cold and marched down Halsted Street in Greektown-Chicago. Many



thanks to Lambrini Karnavas, our treasurer, who organized the chapters float and parade this year. Peter Karnavas played the

kariotiko in the freezing rain while members showed off our traditional dance. Ikaros also made an appearance on the float this year. Luckily the wings froze and did not melt!



Our energy and enthusiasm most definitely compensated for the freezing winter storm that day.

We are saddened by the sudden passing of one of our most beloved members, **Nicholas E. Kotsiores**. Nick, son of Maria Kotsiores Politis and the late Thrasyvoulos Kotsiores, passed away on January 1, 2009 at the age of 25. Nick filled so many of his beloved family and friends' hearts with love, joy, and happiness. His spirit lives on as memories comfort those he left behind. Nick's heart was full of gentleness and kindness and he will be dearly missed. Nick's memory will always enrich our hearts and we will love and miss him forever. **WE LOVE YOU NIKOLAKH ALWAYS!** May his memory be eternal.



We love you Nikolaki always

Submitted by Debbie Spyridakis

Despina Tsahas (Lake Station, Indiana) and **Peter-John D. Karnavas** (Alsip, Illinois) were married on October 25th, 2008 at Saints Constantine and Helen Greek Orthodox Cathedral in Merrillville, Indiana.



Despina is the daughter of Nicholaos Ioannis Tsahas (Mandria, Rahes, Ikaria) and Konstantina Tsarnas Tsahas (Agios Kirikos, Ikaria). The bride's grandmother, Despina Tsarnas, came in from Ikaria accompanied by her daughter Angela Tsarnas, granddaughter and niece. Peter-John is the son of Demetrios Fotios Karnavas (Magganiti, Ikaria) and Rozina Janis Karnavas (Chicago, Illinois). The groom's grandmother, Dorothea Vardaros Karnavas came from Ikaria, accompanied by daughter Kaliope Karnavas Kochylas and children, Dorothea and Dimitrios. The groom's grandfather, Past Supreme President John Janis Kotsogiannis (Magganiti, Ikaria) was also in attendance.

In addition to family arriving from Ikaria, Peter and Despina enjoyed the company of many aunts, uncles, cousins and friends from all over the US and were grateful that so many could be a part of their special day. Godmothers Angela Tsarnas Xylas (Ikaria) and Nicki Janis Vessol honored the couple twice-over by becoming the koumbares. The bride's cousin Maria Tsahas assisted as Matron of Honor and Peter's long time friend, Antonios N. Roditis, served as Best Man. After the church ceremony, the happy newlyweds were surrounded by loving family and friends at The Avalon Manor Banquet Hall in Merrillville, Indiana, where guests enjoyed a wonderful evening of excellent food, enthusiastic music and a surprise midnight buffet of lamb, hors d'oeuvres and... "sliders".

The couple and their guests danced until 5 in the morning to the non-stop music of Ikaros.

Though Peter and Despina knew each other since they were little, they finally saw each other for the "first time" at the 2006 Convention in Clearwater-St. Petersburg, Florida. Despina is a Cardiovascular Technician for the Hammond Clinic and Peter works for Atlantic Painting Company as technical consultant and shop manager. Peter and Despina are active members of Chicago's Aristides

FOUTRIDES

CHICAGO #8

Foutrides Chapter where Peter is currently serving his 3rd year as Chapter President.

Peter and Despina honeymooned in Hawaii and currently reside in Orland Park, Illinois.

Na zisoun! Submitted by Rozina Karnavas

Peter Nicholas Zervakis, a member of the A. Foutrides Chapter, is currently completing a 10-week summer internship at CBS News in Manhattan.

Among other duties, he adapts news stories for the CBS website and will have his own blog from mid-June until August 1. Peter is a broadcast journal-



ism major who just finished his sophomore year at the University of Illinois-Champaign. Peter has been on the Dean's List every semester and continues to maintain straight A's.

During this academic year, Peter was also a staff writer for the Daily Illini newspaper and a freelance writer for newspapers such as the Champaign News Gazette, and the Decatur Herald. He is a member of the PKA fraternity and on the Student Advisory Board to the Dean.

Peter is the son of Tassos and Harriette Zervakis of Darien, Illinois. He is the grandson of Sam and Helen (Plakas) Condes and Efsthia and the late Panayiotis Zervakis of Athens. Peter enjoys visiting Ikaria. His maternal grandmother hails from the village of Pigi. Submitted by Harriette Condes-Zervakis

SPANOS/ARETI

DETROIT #9

Greetings from the Detroit Chapter George Spanos, We are all looking forward to a relaxing summer. Some of our members will be traveling to Ikaria while others will be vacationing closer to home. We will be starting the summer with our 8th annual Spanos-Areti golf outing for Saturday, June 19th. This year we will be hosting the outing at the new Lakes of Taylor Golf Club. Our president Nick Manolis and vice-president Nick Siringas are working hard to make this golf outing a success.



This year two of our members have earned their master's degrees. **Antonia Kyrlangitses** just graduated from Lawrence Tech University with an M.B.A. Antonia is currently employed by the U.S. government where they have given her the opportunity to

continue her education.

Anna Michalakakis (pictured right with her parents, Chris and Diane, and her brother Chris) has completed her master's degree in health education at Eastern Michigan University where she was named graduate student of the year in her field. Congratulations to Antonia and Anna. We are very proud them.



Anthea Mourselas and Stephan Harris were our delegates to the Youth Convention in Cleveland. They attended a meeting and a workshop on leadership and



they also participated in the Independence Day parade. Later they danced the Kariotiko all night. We would like to thank Cleveland for their hospitality and for providing them with a great experience. They returned home excited and exhausted, but they had a great time.

In March quite a few of our members participated in the Greek Independence Day parade in Greektown in spite of the rain. We also held our annual macaronada which is always attended by so many members and guests. We would especially like to thank Popi Pinglley for sponsoring the macaronada. May the memory of her parents and husband last forever.

We're still busy planning for the convention in what will always be the Motor City, and we wish all of our brothers and sisters a great and safe summer. See you all in Cleveland! Submitted by Kathy Papalas Mourselas.

Mary Laura Papalas received her PhD in French Literature from Ohio State University in 2008 and is presently teaching French at East Carolina University. Submitted by proud father, Tony Papalas



Our 2009 year began with the election of our new officers: George Brunetti- President, Demetria Padgett - Vice-President, Kay Skandalakis and Lambra Koklanaris - Co-Secretaries, Peter Malahias - Treasurer.

Our chapter sponsored 2 youth to attend the Cleveland Youth Meeting in March. The 2 youth were Louis and Maria Padgett. Louis and Maria are the children of Demetria and Bobby Padgett.

Chloe Saffo was chosen as the February cover baby for the Wilmington Parent magazine. Chloe is the daughter of Peter and Kim Saffo and the granddaughter of Angeline Saffo.

The children of Doky and Despina Saffo hosted a 50th wedding anniversary party in honor of their parents. Guests came from all around, including Greece, France, and many places in the U. S. It was a night of family, friends, dancing, and 50 years of happy memories. Congratulations to Doky and Despina! High School graduates this year include Alexandra Lardas, and Gregory Steele. Alexandra is the daughter of the late Captain Chris Lardas, of Warren, Ohio. Gregory is the son of Elaine Steele, and grandson of Tony and Toula Vassilaros of Baltimore, MD. Both will be attending the University of North Carolina at Chapel Hill. We wish them success!

Alexandra Parrett completed her Masters of Arts and Education, with a concentration in English Education from East Carolina University. Alexandra is the daughter of Bette Parrett, and the granddaughter of Harry and Jenny Fronista. Congratulations!

Congratulations to Bette Parrett who was honored by New Hanover Regional Medical Center with the Foundation's Bill Wright Volunteer Award, for her

extraordinary time, talent and treasure given to the Medical Center Foundation.

Our annual St. Nicholas Greek Festival brought out many Ikarians who helped chair and work in different areas, including cooking, pastries, etc. Our dance troupe was well represented with Ikarian youth, as they entertained

the crowds with their dancing for 3 straight nights.

We will be hosting our annual memorial service and coffee hour in memory of all of our departed Ikarian members in July.

For all of our Ikarian family and friends heading to Ikaria for the summer, we hope you have a wonderful time. We also hope to see everyone in Cleveland.

Submitted by Kay Saffo Skandalakis - Chapter Secretary

Gregory Anthony Steele is the son of G. Wayne Steele and Elaine Vassilaros Steele and the grandson of Anthony Leonidas Vassilaros

and Toula Saffo Vassilaros. Gregory has been an active participant in Greek School, Greek dancing, GOYA, and the Oratorical Festival at the Wilmington, NC parish of St. Nicholas, and the Annapolis, MD parish of Sts.

Constantine and Helen. He has also been a vigorous member of his school and community. Gregory has been a member of the

Student Government from elementary school, and served as a delegate all through high school. He served as president of his National Honor Society and was named an AP Scholar for outstanding achievement in his AP classes. Gregory has participated in Boy Scouts and is in the process of earning the rank of Eagle Scout.

