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# 'Ahepa in Victoria'

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**AUG - SEPT 2006**

**Volume 2 Issue 7**



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



### Convention in October

The most important event coming up is the National Convention in Melbourne in October. All the hard work in planning and organizing the convention is complete, now we await for all the delegates to arrive. The convention has a good mix of business sessions followed by well organized functions.

In this issue we have given you more information about Melbourne, it's history, places of interest and of course for the ladies places to shop. We, all in Melbourne, are excited for having the opportunity to put on the Annual National Convention and are looking forward to meet with all the delegates and guests from interstate and overseas.

### August

August was a busy month and on the 13th of the month a function was organized by the Education and Cultural committee where Poets & writers and a musical segment was the theme. Over 80 people attended. There is more details of this function in another section of the magazine.

On the 20th we had Ahepa day, a most important day for all Ahepans. Without question, everybody enjoyed their day.

Dr Con Stavros spoke to us at the last State Lodge meeting on ways that we can increase our membership. He emphasized that all clubs are having trouble attracting younger members. One method is to built up a database



### Editor's Corner

by bro. Theo Sapountzis

of people and invite them to the various functions Ahepa puts on. This lecture was organized by Sis Tasia Manos from the Growth and Expansion committee.

### September

On the 17th this month we had a pleasant afternoon listening to Mr. Paul Willee on matters relating to the Law. See article in another section of the magazine.

Until next time, happy reading and keep well.

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## COMING EVENTS



DID YOU HEAR?



### Pre-Melbourne Cup 2006 Function

to be held at  
AHEPA HOUSE  
8A Church Street, Hawthorn

more details to follow



### Ahepa Children's Christmas Picnic

to be held on

**Sunday 10th December 2006**

at **St. James Park**

**Cnr Wood St & Burwood Rd**

**Hawthorn Map 2H K 7**

**Cost: \$15.00 per child**

(This amount will be subsidised by Ahepa and will be used to purchase presents for each child.

The presents will be given to each child on the day by Father Christmas)

### MONTHLY MEETING CALENDAR

At AHEPA HOUSE - 8A Church St, Hawthorn, Vic. 3122

WHEN	UNIT		CONTACT NAME	PHONE
1st Monday	<b>DISTRICT LODGE</b>	President: Secretary:	Sis. Nike Pavlou Sis. Marie Comino	9596 7760 9515 3511
1st Tuesday	<b>NAFSIKA #13</b>	President: Secretary:	Sis. Ourania Taifernopoulos Sis. Voula Rentzis	8802 8547 9336 2813
1st Wednesday	<b>ARISTOTELIS #9</b>	President: Secretary:	Bro. John Poullos Bro. Spyros Korosidis	9584 2629 9497 1710
2nd Wednesday	<b>ATHENIAN #2</b>	President: Secretary:	Bro. Ray Jones Bro. Zafiris Vachlas	9893 0463 9889 6270
3rd Wednesday	<b>ATHENA #2</b>	President: Secretary:	Sis. Despina Sapountzis Sis. Marie Comino	9840 2003 9515 3511
3rd Thursday	<b>POSEIDON #19</b>	President: Secretary:	Bro. Paul Dimitriou Bro. Terry Komis	9803 5743 9614 0433
4th Tuesday	<b>STATE LODGE</b>	President: Secretary:	Bro. Peter Yiannoudes Bro. Theo Sapountzis	9528 4889 9840 2003



## PLAYING POSSUM

By Sis. Nike Pavlou

A new slant was put on the saying "playing possum" at a recent National Convention Committee meeting, when a small possum found its way into Ahepa House. Its presence slightly upset the more sedate members on the Committee, but as the game of playing possum unfolded, new rules and special prizes were given out.

Firstly, prize number one was for the first sister or brother to jump up onto his/her chair under three seconds – this was won by sister Sophia, who from sitting elegantly a Chairperson one moment showed that she was descended from an ancient Olympic (Hellenic) athlete easily won this section by climbing in a sprightly fashion onto her chair.

The prize for the longest and shrillest scream was a tie amongst the remaining sisters, and they are indeed worthy of being members of Trud's Ahepa Choir.

