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.

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PNP = Past National President, PSP = Past State President, PP = Past President
AHEPA COMBINED COMMITTEES

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<td>Bro. Nick Nimaginikakis PP</td>
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<td>Sis. Bessy Mougos PP</td>
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<td>Bro. Elias Rentzis PP</td>
<td>9336 2813</td>
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<td>Sis. Sandra Mission PP</td>
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<td>Bro. John Poulios</td>
<td>9584 2629</td>
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<td>Bro. Spyros Korosidis PP</td>
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<td>Booking Officer - for events</td>
<td>Sis. Georgia Simon PP</td>
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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
District Lodge Inauguration...part 2

The National Lodge

representatives from the NSW Daughters of Penelope chapters

representatives of the three Vic male chapters

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 Childrens 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."
The Social Scene - by Sis Despina Sapountzis

Voula Rentzis
Akrivi Papaeftim
Lambros Papaeftim
Paul Pavlou

Jan Kostos & Christine Lynch

Kitsa Robinson & Dora Grigoriadis

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

the night before the 
District Lodge Inauguration

Georgia Simon & Melpo Kaimasides

Marie Comino, Katina Stavranou & Matina Comino
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).
**BBQ at RYE!!!**

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

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**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.

**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.

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First impressions are the most lasting. - PROVERB
How is your history?

Greek migrants in South Australia

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 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 21st 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.

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.