Last summer, Gregory was selected by the EU and his church, to join one hundred teens from around the world to participate in a cultural exchange program at the University of Crete, Greece. After the conclusion of the program, Gregory had the opportunity to travel throughout Greece, visiting Ikaria for the first time. This experience was one that he will never forget and he was overwhelmed by not only seeing the birthplace of his ancestors, but experiencing it first-hand. Standing in the home of his great grandmother, Argiro Klicos Saffo, and seeing the homes of many other family members, was a valuable learning experience. Gregory has had the love and support of so many family and community members and would like to thank them for everything. He will continue his education at the University of North Carolina at Chapel Hill. Gregory is considering studying political science, hoping to one day enter politics like his cousin, Mayor Bill Saffo, and continue his leadership and active



participation in his parish and community. He also wants to thank the Ikarian Brotherhood for keeping our traditions alive and helping us stay connected with all Ikarians. Submitted by Elaine Vassilaros Steele

The marriage of Miss **Andrea Diane Margoles**, daughter of Mr. and Mrs. Andrew John Margoles of Wilmington,



to Mr. Christopher Lee Carroll of Raleigh, son of Mr. and Mrs. Danny Lee Carroll of Yorktown, Va, took place at the St. Nicholas Greek Orthodox Church on Saturday, October 11th. The bride is the granddaughter of John Pastis and Artemis Diane Pastis. The Rev. Matthew Carter performed the ceremony, which was followed by the reception at the Landfall Country Club in Wilmington. A program of nuptial music

was presented by Mr. Gregory Bell and Mr. Richard Williamson was the vocal soloist. Sister of the bride Ms. Alicia Bartolozzi of Wilmington was the matron of honor. Bridesmaids were Mrs. Verna Benito Andrews of New York, Mrs. Sherry Lin Conn of Morrisville, NC, Ms. Heidi Elaine Herrington of Charlottesville, Va., Mrs. Kristin Crowther Mullins of Richmond, Va., and Ms. Jillian Fyfe Shelton of Raleigh, NC. Serving as best man was Mr. William Andrew Carroll of Virginia and Koumbaro/sponsor was Mr. Stephen Angelo Halkos of Atlanta, Ga. Groomsmen were Mr. John Wesley Conn of Morrisville, NC, Mr. Jason James Ely of Myrtle Beach, SC., Mr. Corey Brad Morganstern of Arlington, VA and Mr. Daniel Liam Sullivan of Hartford, Conn. Flower girl was Miss Angelia Argiro Saffo of Wilmington. Ring bearers were Master Christopher John Bartolozzi and Master Alexander Dean Bartolozzi, both of Wilmington. Many showers and parties were hosted in Raleigh and Wilmington. Mr. and Mrs. Danny Carroll hosted a luau buffet for the rehearsal wedding party at The Blockade Runner. After a honeymoon in Mexico, the couple will reside in Raleigh, NC. The bride graduated from Virginia Tech with a Business degree and was a performing member of the DSI Comedy Theater in Carrboro, NC. She is employed with Covidien. The groom graduated from Old Dominion University with a Business degree and received his helicopter pilot's license after graduation. He is employed with Pitney-Bowes.

Alexandra (Alexii) Lardis is the daughter of the late Captain Christopher Stephen Lardis and Ilona Lardis. Throughout High School (Cape Fear Academy) Alexii was awarded numerous honors for her high academics, community service, and leadership. She maintained a cumulative 4.4 GPA putting her in the top 10% of her class. Her academic achievements include: A Headmasters List, AP US History Highest Average Award, Humanities Department Award, and the Social Studies Department Award. Alexii was the first recipient in Wilmington of the Yale College Book Award. However, Alexii's number one commitment has always been her desire to give back to others. With her accumulation of over 250 service hours she was awarded the President's 2007 Service Award. She also organized the Community Service branch at her school by serving as Community Service Vice President on Student Government Association. Her other leadership roles included Student Body President for the Student Government Association, President of the Young Democrats Club, and President of the International Thespian Society. Admired by her peers, Alexii was voted Homecoming Queen and Most Likely to Succeed in her Senior Class. One of the founders of the Global Awareness and Peace Promotion Club, she wrote an opinion piece on HIV/AIDS awareness for The Global Citizen Corps, which was later published in the national magazine Teen Ink. Aside from her desire to save the world, Alexii enjoys singing and acting in both her school and the Wilmington Community. She plans on staying committed to all of these hobbies but focusing her career on her love of writing and politics. She will attend UNC-Chapel Hill in the fall where she plans to double major in Journalism and International Relations, while continuing her commitment to serving others through mission work.



LYCHNOS

NORTHERN CALIFORNIA #11

Greetings from Chapter Lychnos!

We were very pleased to host the Supreme Lodge meeting in March. Zacharias and Lavendar Kratsas graciously offered their home in Castro Valley as our meeting place.

A variety of potluck dishes, B-B-Q and music was enjoyed by all. The weather was great and we were able to enjoy the evening outdoors.



Zack & Lavendar Kratsas



Argyro Yiakas, Athena Tsarna-Pugilese, Maria Facaros, Joanne Petsakos



Eleni Aivaliotis, Bob Bratsis, Lavendar & Zack Kratsas, Mike Tsampis



Joey & Madison Spiegl, Michael Kouloulis Pandelis Bratsis



Athena Tsarnas-Pugilese, Mersini Pamfilis, Sonja Stefanadis, Maria Facaros



Top – Steve Facaros, Marino Moraitis, George Koklanaris, Zacharia Lefas, Nick Pasamihalis, Costas Frangos Bottom – Athina Siringas, Terry Platis, Sonja Stefanadis, Mike Aivaliotis, Stellios Petsakos



George Kouloulis and Janet Speigl

Our May meeting was hosted by George Kouloulis at his restaurant, Haystack Pizza. As always George puts on a great feast!

LYCHNOS

NORTHERN CALIFORNIA #11

Elections were held – Congratulations to Lavendar Kratsas - President, Despina Tsampis – Vice Pres., Zacharias Kratsas – Treasurer and Stella Bratsis – Secretary. We are looking forward to Sonia Stefanadis visiting our chapter in October. We are in the midst of planning our annual fundraiser in November. Hope to see you there - Ikarians from the east meet the west.



Despina, Panagiota and Chrysoula Tsampis



Mersini Pamfilis, Zack Kratsas, Elias Pamfilis



Athena Tsarnas-Pugilese, Elaine & Costas Kratsas



Top – Bob Bratsis, Paul Katinos, George Mougianis, George Kouloulis, Zack & Lavendar Kratsas Bottom – Stella & Pandelis Bratsis, Maria Katinos, Despina Mougianis Chrysoula Tsampis

Wishing great success to Chapter Pharos #3, Cleveland for an outstanding 106th Pan-Icarian convention!

Stella Bratsis, Secretary

OINOE

SOUTHERN CALIFORNIA #14

Chapter Oinoe started the year with a meeting at the home of President Nicolas James on January 19, 2009. We discussed among other topics the possibility of hosting the 2011 National Convention. We decided to research local hotels and meet again in a month to discuss our findings.

Steve and Dean Tripodes hosted their famous Super Bowl Party on February 1, 2009. Their home was filled with TV monitors in 4 locations so no Icarians would miss one moment of the Steelers defeating the Cardinals 27-23, in one of the most memorable Super Bowls ever. They also served an amazing array of food and beverages. It was a great night for all who attended.



President Nicolas James and Hilda James cheering on the Pittsburgh Steelers



Dean & Steve Tripodes



Dino & Virginia Lappas



Chapter #14 Super Bowl party group shot

On February 14, 2009 in Ontario, California one of our youngest chapter Oinoe members

Alexander James (5) made his debut with his big sister **Sophia Anna James** (8) her third time attending the Metropolis of San Francisco Folk Dance & Choral Festival. The festival is a celebration of our Orthodox Christian faith through music,



dance, and Hellenic

culture. Alexander and Sophia did a great job in the Division III Exhibition dancing for Sinefakia from St. Sophia Cathedral, Los Angeles. Opa! Alexander & Sophia



On February 28, 2009, a birthday bash was given in

honor of **Stavros Koutis' 100th birthday**. The party was at the Santa Monica home of Toulia Balanis and given by his daughters Victoria Apostolakis and Toulia Balanis.



Stavros Koutis, Costas Yiakas

Stavros was born in Kossikia, Ikaria on January 20, 1909, three years before Ikaria was liberated from Turkish rule. He became a sailor at age 15, and continued his merchant marine career until 1950 when he came to America as an illegal alien, leaving behind his wife Polyxeni and his

four children for 10 long years. Finally, in the late 1960s he came back to America legally and brought the entire family with him.



Eleni Blumenfeld-James (Apostolakis), Stavros Koutis, Toulia Balanis(Kouti)

Stavros is blessed with 4 children, 11 grandchildren, 4

great grandchildren and 1 great great grandson. He is a happy man to this day, gardening, cooking, baking bread and making Ikariotiko paximadi once a week.

He still walks over to visit his Ikarian



Stavros with his children: sitting- John Koutis, Stavros Koutis, Mary El Raheb standing - Toulia Balanis, Victoria Apostolakis

neighbors to enjoy a little Greek kafe and conversation.

He also follows the political developments in Greece by watching his Greek television, and he has traveled to Greece practically every summer.



The 100th birthday party was attended by over 100 guests gathered from all over the country. The celebration began after the Chapter meeting coordinated by Chapter President Nicholas James.