But the hero of the evening and trophy must go to Brother Theo who showed that he is master of the moment and a new Sir Walter Raleigh. In one swoop of his arm he removed his jacket chased the offending possum (poor frightened little animal), and with a tackle worthy of any AFL or NRL footballer, felled the uninvited visitor and covered it with his jacket.

The possum, thankful for being rescued, relieved itself on Theo as he picked it up and took it outside. Theo was also rewarded by the sisters and brothers – from a distance, (possum wee has a strong odour), - by sitting a short distance from him for the rest of the evening.

We need new members but we are not that desperate! ■

## Mid-Life Crisis

contributed by Sis. Poppy O'Donnell

Well, it's not a mid-life crisis, but here's how things worked out for me. Married 25 years, took a look at my wife one day and said,

"Honey, 25 years ago, we had a cheap apartment, a cheap car, slept on a sofa bed and watched a 10 inch black and white TV, but I got to sleep every night with a hot 25 year old blond.

Now, we have a nice house, nice car, big bed and plasma screen TV, but I'm sleeping with a 50 year old woman. It seems to me that you are not holding up your side of things."

My wife is a very reasonable woman.

She told me "to go out and find a hot 25 year old blond, and she would make sure that I would once again be living in a cheap apartment, driving a cheap car, sleeping on a sofa bed." ■

## Getting old

You know you're getting old when everything hurts, and what doesn't hurt, doesn't work.

There is only one good, *knowledge*, and one evil, *ignorance*.

## The Social Scene -

by Sis. Despina Sapountzis

### AHEPA DAY

20<sup>TH</sup> August, 2006

Ahepa Day is one of the most important days of the calendar for Ahepans.



This year we went to the North Balwyn church for our service . The service was performed by Father Nicolas and he spoke short and sweet about AHEPA and blessed us to continue our good work.



There were around seventy members and friends who attended the service.

Lunch was at Sansis Greek Tavern. Everyone enjoyed the food and the surroundings. More refined than your typical Greek Tavern, Sansis Greek House Tavern serves tasty Greek food with excellent presentation. The setting and décor is tastefully done.

It was good catching up with members who are unable to attend more readily but make the effort on AHEPA day. ■

17<sup>th</sup> SEPTEMBER 2006

### LEGAL AFTERNOON TEA

We were honoured by a visit and talk by Mr. Paul Willee, QC on the many changes of the law. It seems that as our society has changed from the good old days, so has the law in this country of ours.

It was very interesting listening to him talk on some of his experiences as a young barrister which had us all laughing. His specialty is Marine Law and with that he is also a very experienced diver.

At question time a number of us asked questions and of course his humour was shown by letting us know that we were now getting free advice!!!

Thanks to Sis. Trudy Kapoulitsas for organizing Mr. Willee's attendance and as he said he really works for Trudy not the other way round!!! ■

## The Day the Greek Poets, Writers & Singers came to Ahepa House. (13th August 2006)



**Miss Eftihia Kyriakou singing for Ahepans and guests.**

The Educational & Cultural Committee of Ahepa organised a Sunday afternoon function whereby nearly 80 people attended. This function was very successful and the feedback we received from our guests was excellent. The function was written up in the Greek newspapers giving Ahepa well deserved publicity. Our thanks go to the Committee and the Chairperson Sis. Sandra Mission for their hard work, well done. ■

A thank you poem was written for Ahepa by Loula Papazoi



### ΣΤΗΣ ΑΧΕΠΑΣ ΤΟ ΚΟΝΑΚΙ

Νάμαστε πάλι φίλοι μας στις Αχέπας το κονάκι  
Στο σπίτι το φιλόξενο που ευοδιάζει αγάπη.

Ένα μεγάλο ευχαριστώ για τη φιλοξενία  
Στης Μούσας τους τραγουδιστές και της Λογοτεχνίας.

Να ευτυχείτε πάντοτε και με καλή υγεία  
Που τόση αγάπη δίνετε εδώ στην παρούκιά.

