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Newsletter

Ahepa in Victoria

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March 2006

Volume 2 Issue 4

The Inauguration and Installation of the First District Lodge in Victoria.

'A momentous Occasion worth celebrating'



The Officers of the First District Lodge of Victoria

*Front Row from left: Mary Athanasiadis, Nonni Morris, Marie Comino, Nike Pavlou,
Sandra Mission & Olga Black*

*Back Row from left: Ourania Taifernopoulos, Loula Anagnostou, Iris Young,
Voula Rentzis, Royal White & Voula Marabeliotakis*



Editor's Corner

by bro. Theo Sapountzis

Well, we hope you all enjoyed the last issue of our Newsletter. We have had a lot of good feedback. This one is just as exciting for you to enjoy.

Members from interstate have requested to see what Despina and I look like, so I have added photographs of ourselves in the respective sections.

Month of March:

District Lodge Inauguration.

The most important event for the month of March was the Inauguration and Installation of the District Lodge in Victoria. We were honoured by the visit of the National Lodge president Bro. Anthony Georgiadis and sisters of the District Lodge of NSW who conducted the Inauguration and Installation ceremony. More details of this great event you will find in other sections of this newsletter.

BBQ at RYE.

Another event that occurred in March was the BBQ at RYE held at Bro. Kon and Sis. Katy Panos house. It was a very pleasant day with over 150 people in attendance.

March 25th - Greek National Day

Members representing AHEPA attended the 25th March ceremonies at different locations around Melbourne.

Also, a small group of Ahepan's, about 20, marched in the annual parade to the Shrine of Remembrance.

On Sunday the 26th March, Bro. John Skitzis gave a lecture at AHEPA HOUSE. The subject was "*Hellenes from Overseas and Philhellenes*".

The lecture was well received by the audience present and thanked Bro. John for his excellent presentation.

We wish you all KALO PASHA kai KALI ANASTASI. ■

Inside this issue:

| | |
|--------------------------------|----|
| Editor's Corner | 2 |
| Inauguration of District Lodge | 3 |
| Social Scene | 5 |
| Penelope's Corner | 6 |
| Penelope's Kitchen | 7 |
| How is your history? | 8 |
| Astoria Cafe | 9 |
| BBQ at RYE | 10 |
| Eat your vegetables | 11 |
| Voice of Ahepa - Radio 3XY | 12 |
| Some late entries | 13 |
| Coming Events | 14 |
| When we meet | 15 |
| Advertisers | 16 |

National Lodge members in Victoria:

| | | |
|-------------------------|--------------------------|---------------------|
| National Vice President | Sis. Tasia Manos PSP | Tel: (03) 9527 9053 |
| | Bro. Peter Patisteas PSP | Tel: (03) 9510 7042 |

Past National Lodge Presidents in Victoria:

| | | |
|--------------------------|--------------------------|---------------------|
| National Liaison Officer | Bro. Zafiris Vachlas PNP | Tel: (03) 9889 6270 |
| | Bro. Steve Manos PNP | Tel: (03) 9527 9053 |

State Lodge of Victoria

| | | |
|------------------------|--------------------------|---------------------|
| President: | Bro. Peter Yiannoudes | Tel: (03) 9528 4889 |
| Vice President: | Bro. John Skitzis | Tel: (03) 9807 5537 |
| Secretary: | Bro. Theo Sapountzis PSP | Tel: (03) 9874 6300 |
| Treasurer: | Bro. Elias Rentzis | Tel: (03) 9336 2813 |

Fourth Tuesday of the Month 7.30pm

Athenian Chapter No. 2

| | | |
|------------------------------|--------------------------|---------------------|
| President: | Bro. Ray Jones | Tel: (03) 9893 0463 |
| Vice President Elect: | Bro. Con Foufoulas | Tel: (03) 9859 3921 |
| Secretary: | Bro. Zafiris Vachlas PNP | Tel: (03) 9889 6270 |
| Treasurer: | Bro. Solon Andreou | Tel: (03) 9852 1863 |