Stavros was honored by the presence of his



George Atchidaftis, Stavros Koutis, Elena Zajechouski granddaughter reading letter from governor Arnold Schwarzenegger

fellow
Ikarians
of Chap-
ter Oinoe,
the
Consulate
General
of
Greece,
and his
friends
and
family.



George Achidaftis, Consulate general of Greece, Stavros Koutis, Constantine Frangos

He was also honored by letters of good wishes and congratulations from President and Mrs. Obama, California Governor Arnold Schwarzenegger, the California Congress, and the President of the Pan-Icarian Brotherhood. All his family completely admires Stavros and we

wish to
thank
everyone
who came
to celebrate
and wish
him well on
such a
momentous
occasion.



With the grandchildren: sitting - Thalassa Balanis, Stavros Koutis, Christina Apostolakis, Eleni Blumenfeld-James Standing - Elena Zajechouski, Taki Anagnos, Michael El Raheb, Nikolas Balanis, Alexandra Apostolakis

On March 28, 2009 we had another Icarian meeting to discuss our hotel finding for the National Convention. We narrowed the competition down to two locations and decided to check out those two hotels one more time before we made our final decision.

We celebrated Greek Independence Day at St. Sophia Cathedral in Los Angeles on March 29, 2009. Young Chapter Oinoe Members **Sophia Anna James** and **Alexander James** represented our chapter with their beautiful Greek



poems and songs. It was a very memorable celebration and the kids did a wonderful job.

On April 17, 2009 **Sophia Anna James** was honored to be asked to be a Myrrofores girl for the Good Friday Service at St. Sophia Cathedral. Sophia and about 17 other girls from the parish led the procession around the church with **Tom Hanks** following with the Epitapios.



We hope you all have a wonderful summer and hope to see you all in Cleveland Labor Day Weekend for the National Convention.

Submitted by Nicolas G.James, Chapter President

LEFKAS

BALTIMORE #16

Greetings from Baltimore! Our chapter had our first Easter celebration at our Ikarian house. We had a beautiful turnout and a wonderful time.



Katina and Hrisoula

Mavrophilipos had the honor in attending the Youth Conference in Ohio.

We are so proud of our fellow Ikarian Sarantos Tripoulas graduating High School, son of Kosta and Eva Tripoulas.

Submitted by Toula Manolis



CHRIST E. AIVALIOTIS

COLUMBUS #17

On Sunday May 3, the Columbus, Ohio Chapter #17 met at The Happy Greek Restaurant for an informal meeting. The upcoming Convention in Cleveland was discussed along with other topics. We would like to welcome our new member, Tim Leakas, son of Sandy Leakas Thomas.



In the picture: First row, Left to right is Ruth Bingham, Jackie Moraitis, Dessine Fricioni, Jim Kalas. Second Row, Marino "Mike" Moraitis, Aristottle Hutris, Chris George, Argiro Sourvanos, Sandy Thomas, Lisa Kougendakis Houck, Sultana Kougendakis, Fran Kalas. third row: Tim Leakas, Albert Fricioni and Christos Pardos.



Martine Mercier graduated in December from the University of Akron with a degree in Criminology. She is the daughter of Nickie & Ian Mercier of Columbus. Her proud grandparents are Dennis & Argiro Fountas Sourvanos.

Submitted by Jackie Moraitis

CHRIST E. AIVALIOTIS

COLUMBUS #17

Andy and Elli Kalas successfully completed a 13.1 mile marathon to raise funds for the Leukemia-Lymphoma Society. When they began their training earlier this year, neither could run a full mile without walking part of it. They personally raised \$3,500, and the team fundraising total was \$130,000.



Lymphoma changed the lives of the Kalas family when in 2001 Andy's sister, Carol Skeese, was diagnosed with non-Hogkin's Lymphoma at the age of 28 and given a 20 percent chance of survival. After radiation, two rounds of chemotherapy and a bone marrow transplant, Carol has been in remission for more than six years. Andy and Elli took on this challenge in honor of Carol's victory over cancer, and they hope the money they raised will help find a cure for this disease. Andy is the son of James and Fran Kalas of Newark, Ohio. His grandparents are Stamatis and Despina Raptis, who came to this country from Karavostamon, Ikaria.

Submitted by Dessine Fricione

HELIOS

CLEARWATER #19

Greetings Brothers and Sisters from Helios Chapter # 19. Following our February 22nd, 2009 meeting, several hours after all the members had left our clubhouse; an electrical fire broke out above the ceiling panels of our kitchen area. Our clubhouse suffered major fire damage. Fortunately, many of our valuable chapter archives, photos, etc., were able to be salvaged. But it will take many months to rebuild. For now, we are holding our meetings at a local condominium recreation hall and at a property belonging to Gus Tsambis. We'll keep you informed of our progress.

Two of our young adult members, Eleni Gemelas and Eleni Tanatra, represented us at the Youth Leadership Conference held March 25th weekend in Cleveland. Helios Chapter once again participated in the **Greek Independence Day Parade held in Tarpon Springs** on March 29th. Our float was a trailer that we decorated ourselves. Many of our members were on hand to enjoy

the festivities. After the parade we held a meeting and

luncheon in a nearby park where we discussed plans for the future of our clubhouse.



Helios members throw beads at the crowd during the parade in Tarpon



Helios Chapter Vice President Harry Batuyios and Peter Tseperkas enjoy the meeting and lunch following the parade





PSP Gus Stefanadis and Supreme VP Sonja Stefanadis at the meeting / picnic

Below: Gus Tsambis explains the preliminary plans for the rebuild of our chapter clubhouse



In other news, we were saddened by the loss of PSP Nicholas Achidafty, one of our founding members. We also lost Mary Conomos, the mother of Chapter Secretary Anna Tripodis. May their memories be eternal.

In happier news, Helios is blessed this year with several high school graduates. Sophia Mavres, daughter of Jim and Annette Mavres, and the granddaughter of PSP Gus and current Sup. Vice Pres. Sonja Stefanadis, graduated from the Medical Magnet Program at Palm Harbor High School. She will attend the University of Central Florida. Kali Tripodis, daughter of PSP Stan and Anna Tripodis, graduated from the International Baccalaureate Program at Palm Harbor High School. She will attend Florida State University. George Tsambis, son of Gus and Dr. Anna Tsambis, graduated from J. W. Mitchell High

School. He also will be attending Florida State University. Keep up the good work!

Best wishes to all, and see you in Cleveland Labor Day weekend! Respectfully submitted, PSP Stan Tripodis

Kali Tripodis, 18, daughter of PSP Dr. Stanton and Anna Tripodis, graduated on June 3rd, 2009 from the International Baccalaureate Program at Palm Harbor University High School. Kali played for two years on the school's Junior Varsity Volleyball team. She was active in many school clubs, including Youth in Government, Spanish Club, and Students Against Destructive Decisions, in which she served as Vice President. In addition, Kali has been active in the GOYA



chapter of Holy Trinity Greek Orthodox Church of Clearwater. She completed over 200 hours of volunteer community service for Hospice during her Junior and Senior years. She will attend Florida State University. Kali plans to be a Communication Major, and to attend law school. Se Anotera! PSP Stan Tripodis

George Dean Tsambis, son of Gus and Anna Tsambis graduated from J.W. Mitchell High School in New Port



Richey, Florida. He graduated Cum Laude with honors. George was nominated to attend the National Youth Leadership Conference in Washington D.C. this past fall where he learned how our government functions. George was very active in media productions at his high school where he helped produce the student daily news program. He also worked closely with

charity functions such as Relay for Life and helped raise monies for our Ikarian charities through concerts that he would put together. George will be attending Florida State University where he will pursue his degree in Media / Film Productions. His family is very proud of his accomplishments and wish him grand and successful educational endeavors. Anna D. Tsambis Ed.D

NISOS IKARIA

TORONTO #21



Congratulations to Renos and Litsa (Kanetos) Manolis on the birth of their daughter. **Maria Manolis** was born on March 8 and weighed 6 lbs. 2 oz. This is their first child and we wish them much love and happiness as they begin their new life together. Na sas zisei! Little Maria is already getting ready for her first trip to Ikaria this summer.



Left: Chapter members participate in the Greek Independence Day Parade in Toronto

IKAROS OF MONTREAL

MONTREAL #22

Θερμούς Χαιρετισμούς σε όλους από το τμήμα 22 Ίκαρος του Μόντρεαλ.

Ο χρόνος μας ξεκίνησε με στόχο να οργανώνουμε περισσότερες εκδηλώσεις ωστόσο να μπορούμε να βρισκόμαστε πιο ταχτικά. Μέχρι τώρα έχουν λάβει μέρος διάφορες εκδηλώσεις με πολύ καλή συμμετοχή των μελών μας και τους ευχαριστούμε θερμά για την συμπαράστασή τους!

Η πρώτη μας εκδήλωση, η Ικαριωτική χοροεσπερίδα μας που έγινε στις 28 Φεβρουαρίου είχε ιδιαίτερη

ξημερώματα. Συγχαρητήρια σε όλους σας για την συμμετοχή σας!