Ευχαριστούμε όλους σας συμβούλιο και μέλη  
Που την Αχέπα κάνετε πανέμορφη Κυψέλη.

ΛΟΥΛΑ ΠΑΠΑΖΩΗ  
ΜΕΛΕΒΟΥΡΝΗ 13-8-2006



Guests and Ahepans at the function

## Penelope's Kitchen

**KALI OREXI !!**

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



### STOP PRESS!! STOP PRESS!! STOP PRESS!!

In last issue Despina's Koulourakia missed a couple of instructions in the method!!!

#### This is the method:

The dough needs around 9 cups of selfraising flour. When the dough becomes pliable so you can work with it. Make a little ball about the size of a 20 cents piece, flatten it in your palm and place half teaspoon of your favourite jam in the center and pull the sides up and press together, it should look oblong in shape, like a little pasty. Glaze with egg yoke. Cook at 180 degrees until golden.

### COOKING SECRETS

Relayed by Bro. John Poullos, President, Chapter Aristotelis No. 9 during his Cooking Radio program on 3XY.

#### IF YOU HAVE MADE CASSEROLE TOO SALTY:

Place a peeled potato in the casserole and boil casserole for 15 minutes, the potato will absorb the salt.

#### WHEN COOKING CHIPS IN OIL:

To give the chips a lovely flavour, place a sprig of Rosemary in the oil while cooking the chips.

#### STOP POTATOES GOING GREEN:

Place two green apples amongst the potatoes and they will not go green.

#### CLEAR SMELL FROM KITCHEN:

Fold a piece of aluminum foil and place on top of hot plate, place one teaspoon sugar then light hotplate. As the sugar caramelises the smell neutralises. ■

If a cluttered desk is an indication of a cluttered mind,  
what is indicated by an empty desk?

- **ANONYMOUS**

## For all those born before 1945.....

contributed by Sis. Georgia Simon.

### WE ARE SURVIVORS!!! CONSIDER THE CHANGES WE HAVE WITNESSED.

We were born before television, before penicillin, before polio shots, frozen foods, Xerox, plastic, contact lenses, Frisbees and the pill.

We were before credit cards, laser beams and ball-point pens, before pantyhose, dishwashers, clothes dryers, electric blankets, air-conditioners, drip-dry clothes and before man walked on the moon.

We got married first then lived together. How quaint can you be?

In our time closets were for clothes, not for "coming out of". Designer jeans were scheming girls names Jean or Jeanne, and having a meaningful relationship meant getting along well with our cousins.

We thought fast food was what you ate during lent, and outer space was the back of the local theatre.

We were before house-husbands, gay rights, computer dating, dual careers and computer marriages. We were before day-care centres, group therapy and nursing homes.

We never heard of FM radio, tape decks, electric typewriters, artificial hearts, word processors, yoghurt and men wearing earrings. For us, time-sharing meant togetherness -- not computers or condominiums. A "chip" meant a piece of wood, hardware meant hardware, and software wasn't even a word!

In 1940, "made in Japan" meant "Junk" and the term "making out" referred to how you did in your exam. Pizzas, Macdonalds and instant coffee were unheard of.

In our day, cigarette smoking was fashionable, grass was mowed, coke was a cold drink and pot was something you cooked in. Rock music was grandma's lullaby and AIDS were helpers in the local hospital.

We were certainly not before the difference between the sexes was discovered, but we were surely before the sex change; we made do with what we had. We were the last generation that was so dumb as to think you needed to have a husband to have a baby!

No wonder we are so confused and there is such a generation gap today.

### BUT WE SURVIVED!!!

What better reason to celebrate? ■

### You Grik?

- Greek House work by Dan Boro
- Greek Vows of Silence by Voula Seton
- Easy BBQ recipes by Lou Kaniko
- Killing Time by Perry Meno
- 101 Poultry Recipes by Troy Kota
- Don't buy a Valiant by Mitso Bishi
- Handy Hints for Insomniacs  
by Kim Ismenos
- Greek Confectionery by Ma Stiha
- Greek Rug making by Flo Kati
- Map reading for dummies  
by Ollie Haticame
- A Guide to Workplace Safety  
by Con Pensation
- Vegetarian Cooking by Mel Inzanes ■



**Editor's Note:**  
**Ah, to be young again!**

## AHEPA's National Project is JUVENILE DIABETES

A Radiothon was held in conjunction with SBS Greek Radio

contributed by Sis. Christine Lynch



The team manning the phones in Sydney

A Radiothon was held in conjunction with SBS Greek Radio Programme on September 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup>.