Second Wednesday of the Month 7.30pm

Aristotelis Chapter No. 9

| | | |
|------------------------|------------------------------|---------------------|
| President: | Bro. Apostolos Triantafillou | Tel: (03) 9480 1460 |
| Vice President: | Bro. Con Panos PP | Tel: (03) 9370 1532 |
| Secretary: | Bro. Spyros Korosidis | Tel: (03) 9497 1710 |
| Treasurer: | Bro. John Poulis | Tel: (03) 9584 2629 |

First Wednesday of the Month 7.30pm

Poseidon Chapter No. 19

| | | |
|--------------------------|-------------------------------|---------------------|
| President: | Bro. George Kypreos | Tel: (03) 9803 7648 |
| Vice President: | Bro. Paul Dimitriou | Tel: (03) 9803 5743 |
| Secretary: | Bro. Terry Komis PP | Tel: (03) 9614 0433 |
| Acting Treasurer: | Bro. Chris Taifernopoulos PSP | Tel: (03) 9802 8546 |

Second Monday of the Month 7.30pm

District Lodge of Victoria

| | | |
|------------------------|---------------------|---------------------|
| President: | Sis. Nike Pavlou | Tel: (03) 9596 7760 |
| Vice President: | Sis. Sandra Mission | Tel: (03) 9890 7689 |
| Secretary: | Sis. Marie Comino | Tel: (03) 9515 3511 |
| Treasurer: | Sis. Noni Morris | Tel: (03) 9584 3950 |

First Monday of the Month 7.30pm

Athena Chapter No. 2

| | | |
|------------------------|-------------------------|---------------------|
| President: | Sis. Sia Andrews | Tel: (03) 9551 0506 |
| Vice President: | Sis. Despina Sapountzis | Tel: (03) 9874 6300 |
| Secretary: | Sis. Marie Comino PP | Tel: (03) 9515 3511 |
| Treasurer: | Sis. Kiki Papas | Tel: (03) 9840 6264 |

Third Wednesday of the Month 7.30pm

Nafsika Chapter No. 13

| | | |
|------------------------|--------------------------------|---------------------|
| President: | Sis. Polly Nitsos | Tel: (03) 9891 6468 |
| Vice President: | Sis. Eugene Koutras | Tel: (03) 9384 0121 |
| Secretary: | Sis. Voula Rentzis PP | Tel: (03) 9336 2813 |
| Treasurer: | Sis. Ourania Taifernopoulos PP | Tel: (03) 9802 8546 |

First Tuesday of the Month 7.30pm



DID YOU HEAR?

COMING EVENTS

7th to 13th October 2006
52nd Ahepa National Convention
Melbourne

Sunday 21st May 2006
 2.30pm to 5pm
Mother / Daughter
Afternoon Tea
RYDGES - RIVERWALK - HOTEL
 649 Bridge Road, Richmond
 Cost: \$30.00 pp
Booking: Sis. Marie Comino 9515 3511
 Sis. Nike Pavlou 9596 7760
 Sis. Tasia Manos 9527 9053

Sunday 18th June 2006
Christmas in June
 Function
 More details later.

STATE CONVENTION
30th JULY 2006

Voice of AHEPA
 every **Thursday 1 - 1.30pm**
Radio 3XY - AM 1422

AHEPA COMBINED COMMITTEES

| COMMITTEE | CHAIRPERSON | TELEPHONE |
|------------------------------------|-----------------------------|-----------|
| Property Management - Ahepa House | Bro. Nick Nimorakiotakis PP | 9596 3952 |
| National Convention Melbourne 2006 | Bro. John Cosmas Jnr PSP | 9509 7337 |
| Charities & Social | Sis. Sophia Borobokas PP | 9534 5552 |
| Members Well Being | Sis. Bessy Mougos PP | 9850 3424 |
| Ahepa Greek School | Bro. Elias Rentzis PP | 9336 2813 |
| Educational & Cultural | Sis. Sandra Mission PP | 9890 7689 |
| Voice of Ahepa - Radio 3XY | Bro. John Poullos | 9584 2629 |
| Public Relations | Bro. Spyros Korosidis PP | 9497 1710 |
| Ahepa Website | Sis. Sandra Mission PP | 9890 7689 |
| Booking Officer - for events | Sis. Georgia Simon PP | 9859 1659 |