μεγάλη επιτυχία και όλα τα μέλη μας τίμησαν με την παρουσία τους παρέα με φίλους, συνεργάτες και τις οικογένειές τους. Ήταν μια αξέχαστη βραδιά με κέφι, γλέντι, πλούσιο φαγητό, κληρώσεις και χορό έως τα

Η επόμενη μας εκδήλωση έγινε στις 15 Μαρτίου όταν οργανώθηκε η καθιερωμένη μας εκδρομή σε ένα μικρό χωριό του Κεμπέκ φημισμένο για τα δέντρα Πλατάνια του από τα οποία προέρχεται το γνήσιο σιρόπι του Καναδά. Μαζευτήκαμε να απολαύσουμε λιχουδιές όπως ζεστά ψωμιά, κοσλο, ρεβιθοσουπα, καπνιστό ζαμπόν, μπέικον, ομελέτες, πατάτες, και για επιδόρπιο τα φημισμένα γλυκά όπως τις κρέπες, τις ταρτελέτες, και τα σπιτίσια είδος λουκουμάδες όλα περιχυμένα με το ζεστό και γνήσιο γλυκό σιρόπι που προέρχεται από τα χίλια δέντρα που περιτριγυρίζουν το χωριό. Επίσης



επισκε-
φτήκαμε
την
ζωγραφιστή
περιοχή με
μια βόλτα
με τα
καρότσια
από άλογα.



Λίγο μετά, την Κυριακή 29 Μαρτίου εξακολουθήσαμε με την καθιερωμένη Ελληνική Παρέλαση μας στην ελληνική οδό της “Jean Talon” για να γιορτάσουμε την απελευθέρωση της Πατρίδας μας στις 25^η Μαρτίου. Παρόλο τον όχι και τόσο συνεργάσιμο βροχερό καιρό, μαζευτήκαν τα θαρραλέα μελοι και με την υπόλοιπη ελληνική παροικία παρελάσαμε για να τιμήσουμε αυτή την ιερή γιορτή μας.

Στις 5 Απριλίου έγινε η ετήσια Γενική Συνέλευση μας όπου βρισκόμαστε να κάνουμε μια ανασκόπηση της χρονιάς και να πάρουμε την κατεύθυνση από τα μελοι μας για ότι αφορά τον σύλλογο μας και για να προγραμματίσουμε τις επόμενες εκδηλώσεις για το υπόλοιπο έτος. Επίσης έγιναν οι εκλογές του καινούργιου συμβουλίου που θα σας αναφέρουμε τα ονόματα μετά την ορκωμοσία τους στο επόμενο τεύχος.

Και τελευταία στις 24^η Μαΐου, γιορτάσαμε στο Εστιατόριο “Au Vieux Duluth” τις Μητέρες μας και τους Πατέρες μας με ένα τιμητικό γεύμα δωρεάν για τα μελοι μας που είναι Μητέρες και Πατέρες και με καλή παρέα περάσαμε ένα θαυμάσιο απόγευμα με έναν ωραίο δείπνο.



Επίσης θα θέλαμε να σας ανακοινώσουμε κάποιες από τις πιο πρόσφατες οικογενειακές στιγμές των μελών μας. Συγχαρητήρια στην Andree Mercier και τον Γιάννη Καρρά (γιος του Νικόλα και Χριστίνας Καρρά) που καλωσόρισαν στις 22 Φεβρουαρίου 2009 την γέννηση του γιου τους Νικόλας Καρράς. Να ζήσει το νεογέννητο!

Συγχαρητήρια επίσης στην Ρόζα Φολει και στον Αριστείδη Μαυρογιωργη (γιος του Χαραλάμπου και της Φιλίως Μαυρογιωργη) για την βάφτιση του γιου τους Χαράλαμπος Bobby Μαυρογιωργη που έγινε στις 10 Μαΐου με τους ανάδοχους το ζεύγος Ζαχαρίας Λεφας και Ειρήνη Αντύπα. Να σας ζήσει το νεοφώτιστο!

Και συγχαρητήρια στους γονείς Ελευθέριος και Γεωργία Κατσιπη που στις 30 Μαΐου πάντρεψαν την αγαπημένη τους Χριστίνα με τον αγαπημένο της Θανάση Ματζιαρης. Να είναι πάντα ευτυχισμένο το ζεύγος! Να ζήσετε!

Αυτά ήταν τα πρόσφατα νέα του τμήμα μας, σας εύχομαι ένα ωραίο και ξεκούραστο καλοκαιράκι, και για ίσως από εσάς που θα είστε τυχεροί και θα έχετε την ευκαιρία να επεσκέφθητε την όμορφη Ικαρία μας, καλή αντάμωση και είμαι σίγουρη ότι θα περάσετε αξέχαστες διακοπές απολαμβάνοντας την γαλάζια θάλασσα, τον καυτό ήλιο και τις χρυσαφένιες αμμουδιές του πανέμορφου νησιού μας. Μια συμβουλή όμως, προσοχή στους καινούργιους τουρίστες που θα μας επισκευτούν ψάχνοντας το καινούργιο ελιξήριο της μακροζωίας!! Θα είναι δικοί σας επιλογή εάν θα αποφασίσετε να τους μοιράσετε το μυστικό των κατοίκων μας!!

Με εκτίμηση, Χρύσα Ευστρατουδακη

Dear Brothers and Sisters, greetings from Chapter 22 Montreal of Ikaros.

This year of 2009 has been so far quite eventful for our Chapter and we would like to take this time to thank all our members for their continued support and commitment.

We began this year's events with an **Ikarian Dance** event held on Saturday, February 28th, which turned out to be a





great success!!
Ikarians in strong numbers along with their friends, co-workers and families attended and a great evening was had by all.

As a seasonal ritual in Quebec, we gathered on March 15th at a traditional **Cabane a Sucre** (Sugar Shack) in a rural village to feast on the traditional, delicious delicacies which consist of: hot rolls, cole slaw, pea soup, regular and smoked ham, omelette, bacon rinds, roast potatoes, homemade baked beans and followed by the



In March as well, we celebrated the annual Greek parade to commemorate our March 25th **Greek Independence day**. The parade took place on Sunday March 29th along the designated Greek street of Jean-Talon. Despite a rather less cooperative rainy weather this year our devoted members and the rest of the Greek Community still came to attend and participate in this annual Greek tradition rendering it a great success.



maple-sweetened desserts like pancakes, maple sugar tarts, homemade donuts all made with the pure maple syrup of the thousands of maple trees surrounding the village. Our members enjoyed a horse-drawn wagon ride through the woods, while others stayed to taste the hot maple taffy freshly served on snow and scooped up with wooden sticks.



On April 5th, we held the General Assembly in which we reviewed our chapter's annual progress, discussed upcoming activities and set forth the annual agenda, as well as planning this year's new elections for a new council. We will submit the names of our new chapter officers in the upcoming Ikarian magazine issue once the official swearing-in ceremony is finalized.

And finally on Sunday May 24th, we gathered at Au Vieux Duluth restaurant to celebrate our members who are Ikarian Mothers and Ikarian Fathers by offering them a complimentary **Mother's Day & Fathers Day dinner event**. In company of delicious food, abundant wine and each other, a grand time was had by all and all the Mothers & Fathers were deeply appreciative of the recognition.



For other celebrations this year, wishes of congratulations goes to Andree Mercier and John Karras (son of Nick and Christina Karras) who welcomed the birth of their adorable son **Nicolas Karras** on February 22nd, 2009. May he be blessed!



Congratulations goes out as well to proud parents Rosa Foley and Aristidis Mavrogiorgis (son of Haralambos and Filio Mavrogiorgis) who on Sunday May 10th baptized their precious baby boy **Haralambos Bobby Mavrogiorgis** with godparents Irene Antypas and Zack Lefas. May he be blessed!



On Saturday May 30th, proud parents Eleftherios and Georgia Katsipis celebrated the wedding of their beloved Christina to Tom Matziaris. Congratulations to the happy couple for a blessed life together!!

That was all our recent Chapter events for now, I take this opportunity to wish you all a most pleasant and restful summer vacation and for those of you who will be lucky enough to visit our Ikarian homeland, may you enjoy the Mediterranean sun and sea. One word of advice to you towards the many new tourists who will be swarming our precious island in search of the sought after elixir to longevity....it will be up to you if you shall decide whether to share the secrets of our ancestors. Respectfully submitted, Chryssa Efstratoudakis

THE IKARIA MAGAZINE FALL EDITION DEADLINE IS OCTOBER 1, 2009

PLEASE E-MAIL ALL PHOTOS AND SUBMISSIONS TO NPLUTIS@YAHOO.COM

OR MAIL TO 1770 DOUGLAS AVE. DUNEDIN, FL 34698.

ALL SUBMISSIONS MUST BE RECEIVED PRIOR TO OCTOBER 1ST TO BE CONSIDERED FOR PLACEMENT. THANK YOU.

DRAKANON

PARMA #24

I wish to report that the Drakanon Chapter has met only twice this year due to some travel and health issues of some members. However, at these two meetings we have been very productive and a casino trip was scheduled for May 17th. Denise Lefas is actively working with her cousin in Akron to establish a meeting between the two clubs for planning a joint venture in the fall of 2009. We are having a meeting at the house of Mike Karniotis on June 20th and plan to notify our District Governor to attend. On May 2, 2009 Stephanie Marie Kowal, daughter of Mike Karniotis baptized her nephew, **Oliver Alexander Thomas** at the Holy Trinity Cathedral in Toledo, Ohio. Oliver was born on February 9, 2009 to Christina Ann and her Husband Ronald Thomas. He joined his brother Theodore Michael, Age



2.6 years in the Thomas family. Many of our members are planning to visit Greece this summer so I hope we have more to report in the fall issue. Our entire club wishes the Pharos Chapter a very successful convention. Sincerely,
Mike Karniotis
Chapter Secretary-
Drakanon #24

PANAGIA

BUFFALO #26

After a long winter, the spring and summer seasons have finally arrived in Western New York! These seasonal changes not only bring the warmer weather, but they also are the start of many events and gatherings for our chapter. This year we started things off by holding a chapter meeting at the household of Nikolaos and JoAnn Skaros.