Sydney/Melbourne Friday night from 6 to 7pm SBS Radio 1107 and it was progressively announced all day Saturday and Sunday. The Radiothon was quite successful. On Friday we raised over \$11,000.00, but a lot less on the weekend.

Unfortunately Saturday and Sunday were a let down.

In my opinion unless there is a radio program with the radiothon I do not think it is successful.

On the week end we made a few calls to people and raised money that way but no incoming calls were received either from Sydney or Melbourne over the weekend.

In Melbourne the phones were manned by Bro. Steve Manos, Sis. Tasia Manos and Sis. Nike Pavlou. ■

### What Luck!!!!

Here is an ancient myth saying that there's a cliff on Mt. Olympus in Greece where all the Gods live and that the cliff has special powers. The power they say is that whatever is the last thing you say before jumping off the cliff is what you will be greeted with in vast quantities.

So one day three friends go there to try.

The first one gets nervous and jumps off the cliff screaming "MONEY!!!" He goes and lands in a HUGE mountain of money. The second friend sees this and gets very excited and takes a long start run and goes as fast as he can and jumps off screaming, "BABES!!!!". He lands amongst a lot of beautiful women. The third friend gets VERY VERY excited and takes a HUGE running start and goes as fast as he can. He's so excited that he's going at 30KPH when he comes to the edge and trips on a rock and says, "oh shit!" ■

### Melbourne - History

Melbourne, named after British Prime Minister, Lord Melbourne, was first settled by a group of settlers led by John Batman and John Pascoe Fawkner, Batman had earlier explored Port Philip Bay and landed near the Yarra River and decided "this will be a place for a village" on the 10th of May 1835. Batman negotiated a land deal with the local aborigines that had previously lived around the area for an estimated 40000 years and within a few years the CBD's grid layout took place. The discovery of gold in Central Victoria in the 1850s coincided with the Victorian colony being separated from New South Wales to become the State of Victoria.

It was the Gold rush that also propelled Melbourne forward as people from all around the world traveled to Melbourne to make their way to the gold fields, by the 1880s Melbourne was the second largest city in the British Empire. When Australia became a nation at Federation on the 1st January 1901 Melbourne become the new nations temporary capital with the first federal Parliament being conducted in the Royal Exhibition Building. It was not until 1927 that parliament transferred to the new city of Canberra which was purposely built to become the nations capital. Melbourne grew steadily during the early 1900's and the new immigration policy of the Australian government of the time that promoted Australia across Europe to help boost the population worked wonders. Melbourne was home to the 1956 Olympics games, the first to be held in the southern hemisphere and it was around this time until the 1970s that Melbourne's population began to stabilise as Sydney was recognized as Australia's largest city.

Building Booms in the 1980s followed by a short recession has led Melbourne in to another Building boom that started in the late 1990s and continues until today.

Areas that were once docklands and factory sites are now being transformed into apartments and entertainment complex's that will see the Melbourne CBD area almost double once complete.



Melbourne's brand new Federation Square is in great contrast to the historic buildings in Flinders Street



Melbourne's skyline, showing the yarra river with its skyscrapers in the background..

### Northland Shopping Centre



Your nearest Shopping Centre to Rydges Hotel.

Northland Shopping Centre is a major regional shopping centre boasting a strong retail mix, services component and customer facilities, all of which cement the centre's dominance within the trade area.