District Lodge Inauguration...part 1



The District Lodge Officers taking their oath.

Sis Nike Pavlou being invested by Sis Despina Vanos and is pinning the badge of her office.



The President of the District Lodge of NSW Sis. Melpo Kaimasides is investing the Governors

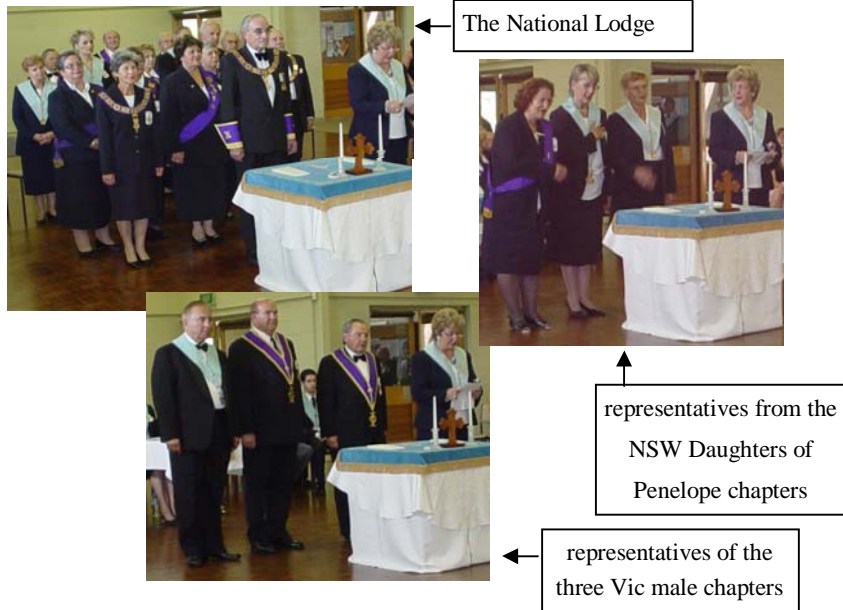
Dedication. This ceremony is dedicated to the Past Presidents who are no longer with us.

To the memory of the following Past Presidents of Chapter Athena No. 2



- Regina Black (Founding President)
- Olive Colligas
- Mary Tsindos
- Penelope Demetrie
- Anna Stratos
- Dora Nemtsas
- Hope Cairis
- Irene Michaelides
- Margurita Dallas
- Elly Krizos
- Golfo Theofanis

District Lodge Inauguration...part 2



The National president Bro. A. Giordiadis with officers and members of the new District Lodge, interstate visitors and locals.

Some Late entries!



Presentation of Christmas hamper to the Royal Children's Hospital by Chapter Nafsika No. 13

from the left
Sis. Voula Rentzis
Sis. Polly Nitsos
Sis. Katy Panos
with staff from the hospital.



Chapter Nafsika No. 13 Christmas party 2005

An English professor wrote the following words on the blackboard and directed the students to punctuate it correctly.