At this gathering we selected the two youth members, George N. Skaros & Damianos T. Skaros, who would be our representatives at this year's youth convention held in Cleveland, OH. Our youth representatives were very



Youth members marching in the Greek Independence Day Parade, in Cleveland, OH

gracious and had a memorable time at the event. Both felt that this was a great opportunity to meet other youth members from around the country and discuss

their roles in the future of the Brotherhood. George and Damianos would like to extend their thanks to the Cleveland members who made this event possible. Bravo!



Theodore and Nicholas Skaros

At the spring meeting, we also finalized our arrangements for preparing the Mayeritsa to our congregation following the Anastasi. This was the second year our chapter prepared the traditional dish, and it was an even bigger success than last! Within our congregation's monthly news letter, Father Christos extended his personal thanks to our members and

also to the Pan Icarian Brotherhood for their support. We wish all of our Icarian Brothers and Sisters a safe and fun summer and we look forward

to seeing everyone at the annual convention.

Sincerely, Nicholas G. Skaros (President)
Theodore G. Skaros (Vice President)



Members of Chapter Panagia preparing the Mayeritsa, which was served after Anastasi



Philip Marcello learning how to make the prosforo

Kalos sas vrikame! On January 31, 2009, after years of hopes, 18 Ikarians gathered in the home of Stefanos Pedos, and a dream became reality- the first official meeting of Chapter #28, Eirini, of Southeastern Virginia. Named in memory of Irene Batouyios Pedos, a small chapter with a huge heart has started.

During our first meeting, the history of the Pan-Ikarian Brotherhood was discussed. Current events and projects of the Brotherhood were also discussed. Elections took place and the results were: President- Mosca Nichols; Vice-President, Stefanos G. Pedos; Secretary- Costa Plakas;

Treasurer- Anna Pedos and Kelly Pedos Bredologos: and Liaison to Ikaria, Christos Plakas.



Attendees of our first meeting



As Stelio puts it, "You know it's an Ikarian meeting when the first person there is Cretan, and he is a half hour late."



Our President and Vice-President seal the deal

President Mosca Nichols with her daughter Annette Mavrophillipos



Congratulations to Kelly (Pedos) and Stelianos Bredologos on the birth of their daughter, **Evangelia**

Eirini, born on February 11, 2009. Kelly is the daughter of Stefanos and †Irene Pedos. Na mas zisi!

Congratulations also to Deanna Stepanovich for graduating Magna Cum Laude from George Mason University with a double major- Bachelor of Arts in Foreign Languages and Global Affairs. Deanna will be attending graduate school at George Mason starting in the



fall. Deanna is the daughter of Anna-Maria (Contes) and John Stepanovich. Congratulations Deanna!

Further congratulations to Christina Mavrophillipos for being named into the National Junior Honor Society, participating in the Greek Folk Dancing Festival in Anapolis, MD, and receiving honorable mention in the St. John Chrysostomos Oratorical New Jersey Regional Festival. Christina is the daughter of Annette and Dimitri Mavrophillipos. Kai se anoteri!



The board pledges to do their best following the principles of the Brotherhood



Nothing is complete without the Ikariotiko!

Our chapter was happy to have Flight of Icarus with Pete Karnavas playing at our church's festival in Norfolk, VA. True to their roots, they ended the festival each night with the Ikariotiko. We hope to have you back next year!



President Mosca Nichols welcomes the band

We look forward to many years of health and prosperity for our chapter and for its members- Kelly Pedos Bredologos, Dr. Stelios Bredologos, Donna Contes, Anastasios Diniaco, Andrew Flint, Mosca Mavrofillipos Flint, Mosca Nichols, Annette Mavrofillipos, Avgerinos Mavrofillipos, Carol Mavrofillipos, Dimitri Mavrofillipos, Stelios Mavrofillipos, Vasilias Mavrofillipos, Anna Pedos, Stefanos Pedos, Christos Plakas, Costa Plakas, Andrew Smith, Pari Mavrofillipos Smith, Ainsely Plakas, Christina Stepanovich, Deanna Stepanovich, and George Stepanovich.

Submitted by Kelly Pedos Bredologos

SCHOLARSHIP RECIPIENT LETTERS OF THANKS

Dear Pan-Icarian Brotherhood,

I would like to take this opportunity to thank this organization from the bottom of my heart for the scholarship I was awarded with. It has helped me out tremendously as a student at the University of Pittsburgh. It is through your generosity that I am able to pursue such a prestigious education. I am enjoying my college experience thus far at Pitt. It's been an exciting and unforgettable first year. I am incredibly proud of the Greek Icarian heritage that I'm blessed with. Thank you for your generous help. I truly appreciate it and look forward to seeing our friends and family at the upcoming Cleveland convention.

Thank you,
Kyra Sirigas-Tabak

Dear Members of the Pan-Icarian Scholarship Committee,

Thank you very much for choosing me as one of the recipients of the Pan-Icarian Foundation Undergraduate Scholarship. It is an honor to have been selected as I continue my education at Miami University of Ohio with a major in Math. I appreciate and am grateful for the support of the brotherhood in aiding my education. I am very fortunate and proud to be part of the Icarian community that encourages higher education. I thank you again and wish the Pan-Icarian Foundation continued success.

Sincerely,
Steven Loizos

Dear Mr. Koutsoutis and Pan-Icarian Brotherhood,

I want to thank you and the Pan-Icarian foundation for the very generous scholarship. This scholarship enables me to pursue my academic goals as I am now preparing for my second year at the Johns Hopkins University. I thank you again.

Sincerely,
Vasilios Mavrophilipos



Please e-mail your scholarship letter of thanks to nplutis@yahoo.com for publication in *Ikaria Magazine*.



IN MEMORY OF



Nicholas (Nick) Achidafty passed away on March 13, in Clearwater, Florida. He is survived by his wife Irene



(Kavourias), son Dimitri and wife Argie, daughter Mary, grandson Zenos, brother George, sisters Toula and Joanna, and a host of cousins, nieces and nephews. The family wishes to thank cousins/niece Steve and Helen Parianos (of Clearwater and Cleveland, Ohio), who selflessly gave their time in the loving care and attendance to Nick and Irene during his

final months.

Nick was born in Arethousa, Ikaria, and immigrated to the United States in the early 1950s. He and Irene eventually established their family in the Detroit area where he was active in the Panician Brotherhood of America and Ahepa. Nick was a Past Supreme President of the Panician Brotherhood and served as the first

editor of "Ikaria Magazine". Before retiring to Florida and joining the Helios chapter, Nick spent many hours remodeling and repairing the Areti chapter meeting-house. He continued volunteering his time to work on the Helios chapter house.

Nick was a carpenter and painter by trade but also enjoyed gardening and conversation and debate with his friends. He was a firm believer in education and very proud of his Greek heritage and the culture of Ikaria. He enjoyed seeing young people participate in the Panician Brotherhood and encouraged them to take active roles to help preserve Ikarian traditions.

Zenos Deschamps gave a eulogy at his grandfather's funeral that included the following heartfelt words:

My Πάπου taught me that if you focus on accomplishing one thing at a time, soon you will have accomplished many great things. This was evident in Πάπου's daily routine and I have adapted it into my life philosophy. I was fortunate to know a man who loved me and his family, who worked hard and took pride in his role and traditions. Even with a stern exterior I know he was proud of his family; my ΓιάΓιά Irene, my mom Mary, and my uncle Jim. I can remember numerous occasions where my Πάπου gave to help me become a better person and I'll never forget that. I respect my Πάπου, I love him, and I will miss him. 'Ο Θεός νά τόν αναπάυση.



PSP Nick Achidafty lays a wreath at the tomb of the unknown soldier in Athens during the Pan Icarian National Convention July 17, 1972



IN MEMORY OF



PSP Nick Achidafty speaks at the banquet in Athens during the Pan Icarian National Convention July 17, 1972

THIS ISSUE OF IKARIA MAGAZINE IS DEDICATED TO PSP NICHOLAS ACHIDAFTY WHO SERVED AS THE VERY FIRST EDITOR OF OUR HISTORIC MAGAZINE. OUR BROTHERHOOD IS ETERNALLY GRATEFUL FOR HIS LONG HOURS OF DEDICATION AND SERVICE. MAY HIS MEMORY BE ETERNAL.

A SCHOLARSHIP HAS BEEN ESTABLISHED WITH THE PAN ICARIAN FOUNDATION. CONTRIBUTIONS MAY BE MADE TO THE NICHOLAS ACHIDAFTY SCHOLARSHIP FUND.





IN MEMORY OF



Dennis Mantas of Arvada, Colorado was born in Chicago on November 28, 1940 and was raised in East Chicago, Indiana. He was called home to the Lord on April 23, 2009. He will be deeply missed by his loving wife and soulmate Maria Collaros Mantas; three beautiful children Jason (Michelle), Daniel, and Alexa; sisters Clara and Irene; loving nieces and nephews; and all who knew and loved him. He was preceded in death by his mother Lila Sirigus Mantas and his father Gust Mantakounis.



He had a generous heart and God filled spirit. There was never a person, charity or organization that crossed his path that he did not stop to help. Dennis was a man of integrity and faith and he truly believed the adage “you must leave this world a better place”. The tributes that have been pouring in from those that knew Dennis are testimony to the numerous lives he touched through his example. He was an inspiration to many through his life of faith and dedication to all those he knew and loved. He demonstrated his love for God through the stewardship of his three churches. The following bible verse is one that Dennis always had with him:

”Naked I came from my mother’s womb
And naked shall I return there
The LORD gave, and the LORD has taken away
Blessed be the name of the LORD.”
Job 1:21

DENVER POST

May 10, 2009 By Virginia Culver

Wheat Ridge Pharmacist Loved Community

Dennis Mantas, who survived three armed robberies and dozens of break-ins at his Wheat Ridge Pharmacy, died in a fire at his home April 23.

Mantas, who was 68, was overcome by smoke as he tried to escape.

His wife, Maria Mantas, survived by jumping out a second-floor window.

“She is doing as well as can be expected,” said son Jason Mantas, a firefighter in Fort Collins.

Mantas was a fixture in Wheat Ridge, where he owned the pharmacy for 34 years.

“He was the most important person who ever lived here,” said Don Eafanti, a former longtime city councilman.

“He had the biggest heart in the whole world. When

people couldn’t afford a prescription he’d give it to them. On Easter he had 50 turkeys and hams delivered to people,” said Eafanti, who was Mantas’ landlord. “I saw him give money to a woman who came in at Christmas time and said she couldn’t afford Christmas or the prescription. I think it was close to \$300,” said Eafanti.

“He loved the community and the people and the store,” his son said. “He cared about the customers and spent time with them” when they had questions or didn’t understand insurance forms.

“I think he viewed the pharmacy as his ministry,” said Jason Mantas. “He never wanted to move and was a fierce defender of the independent pharmacist.”

Wheat Ridge Pharmacy was hit three times by armed robbers, Mantas’ son said. Mantas once gave chase, but before he caught up, police officers happened by, joined the chase and caught the man.

A man once backed his car through the front of the pharmacy, said Eafanti, and another time they crashed through a wall in Eafanti’s office, which adjoins the drugstore. Another time burglars got into the pharmacy through the ceiling, Eafanti said.

He and Jason Mantas said all the burglaries and robberies were for drugs, and after one burglary Mantas estimated the street value of the drugs at several thousand dollars, according to a Denver Post story.

Dennis Mantas was born in Chicago on Nov. 28, 1940, and was raised in East Chicago, Indiana.

He had polio when he was 7, “but fought his way back with exercises,” his son said. “He never walked with a limp.”

He earned a degree at Purdue University and worked in Munster, Ind., before moving to Colorado in 1975. He worked a short time at Wheat Ridge Pharmacy and then bought it.

He was president of RX Plus, an independent pharmacies’ cooperative, and was former president of the College of Apothecaries.

Mantas worked six days a week and took few vacations, except for a trip to Greece and some three-day weekends. “He was always on call, even on Christmas,” his son said. In addition to his wife and son he is survived by another son, Daniel Mantas of Hastings, Nebraska, and a daughter, Alexa Mantas of Arvada.





IN MEMORY OF



Dennis Mantas cared about customers, charities
by Megan Quinn May 14, 2009 - MileHighNews.com

Dennis Mantas was a man dedicated to his family, profession and community. He died when a fire broke out in his Arvada home April 23. He was 68.

Mr. Mantas was known for connecting personally with his customers at Wheat Ridge Pharmacy, which he owned for more than 30 years.

"His employees were his second family," said Colleen Schell of Family Tree, who worked with him and the



pharmacy for 15 years. The City of Wheat Ridge awarded him the Reinvestment Award in

2007 for his volunteer work educating students about drug abuse and connecting with patients in nursing homes.

On a recent day, the pharmacy was packed with customers bringing flowers and condolences. Employees, who said they were swamped with work since the tragedy, declined to comment.

His impact reached beyond the walls of the pharmacy. He donated time and money to local charities, including Family Tree in Wheat Ridge, which supports victims of child abuse, domestic violence and homelessness.

He partnered with Family Tree to deliver medications to Gemini, a residential treatment center for abused or runaway youth. Because of the delivery service, Gemini employees can spend more time working with youth, said Schell, who works with the program.

"I can't even begin to tell you how valuable that is," she said. The pharmacy and Family Tree initially built a partnership based on medical needs, but Schell said she started seeing him invest more time and funds for other Family Tree programs. "He started donating on a regular basis, and he would come to the celebrations," she said. "He'd always crack jokes with us when he'd come by."

Amy Hickman, his neighbor, said several neighbors commemorated his generosity by starting a memorial fund in his honor. Donations can be made to the Memorial Fund of Dennis Mantas at any Wells Fargo, she said. His family will dedicate the funds to local charities. "It's really important for people to know all the good things he did," she said.

Diana (Diamando) Pastis Kanacopoulos, 96, left this life peacefully on March 19, 2009. Diana was born in Ikaria and immigrated to the United States as a young woman. She married the

late George Kanacopoulos in 1939 and lovingly raised her family in the Washington, DC area where she remained a resident for 66 years. She is survived by her two daughters, Mary Kanacopoulos Speis of Rockville, MD, and Jackie Kouvdos of Athens, Greece, along



with her son-in-law Yannis and granddaughter Kelly. She is also survived by two of her 11 beloved brothers and sisters, Maria (Pastis) Aivaliotis of Verona, PA and Nicholas Pastis of East Setauket, NY, and many nieces and nephews.

Diamando was a loving, nurturing woman, always putting others before herself. She will be deeply missed by so many. May her memory be eternal.



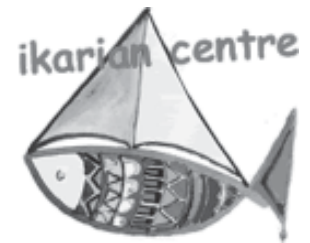
Henrietta "Chickie" (Moraitis) Johnson of Oakmont,



PA passed away on April 13, 2009 from cancer. Chickie was the Daughter of Maria Kefalos Moraitis from Xilosirtis and Alexander Moraitis from Panayia. She was born in 1933 in Pittsburgh, PA and grew up in Brooklyn, New York and Pittsburgh. She worked as an executive secretary in Pittsburgh before marrying Mark J. Johnson. She raised her family in New Kensington and Lower

Burrell, PA. She was a great storyteller and a creative soul. She encouraged her children to learn, travel, love, enjoy every experience and follow their dreams. She is survived and deeply missed by her husband Mark Johnson, her brother Mike Moraitis and family of Boca Raton, FL, her children Mary Ann Marshall and Alexandra Watrous, Mark's children Kathy Winowich, John Johnson and Jim Johnson, and her grandchildren, Iain, Marika, Eleni and Theodore.

A GREEK LANGUAGE PROGRAM



Located on the green island of Ikaria, the *Ikarian Centre* has been organizing lessons of Greek language and culture for all levels of study for 15 years. Each 2-week course includes 40 hours of Greek lessons and 10 hours of participation in cultural events. Moreover, the program can be tailored to your needs on your demand if you get in touch in advance.

This 2009 year we offer:

1) Greek lessons in the picturesque Ikarian village Arethousa, Ikaria.

The courses in Ikaria are held in the picturesque mountainous village of Arethousa, in a remote rural area on the slope of the mountain "Atheros", 3 Km (40 min on foot) away from the sea. The groups formed are very small (2 - 6 participants) and the lessons are orientated to the personal needs of each student. The curriculum is divided



into 7 levels, according to the instructions of the European language portfolio: absolute beginners, A1, A2, B1, B2, C1, C2. In Arethousa students will have the opportunity to taste the traditional Greek hospitality and they will discover a real face of modern Greece, in a world unspoiled by the tourist industry. In addition the students will have the opportunity to live close to their teachers and the people of the village, meet and talk with them even after the lesson. This way the students will have the opportunity to practice the language more effectively and learn more about Greece and its people. The environment of Arethousa is ideal for concentration and study. The center's facilities include a small library, fast internet and wi-fi. Although the center's location is remote, the students have the opportunity to explore the island using a car which is provided by the center.

Also offered at Ikarian Centre:

- Private during almost any time of the year
- Online lessons for all levels
- Greek lessons on the island of Samos
- Lessons for advanced students, translators & interpreters

2009 Schedule

Location: Ikaria, Arethousa, Year 2009

Mon 8/6/09 - Fri. 19/6/09
Mon.22/6/09 - Fri.3/7/09
Mon.6/7/09 - Fri.17/7/09
Mon.20/7/09 - Fri.31/7/09
Mon.27/7/09 - Fri.7/8/09
Mon.31/8/09 - Fri.11/9/09
Mon.14/9/09 - Fri.25/9/09
Mon.12/10/09 - Fri.23/10/09
Mon.9/11/09 - Fri.20/11/09

Location: Samos, Agios Konstantinos, year 2009

Mon.3/Aug/09 - Fri. 14/Aug/09
Mon 10/Aug/09 - Fri. 21/Aug/09

Tuition: (4 hours lessons and cultural events, all materials included)

360 eur / 1 week

690 eur / 2 weeks

345 eur / every further week

Living at the school's hostel in private room:

360 eur / 1 week

245 eur / 2 weeks

455 eur / every further week

Living at the schools hostel in private room with a roommate:

182 eur / 1 week

338 eur / 2 weeks

182 eur / every further week

For more information please call us +30 22 750 61140, send us an e-mail to greek@greekingreece.gr or visit our web-page at www.yourglc.com





Going Global

An African Experience

by Smaro Karakatsanis, *Icaros Chapter #7*

Development has always been a side passion of mine, but somehow just about everything got in the way for me to pursue it on a more active level. Until one day, I decided to do something about it. Following the advice my parents always seemed to give me – to live my life and to fully enjoy it – and with my own addition of “why not?” I booked my ticket to Africa to volunteer with micro credit programs and women’s groups.