"Woman without her man is nothing"

The men wrote: **"Woman, without her man, is nothing."**

The women wrote: **"Woman! Without her, man is nothing."**

ΡΑΔΙΟΦΩΝΙΚΟ ΠΡΟΓΡΑΜΜΑ ΤΗΣ ΑΧΕΠΑ

Radio 3XY on AM 1422 every

Thursday 1 - 1.30pm

By Bro. John Poullos

η Σωστή Ενημέρωση των Μελών αλλά και της Ελληνικής παροικίας γύρω από τον οργανισμό μας, με σκοπό την Προσέλκυση Νέων Μελών στον Οργανισμό – καταρρίπτοντας τις ανυπόστατες διαδόσεις που κυκλοφορούν όλα αυτά τα χρόνια, ότι ο οργανισμός ΑΧΕΠΑ είναι παιδί της Μασονίας Υπάγεται και Διοικείται από την Διεθνή Μασονία. Στις εκπομπές που ακολούθησαν φιλοξενούμενοι και ομιλητές του προγράμματος ήταν στις 29 Δεκεμβρίου 2005 και 23 Μαρτίου ο Πρόεδρος του Πολιτειακού συμβουλίου της ΑΧΕΠΑ Βικτωρία Παναγιώτης Γιαννούδης, ο οποίος και αναφέρθηκε στο τρόπο λειτουργίας της ΑΧΕΠΑ στην Αυστραλία, και αναλυτικότερα στην πολιτεία της Βικτωρία.

Στην δε εκπομπή στις 32 Μαρτίου, αναφέρθηκε για την επίσκεψη του στην Κύπρο, και για τις επαφές και συνομιλίες που είχε με τον Πρόεδρο Τάσο Παπαδόπουλο – και άλλους κυβερνητικούς αξιωματούχους και παράγοντες ομοίως και τον δέχτηκαν σαν Πρόεδρο της ΑΧΕΠΑ Βικτωρία, τον ενημέρωσαν δε γύρω από το Κυπριακό θέμα αλλά και τον ευχαρίστησαν για το ενδιαφέρον και την υποστήριξη που προσέφερε και προσφέρει μέχρι σήμερα ο οργανισμός ΑΧΕΠΑ. Στις 5 Ιανουαρίου καλεσμένος της εκπομπής ήταν ο αδελφός και πρώην πρόεδρος της ΑΧΕΠΑ ΑΥΣΤΡΑΛΙΑΣ και Νέας Ζηλανδία Ζαφείρης Βάγλας ο οποίος με μια περιληπτική αλλά ουσιαστική ομιλία ενημέρωσε το ακροατήριο πως διοικείται και λειτουργεί η ΑΧΕΠΑ Αυστραλίας αλλά και σαν διεθνής οργανισμός. σύμφωνα με το καταστατικό, που συντάχθηκε στην Αμερική με ορισμένες αλλαγές, σύμφωνα με την Νομοθεσία της κάθε χώρας, που υπάρχει η ΑΧΕΠΑ. Για τα πολιτειακά συνέδρια, που λαμβάνουν χώρα και τις υπευθυνότητες και υποχρεώσεις

Στις 12 Ιανουαρίου καλεσμένη της εκπομπής ήταν η αδελφή και σημερινή αντιπρόεδρος της ΑΧΕΠΑ, Αυστραλίας Τασία Μάνος, η οποία και ενημέρωσε το ακροατήριο, για το πώς λειτουργεί ο οργανισμός ΑΧΕΠΑ σε όλες τις εθελοντικές και Φιλανθρωπικές

του δραστηριότητες, από Φυσικές Καταστροφές -Επιδημίες και αρρώστιες και που σύμφωνα με το καταστατικό και τους κανόνες είναι ένας πραγματικά Φιλανθρωπικός οργανισμός με όλη την σημασία της λέξεως. Αναφέρθηκε επίσης σε μερικά παραδείγματα όπως, εκδήλωση για το Ίδρυμα ΑΓΑΠΗ από τη οποία συγκεντρώθηκαν \$10,700.00 και τα οποία...όλα δόθηκαν στο Ίδρυμα, πολλές εκατοντάδες χιλιάδες δολάρια που έχουν δοθεί στο παρελθόν για το THALASSAMIA –SUNAMI –CHILDREN HOSPITAL – στην Θεολογική σχολή της Αρχιεπισκοπής του Αγίου Αντρέα στο Σύδνευ, επίσης για το Vision Australia – Special Kids του γηροκομείου της Φροντίδας στο TEMPLESTOWE, αλλά και σε άλλες περιπτώσεις όπως \$60,000.00 για τα επόμενα 3 χρόνια, για την εφαρμογή ..της νέας θεραπείας του διαβήτη για τα μικρά παιδιά στο ROYAL NORTH SHORE HOSPITAL Sydney Υποτροφίες κ.λ.π.