Micro credit (or micro loans) is a proven method of breaking the cycle of poverty by providing small loans (approximately \$50 - \$2000), without collateral in return, to women in third world countries who can start or continue to run their businesses, which would provide them and their families a source of income. With this income, these women are empowered in a subservient culture. They can afford to



send their children to school, put food on the table, a roof over their heads, and access to clean water, electricity, and healthcare. Without money, children are pulled from school and forced to work to help support the family, at any age. Simply put, no food without money. Drinking unsanitary water is the only choice to prevent dehydration. There is no money to buy a simple aspirin or cough medicine, \$10 pills to cure malaria, and worse case, no money for HIV/AIDS testing and treatment. The poverty cycle continues and the chance for a better life for the next generation dwindles before their eyes.

Micro credit was developed in the 1970s by a now-Nobel Peace Prize winner Muhammad Yunus in Bangladesh, the creator of Grameen Bank and “banker to the poor”. His programs have since spread worldwide throughout the

developing world. Today, many micro finance institutions, non-government and non-profit organizations exist to support and to implement these programs that provide a self-sustainable way of life. Micro credit is a more widely available financial service to under-served, low-income clients who are too poor to borrow money from a bank, yet can establish a credit history and income necessary to eventually obtain commercial loans. Micro credit is simply a bridge which can eradicate poverty, one village at a time.

Micro loans are provided to women as women are historically more trusted with money and will first spend their profits to take care of the family. Women take the loans as individuals or as groups. As a group, each woman guarantees the other, so if she cannot make her weekly or monthly repayment, the women will gather their resources and help her. The worldwide default rate for micro loans is historically much lower than the loan default rate for industrialized countries – less than 1% in some countries, less than 2 or 3% in others. Aside from the fact that defaulting on a loan brings shame among the person or group, which can be a great detriment to their reputation within the village, these women have no choice. They have to provide for their families because it is literally a matter of life or death.

Last year, I traveled to Ghana, West Africa, home to the Gold Coast and former slave trade. What I first realized is how my trips to Greece starting at a young age had prepped me for such an adventure.

Walking off the plane onto the tarmac into the airport; the unpaved, nameless roads; laid-back attitudes without rush; power outages; water conservation; never-before seen bugs; goats on the side of the road; and hot and steamy weather!

I stayed in a small village called Ho, in the Volta Region, and volunteered with an organization called Village Exchange Ghana. To supplement the micro credit program, they also provided business training and record-keeping to women so they can understand the very basics of running a business. The literacy rate here was between 50%-60% and the monthly average income was about \$50. The organiza-



tion also provided health education with funding assistance from the UN, and ran income-generating activities such as jewelry and dressmaking. These programs provide women the opportunities to learn a skill and to earn a wage. In Ghana, everyone was willing to learn and took advantage of every opportunity they had to enrich themselves as they knew it was a way for perhaps a better life. I spent my days interviewing women who were interested in starting a business, helping them on what and where to sell their items to gain the most selling opportunity (i.e. at the



market, or in a basket on their heads traveling from village to village), reviewing loan applications, advising on the amount they should receive and their payment

plans. We traveled to neighboring villages to talk to women's groups arranged by the tribal mothers of the village who had heard of the benefits of micro credit. We also checked up on the women who had individual micro loans and their businesses in town, which were successful in selling items such as homemade fish sauce, handbags, and batik cloth. Women are encouraged and feel empowered in situations where they are left to unexpectedly fend for themselves, widowed, or have too many children to care for. In poverty stricken areas, these women provide hope for themselves, their family, and encouraged economic growth between villages.

This year, I went to Arusha, Tanzania, in East Africa to volunteer with a grassroots foundation called EduCare. Tanzania blew me away. In a country so lush, vibrant, colorful, with peaceful living amongst both Christians and Muslims, full of wildlife and safari, Mt Kilimanjaro, and its indigenous native Maasai tribes, I felt as if at times I stepped into a National Geographic magazine. The little clothing children had was torn, and they were wearing the one pair of shoes they owned, even if split or without sole. Many homes had no running water or electricity, and are forced to boil water from hand-dug streams on the side of the roads for drinking purposes. There were villages with no schools. And many, many children who are left orphaned because their parents have passed or are not physically able to take care of them. People die from simply dehydration, bacteria in the water, to malaria and AIDS. Children die from AIDS, but the worst is that parents are reluctant to have their children tested because of the stigma attached. They are grateful for a bottle of clean water, which is luxury to them. A 1.5 litre of water can cost less than a dollar. Sure, this is cheap for us, but too expensive for them. In this area

of Tanzania, people live on less than a dollar a day. Houses are half-built, and because electricity is expensive at \$10 per month, charcoal and wood are preferred for cooking and lighting.

I spent every day with EduCare, trekking up dirt roads, meeting with women's groups, many of whom are involved with organic farming. Farming is a more reliable way of providing a meal on the table. They found that organic vegetables substantially improve their health, of which is now creating an increased demand locally and potentially a great source of income. The farms were originally for their own family use, but to maintain them requires an income. Advising them to portion a part of their farm for selling only had encouraged them to grow more vegetables and saw the opportunity to sell locally to the tourism industry of safari in Arusha just a few miles down the road. Money for



seeds, garden tools, and fencing is always in need, so they were encouraged to save as little as \$2 a month per woman in their group in order to reach a certain level, just enough for a woman to

borrow, buy supplies, sell crop, and pay back in a few months for another woman to borrow. Another method is to have a group save money each month until they reach a certain level so they can buy seeds and tools for the next growing season. Simply opening a bank account provides them with ease that their



money would be safe. Recommending ideas such as putting up signs on the side of the road, relocating their kiosks to the busy end of the street, selling different items than their neighbors, or buying from cheaper suppliers can perhaps increase their selling opportunities and ease their weekly micro loan repayments. What seems to be everyday, simple solutions to us, results in *a world of opportunities for them*.

These non-government and non-profit organizations cannot perform their missions of helping those less fortunate without volunteers. Monetary donations are the easiest way to help and are always welcomed; however without the legwork and people on the ground implementing the programs, these organizations would be unsuccessful. By no means am I writing this for my own self-indulgence, but only to perhaps open more eyes and to encourage others to look just a bit beyond and find it in themselves to help those less fortunate, in any capacity, anywhere.

ART



Agios Kyrikos - oil on linen 12 x 16

Catherine
"Katina"
Pastis
Radwanski



Flying Too Close to the Sun_acrylic36x24



Lunch in Evdilos, Ikaria Greece_colored pencil 12x11

www.cpastisradart.com
www.tanneryrowartistcolony.com
Studio: 2091 Front St.
Cuyahoga Falls, OH 44221

ART

Since marrying an Icarian five years ago, British photographer Edward Webb has been creating images of the landscape and people of Ikaria. He is planning an exhibition there this summer. Here he explains somehow the island and its light inspires photographers. You can see and buy his prints at www.edwardwebb.eu

Ikaria offers the photographer the unexpected every day. If you go out to photograph a beach you will probably end up taking a portrait of a shepherd. If you search for interesting characters to appear in your portraits you will probably end up photographing a little known beach.

I take my camera with me wherever I go in Ikaria, and if I really want to capture the beauty of the island I make myself get up long before dawn, or stay out in the mountains while the sun sets and everyone else is settling down to ouzo and mezedes. I try to stay as far away from the car as possible and be prepared to stay out a long, long time, waiting for the sun to hit the rocks and sea from the best angle. I have walked with friends from sea level up ancient footpaths to the top of the mountains, carrying sixty pounds of camera equipment, and taken no pictures because the light was not right.

The changing light transforms the Aegean views hour by hour. The soft light of early morning or late evening allows the rocks to glow, and the topography to show off its shapes and curves. The midday sun often ruins a good view, but there are no rules.

Photography opens the mind to every subtle difference, so that you become immersed in the landscape, conscious



of the turning of the earth and the rising of the moon, and hyperaware of how thousands of generations have trod the paths before you.

In life, Ikaria rewards an open mind. By trying to repeat clichéd images of white churches against a blue sea, you will be frustrated – the Cyclades are far better for this. But by exploring all the complexities, ancient and modern, of this jewel of an island, you will end up with pictures that will tell the island's story to future generations.

To contact Edward email edward@ewebb.co.uk or visit www.edwardwebb.eu

ART



Photographs of
Ikaria by
Edward Webb



ART

Ikarian-American artist Peter Calaboyias was recently honored in Greece by US Ambassador Daniel Speckhard. Speckhard has placed Peter's "Aegean Waves" sculpture as the center art work at his Embassy residence. On January 15, 2009 a special reception was held to introduce Peter and share his work with other dignitaries and persons in the art society of Athens and Greece.



The following is an excerpt from a special catalogue that was published for the United States Embassy in Athens.

Peter Calaboyias

As I began working in sculpture in the late 1950s, and 1970s, sculptors were being drawn towards the movements of abstract expressionism and monumental minimalism. This influence was manifested early in several of my site commissions, bronze and steel sculptures.

The development of my recent work lies in the recalling of the memories of early years of my life. I remember growing up in Europe and Africa during-the Second World War and recall images of broken and twisted metal of war machines; images of broken marble archaic Greeks sculptures; Ionic columns standing alone for millenniums; Cycladic plank idols; objects carved in ivory and ebony from the Congo; and the massive geometric forms of Egypt. There were also those monumental stone markers scattered throughout the Middle East and Europe embedded in the earth, frozen in time and still heralding the laws of despots and monarchs of ancient times. These images have found their way into my new works in the 'stele' series, the fragmented figures of archaic marbles, and mythological subjects captured in bronze sculptures and paintings. Like most artists, my

work develops with new experiences. This coming together of the early and current ideas influences the always evolving creation of new sculptures, paintings, drawings and prints.

Peter Calaboyias was born in Icaria, Greece. He holds a Bachelor of Science degree from Pennsylvania State University, University Park, and a Master of Education degree from Indiana University of Pennsylvania. He has completed additional studies at Carnegie-Mellon University, Pittsburgh, and University of Pittsburgh, both in Pennsylvania. The recipient of many commissions, he has participated in numerous exhibitions throughout the



Ambassador Daniel Speckhard and Peter Calaboyias pose by Peter's "Aegean Waves" sculpture

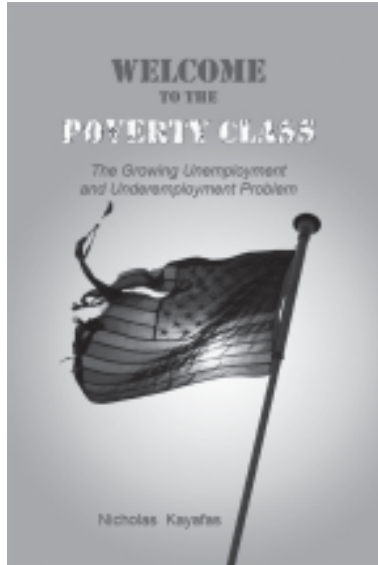
United States and Greece, and is the Founder and President of the Pittsburgh Society of Artists as well as the President of the Pittsburgh Society of Sculptors. His work is also included in several corporate and private collections.



The ambassador Daniel Speckhard invites Peter Calaboyias to stand with him at the presentation

LITERATURE

Nicholas Kayafas is the son of Mary and Steve Kayafas, who were born on the Island of Ikaria, Greece from where they immigrated to America. Nick was born in



New Kensington, Pennsylvania, which is near what used to be America to many Ikarians, Verona, Pennsylvania. He is married to Helen who is the daughter of Bessie and Gust Herouvis. Gust helped to start the Ikarian Club many years ago and was very active in it.

Nick has written a very timely book, *Welcome to the Poverty Class, The Growing Unem-*

ployment And Underemployment Problem. The book delves into some of the reasons that many of us are slipping into the poverty class, why we are in a recession and possibly heading into a depression, why we may be living in a corporate kingdom and why our freedom may be at stake. His research included many years of work.

Nick has a BBA and an MBA from the University of Pittsburgh. He retired as the Corporate Manager of Safety and Health after 28 years with a multi-billion dollar corporation. For the last twenty-plus years, he has been in real estate as an associate broker in Florida.

The book can be purchased on amazon.com, borders.com, [rosedog books .com](http://rosedogbooks.com) or by calling 1-800-834-1803 or e-mailing Nick at nickkayafas@aol.com

LAUGH OUT LOUD HUMOR IKARIAN STYLE

By BASILE

“Growing Up Greek In America” THE HORTA



It was the summer of 1972.

The HOT sun was beating on me, sweat was rolling off my face, my only relief from the sun was the shade that I got while walking behind my 300 pound Thea Despina. I remember my summers so vividly. It was the time my mother and yiayia, two typical Ikarian women, would get so excited when they'd hear of a new construction site, which meant that there was a huge mound of dirt filled with dandelion greens somewhere by a nearby a highway. How I hated those damned dandelion greens. My mother would drive at a speed of 70 miles per hour, evidently to make sure no one beat her to the precious dandelions. When yiayia would spot those godforsaken weeds, my mother would swerve onto the shoulder of the highway, cutting off traffic and creating near misses of trucks and cars, and then slam on the brakes of her Cadillac. As both my mother and yiayia waited for the dust to settle from this *Mario Andretti*-like maneuver, I would peel myself up from the floor of the back seat, checking to make sure that my neck wasn't broken and that my legs were still functional. It was then that I'd thank God I didn't die for a plastic bag of dandelion greens.

Don't tell me your family didn't do the same thing! Just because you weren't there doesn't mean they didn't pick dandelion greens. Here are some telltale signs that your family hunted dandelions: 1) Skid marks on a local highway overlooking any type of new construction. 2) A plastic *Wonder Bread* bag wrapped around a sharp knife, found either under the driver's seat or in the trunk of your parents' vehicle. 3) Your mother's muddy shoes. 4) Your yiayia's muddy black shoes. And finally, 5) An over abundance of dandelion greens at every meal during the summer, including breakfast, lunch and dinner. Do any of these signs sound familiar? Consider yourself lucky if you never witnessed this dandelion gluttony that my family embraced! I am pretty sure that every time my mother or my yiayia would pick dandelion greens, I was always with them. Just my luck! I remember waiting in that hot stuffy car, pounding on the window, pleading with them to “please hurry” or asking them, “why can't

LAUGH OUT LOUD HUMOR *IKARIAN STYLE*

we be like normal people and get our greens in the frozen food section of the grocery, or in a can like Popeye!” Could you imagine the hell Popeye would have gone through if he had stop in the middle of every fight to pick dandelion greens just to get enough energy to save his beloved girlfriend Olive Oil? Well, come to think about it, if you have a girlfriend named Olive Oil, maybe you should pick dandelion greens. What a great way to win the hand of the one you love! Just pick the flower that compliments her name!

What I remember most of the dandelion hunt was the gusto and the determination that both my mother and yiayia put into picking those greens! They would begin slowly, making their way to the top of the mound of packed dirt, gently clipping the tips of these wild weeds, and then with all the care in the world they’d place their spoils into a plastic bag and continue their quest as if they were climbing Mt. Everest. The only thing that was missing was perhaps the placing of the Greek national flag on top of Mount Dandelion and then a photo of these two women who single-handedly conquered this piece of earth. The look on their faces would have shown the **pride** of having picked all the dandelion greens they possibly could and the **pain** of having sacrificed their beloved Basile by leaving him in the car to die of heat exhaustion! Where the hell was the *National Geographic* when you needed them to take pictures of this journey! “The Bridges of Madison County” issue of the *National Geographic* had NOTHING on my mother and yiayia picking dandelion greens. That issue could have been called, “The Jolly Green Giant Can Kiss Their Ass”! I would’ve subscribed to that educational magazine in a flash.

Now it was time to go home and prepare the spoils of their personal war, a pile of cooked, fresh greens served up with other Greek delicacies, such as fish-head soup and stewed okra! What the hell kind of diet was this for a child of twelve? Come to think about it, with the diet that we Greeks partake in, I’m pretty sure we invented the reality-based TV show

Fear Factor. I know that there are many Greeks who own fast food restaurants, and now I know why. It’s to erase the memory of what we had to eat as Greek-American kids! I remember not wanting to eat any of the food that was harvested and prepared that day. I also remember my mother and yiayia not caring about what I wanted! They would force me to eat the food, like it or not! To this day, I can still taste the stewed okra (bam-

yes) that was shoved into my mouth. Tears rolling down my okra-filled cheeks, refusing to swallow at any cost! Thank God my father, who sympathized with my distaste for slimy okra, allowed me to spit it out. He’d then look at me with his hazel eyes, as if to say, “I understand your pain...” Then he’d force me to eat the fish-head soup and drink the juice of the dandelion greens! As I sat there at the dinner table, in shock over what I just had consumed, my only thought was, is it possible to commit suicide with a soup spoon?

As a Father, I laugh when I hear my daughters tell me that they can’t wait for the summer. They ask me, “Daddy, how did you spend your summers as a child?” I just smile and tell them that I had a lot of fun! You know, to this day, every time I drive past a new construction site with a mound of dirt

I think of my summers with my mother and yiayia. I know it sounds strange, and some of you may even want to report me to the Child Welfare Services, but I hope my children can go through the same type of torture and hell that I had to go thru! This way, I can tell them that it’s about family, memories and laughter... it’s about “*Growing up Greek in America!*”

Basile is the creator and innovator of the hilarious series of “*Growing Up Greek In America.*” DVD’s and CD’s. He has over 100 world wide television credits including: HBO, Showtime, Comedy Central and Antenna Satellite just to name a few. His stories run on syndicated Greek News papers and websites throughout the world. To see more of Basile and his work. Go to

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