Στις 19 Ιανουαρίου καλεσμένος της εκπομπής ήταν ο αδελφός και πρώην πρόεδρος της ΑΧΕΠΑ Βικτωρία αλλά και σημερινός αντιπρόσωπος της Βικτωρία στο Εθνικό Συμβούλιο ΑΥΣΤΡΑΛΙΑΣ και Νέας Ζηλανδία. Πέτρος Πατιστέας ο οποίος και αναφέρθηκε στους .. ΣΚΟΠΟΥΣ –τις ΑΡΧΕΣ –αλλά και την ΙΔΕΟΛΟΓΙΑ του Οργανισμού της ΑΧΕΠΑ. Ήταν μια περιληπτική αλλά ουσιαστική ομιλία, που ενημέρωσε το ακροατήριο, πως διοικείται και λειτουργεί η ΑΧΕΠΑ Αυστραλίας αλλά και σαν διεθνής οργανισμός Λόγω χώρου όμως θα αναφερθούμε με περισσότερες λεπτομέρειες, αλλά και στα άλλα προγράμματα στις επόμενες εκδόσεις. Οικονομικοί Υποστηρικτά των προγραμμάτων αυτών είναι. Τα κτηματο-μεσιτικά γραφεία Α.Σ.Μ του Αντρέα Μάνου. Υιού των αδελφών Στέφανου και Τασσίας Μάνου Ο Έλληνας γιατρός Βασίλης Πάνος Υιός των αδελφών Κώστα και Καίτης Πάνου και η εταιρεία BLACKBURN FINE WINES του αδελφού Γιώργου Κανάκι. ■

The Social Scene - by Sis Despina Sapountzis



the night before the
District Lodge Inauguration

Voula Rentzis
Akrivi Papaefraim
Lambros Papaefraim
Paul Pavlou

Georgia Simon
&
Melpo
Kaimasides



Jan Kostos & Christine Lynch



Kitsa Robinson & Dora Grigoriadis

our interstate visitors
and locals are all having
a good time at the
Doncaster Hotel Bistro



Marie Comino, Katina Stavranou & Matina Comino



Penelope's Corner

by Sis. Despina Sapountzis

The District Lodge Inauguration and the Installation of officers was a wonderful ceremony. Thanks is given to all Sisters from the District Lodge of NSW who helped us in making it a memorable occasion. Their expertise was performed with such grace and perfect protocol. Thanks also to our National President, Bro. Anthony Giorgiadis, for participating in this historic event. It was very emotional to all of us to see all the past presidents taking part in this ceremony

The new District President, Sis. Nike Pavlou, offered the dedication of our District Lodge to our dear departed sisters who were past presidents of Athena Chapter. Members of our District Lodge lit a candle for each departed Past President and for many it was a mother, sister or cousin. Imagine the emotion these sisters felt when they spoke their relative's name.

Our District Lodge carried this Inauguration and Installation in the spirit of Penelope our name sake, whose virtues we believe in.

Congratulations to all of you in the District Lodge. We now look forward to all of you carrying out your ideals and hopes for the advancement of the Daughters of Penelope.

PASHA

We are sure everyone will have a lovely Easter with their families and friends. It is lovely having these Holy days which make us take time out to enjoy and be thankful for our blessings.



KALI ANASTASI



Hawaii here we come!!

Excitement is in the air with the sound of Hawai and the getting together with our sisters from across the Pacific.

We are looking forward to a detailed report from our Aussie sisters on the events, we, who have not been able to attend are missing on!!

Enjoy this get together and KALO TAXIDI to all of you. ■

AVOIDING WRINKLES MAKES ANOTHER REASON TO EAT YOUR VEGETABLES

The heart-protective benefits of a diet high in legumes, vegetables and olive oil and low in full fat milk, red meat, cakes and pastries have been widely accepted for some time, but the same healthy diet may also have been shown to protect against skin wrinkling due to the sun. An international study (*Journal of the American College of Nutrition* 2001; 20: 71-80) looked at 453 elderly people — 177 Greek-born people in Melbourne, 48 Anglo-Celtic Australians living in Melbourne, 69 Greek people living in rural Greece, and 159 Swedish people living in Sweden — in an effort to discover if the food and nutrients in their diet influenced how much skin wrinkling they had due to the sun. The study — led by Professor Mark Wahlqvist of Monash University in Melbourne — assessed the food and nutrient intakes of the participants, and found that higher intakes of some foods and nutrients were associated with less damage to the skin. The beneficial foods included vegetables (especially green leafy vegetables, spinach, onions and garlic), legumes, olives, nuts, dried fruits and apples and pears. Nutrients that were found to be beneficial were a higher intake of total fat, particularly monounsaturated fat (good sources are extra virgin olive oil and avocados), vitamin C, calcium, phosphorus, magnesium, iron, zinc and retinol. Foods that were found to be positively associated with skin damage were full-fat milk, as opposed to skim milk, red meat, potatoes, soft drinks/cordials, cakes and pastries. The researchers concluded that skin wrinkling in parts of the skin exposed to the sun in older people of various ethnic backgrounds may be influenced by the types of food they consume. Participants with the least skin wrinkling due to the sun were the Swedish, followed by the Greek-born Australians living in Melbourne, then the Greeks living in Greece and the Anglo-Celtic Australians living in Melbourne. The study was welcomed by the Dietitians Association of Australia (DAA). ■

Nicole Senior, an accredited practising dietitian and spokesperson for the DAA, said 'News like that is just another way of selling good nutrition.

'There are many studies that show foods such as legumes, vegetables and olive oil can improve your health.' she said.

'People sometimes forget about their nutrition, especially young people.' In their Dietary Guidelines for Australians, The National Health and Medical Research Council recommends that adults eat plenty of breads and cereals (preferably wholegrain), vegetables (including legumes) and fruits. Vegetables are rich in antioxidants. Antioxidants include the vitamins A, C, and E and help the body deal with damaging oxygen free radicals formed during normal metabolism but also from ultraviolet radiation and pollution. The risk of developing heart disease or cancer is considerably lower in people who eat 5-7 serves of fruits and vegetables on a daily basis.

Ms Senior said that legumes are a versatile and convenient food that can be part of all healthy diets, and that it is easy to include them in different meals. 'Try dried peas and beans such as chick peas, Soya beans, kidney beans and split peas,' said Ms Senior.

'Add a can of lentils to your pasta sauce, add kidney beans to meat dishes, tofu to a stir-fry, or just have baked beans on toast.

'Legumes are high in fibre, which is good news for your gut health, low in cholesterol and a valuable source of protein and iron for vegetarians,' she said.

myDr, 2002

Reviewed : 8/10/2002 ■

BBQ at RYE!!!

Kefi, souvlakia, good weather and excellent para.
What more could you ask for!!



Penelope's Kitchen

KALI OREXI !!



*If you have recipes that others would love,
please send them in.
Interstate and overseas recipes are welcome.*

Helen's Chicken

You will need:

- chicken pieces - 6
- Flour & Mixed Spice
- paprika

Sauce:

- 1/4 cup olive oil
- 3 cloves garlic (crushed)
- Salt & Pepper
- 1/2 cup lemon

Method:

1. Sauce:

Place all ingredients for sauce in screw top jar and shake.

Refrigerate overnight.

2. Roll chicken in flour with mixed spice.
3. Place in baking dish & sprinkle with paprika.
4. Pour sauce over chicken and bake for one hour or until cooked.

Tack is the knack of making a point without making an enemy. - **W.G.P.**

Despina's French Onion Dip

Simple.. Simple.. Simple !!!

You will need:

- 500 ml Sour Cream
- 1 satchel Continental French onion soup

Method:

Mix Sour cream and French onion soup.
Mix well.

Refrigerate overnight.

Serve with crackers, celery sticks & carrot sticks.

First impressions are the most lasting. - **PROVERB**

How is your history?

Greek migrants in South Australia



George North (Georgios Tramountanas)
& Lydia North (nee Vosper)
c.1858

The first Greek migrants to arrive in South Australia were Georgios and Theodore Tramountanas from Salonika in 1842. Theodore went on to Western Australia but Georgios, who later changed his name to George North, (his Greek name derives from the Greek word, *tramounta* which means, north wind), stayed in South Australia.

On 26 September 1858 George married Lydia Vosper and moved to a property between Colton and Elliston on Eyre Peninsula which they called North Park. Here they established a farm and had two sons, Hero and George. Unfortunately the farm was not a success but when his son Hero married Rosina Boylan on 18 May 1885 they were able to buy,

Information kindly supplied by

Mario Jaspers.

Photo courtesy Purcell family

together, a property near Lake Newland. This one turned out to be a success and they now bought part of the old Mount Wedge sheep station. George and Lydia lived on this property and grew grapes until his death on 29 January 1911, age 89, at his property Newland Grange, near Colton, on the Peninsula's west coast. He was survived by Lydia and two sons, George and Hero. His wife Lydia passed away on 21 st November 1913.

His son George junior married Eliza Valkema on 4 November 1884 and they settled on their own property at Collie not far from his brother Hero. They had eleven children, as did Hero. ■

Greek Australians

The Greek community in Australia is estimated at 600,000-700,000 (including the second and third generations). 47 per cent of the Greek Australian community lives in Melbourne and 29 per cent in Sydney.

Melbourne, (the Sister City to Thessaloniki in Northern Greece), is the third largest "Greek city" in the world outside of Greece and is an important overseas centre of Hellenism. ■



Editor's Note:

The more I dig, the more I find!!

What a rich history!

Astoria Cafe

- Hunter Street, Newcastle, NSW, late 1940s-early 1950s



Photo courtesy N. Raftos

The Astoria's manager, Jerry Kolivas, originally from the Greek island of Ithaca, is standing behind the counter, third from the right. Perhaps the most conspicuous of Greek occupational enterprises were the Greek cafe and milk bar and their predecessors, the oyster saloon and soda bar. Offering popular, inexpensive eat-in meals, by the opening years of the twentieth century Greek oyster saloons or parlors' (which specialised in oysters) were already well established. By the mid-1910s Greeks had firmly introduced the American drug store soda bar to Australia and in the 1930s the American style milk bar - a number of Greek families had relatives or friends working for Greek-American food caterers, or had been working in the United States themselves.

Prior to WW11, Greek milk bars and cafes had become synonymous with good food, reasonable prices, and twenty-four hour service. Many cafes maintained a large staff, and owners generally excelled in fitting out the premises with tasteful decor of the period. Milk bar and cafe names such as the Californian, Monterey, Niagara and Golden Gate, reflected their American origins. American style confectioneries also appeared in Greek-owned shops together with another American influence, ice-cream. The Greek cafe and milk bar of the 1950s and 1960s, confirmed the enterprises' status as Australian food catering icons, though corporatisation of the fast food industry has now put their remaining numbers into rapid decline. ■