#### Trading Hours

Monday - Wednesday  
9.00am - 5.30pm  
Thursday - Friday  
9.00am - 9.00pm  
Saturday 9.00am - 5.00pm  
Sunday 10.00am - 5.00pm

#### Major Tenants

Myer, Coles, Rebel Sport, Kmart, Toys R Us  
Best & Less, Hoyts I4, Safeway

Retailers 220, Major stores 11, Banks 5, ATM's 12

#### Location:

2-50 Murray Road  
Preston  
Tel: (03) 9478 1399



#### Bridge Road, Richmond

This is where to find the best of Melbourne's designer factory outlets and seconds shops. Many of these stores feature the work of young, independent Australian designers. No place captures Melbourne's cosmopolitan culture better than Bridge Road Richmond. For Bridge Rd, take the #75 or the #48 tram from Flinders St.

#### Smith Street, Collingwood

From Fashion to Sporting goods factory outlets, there's a bargain or two to be found here. From Bourke St. take tram #86 to stop 19.





## Penelope's Corner

by Sis. Despina Sapountzis

### TEMPTATION

19<sup>TH</sup> August, 2006

Eleven sisters attended the recording of "TEMPTATION".

The half-hour broadcast took nearly one hour to record. It was interesting seeing the workings behind the scenes. There were around 20 floor staff and upstairs several people doing the editing immediately as the recording was completed.

They do the recording for the week on two days. We went to a morning session and we saw the recording for three days.

Pete Smith was the funnyman. In the audience participation we announced that we were from AHEPA and that we were the daughters of Penelope and he made a couple of smart remarks regarding the poor woman having so many daughters!!!

Livinia is beautiful and Ed is a good looking young man. They seem to have a good relationship because of the way they tease each other.

During one of the breaks we were given Krespy Cremes, glazed donuts, which were devoured quite readily.

I am sure everyone had a good time. We had good company, good laughs and finally with our tongues hanging out for lunch and a coffee the group headed to a café in North Balwyn.

Everyone agreed that we should so often do something like this as a get together and for the good of our chapter we raised \$110.00.

### Shopping in Melbourne



#### Toorak Road, South Yarra and Toorak

Exclusive clothing and footwear boutiques make this area a must for the fashion conscious shopper. Established designer labels, and a range of stylish cafés and restaurants may be found in the area between Punt and Grange Roads. Take tram #8 from Swanston Walk.

#### Chapel Street, South Yarra

Chapel Street has been labelled as the fashion strip of Australia and between Dandenong Road and Toorak Road, is where the most fashionable shops and shoppers can be found. From Swanston Walk, take tram #8 or #72 or a train to South Yarra Station on the Dandenong or Sandringham lines.



## Melbourne - Greek Precinct

Melbourne is home to more Greek's than any city on earth outside Athens. - yes Melbourne is the second largest Greek city in the world.

Lonsdale Street is the home base to Melbourne's Greek Community, restaurants, cafes, gift shops and everything Greek can be found on this great street.

Some of the best food in Melbourne can be found on Lonsdale Street, whether it be a juicy lamb souvlaki, Dolmades or some mouth watering Mousaka this is where you will find it, and nothing would be truly Greek if it wasn't washed down with a beautiful Greek style wine...delicious!



### Did you know?

There are several Greek Festivals held in Lonsdale Street during the year which attract thousands of people to the great food and traditional song and dance.



With the 2004 Athens Olympic Games and the European Soccer Cup Win Melbourne' Greek Precinct has been one of the best party places in the city.



The Greeks have based their community in Lonsdale street since the early 1900's. For over 100 years people have been playing tavli on the al fresco tables drinking coffee or 'Kok'.

Walking down the street you hear strains of Greek music and smell the fantastic cuisine- it's hard to remember you are in Melbourne- not on the Mediterranean.

Many of the grocery stores stock imported olives and other Greek essentials including Greek Music and Print.

Night time the precinct comes alive, with cabaret, Greek Music from many of the Greek nightclubs. You can spend the whole evening dining outdoors watching the fancy modified 'sports' cars driven by the young thumping their euro beats from their expensive car stereos.

The Greek Precinct is a great place for some fun and adventure.



"Stalactites" One of the oldest Greek Restaurant in Lonsdale St





Lonsdale Street, ,the Greek part



Melbourne Aquarium



Crown Casino

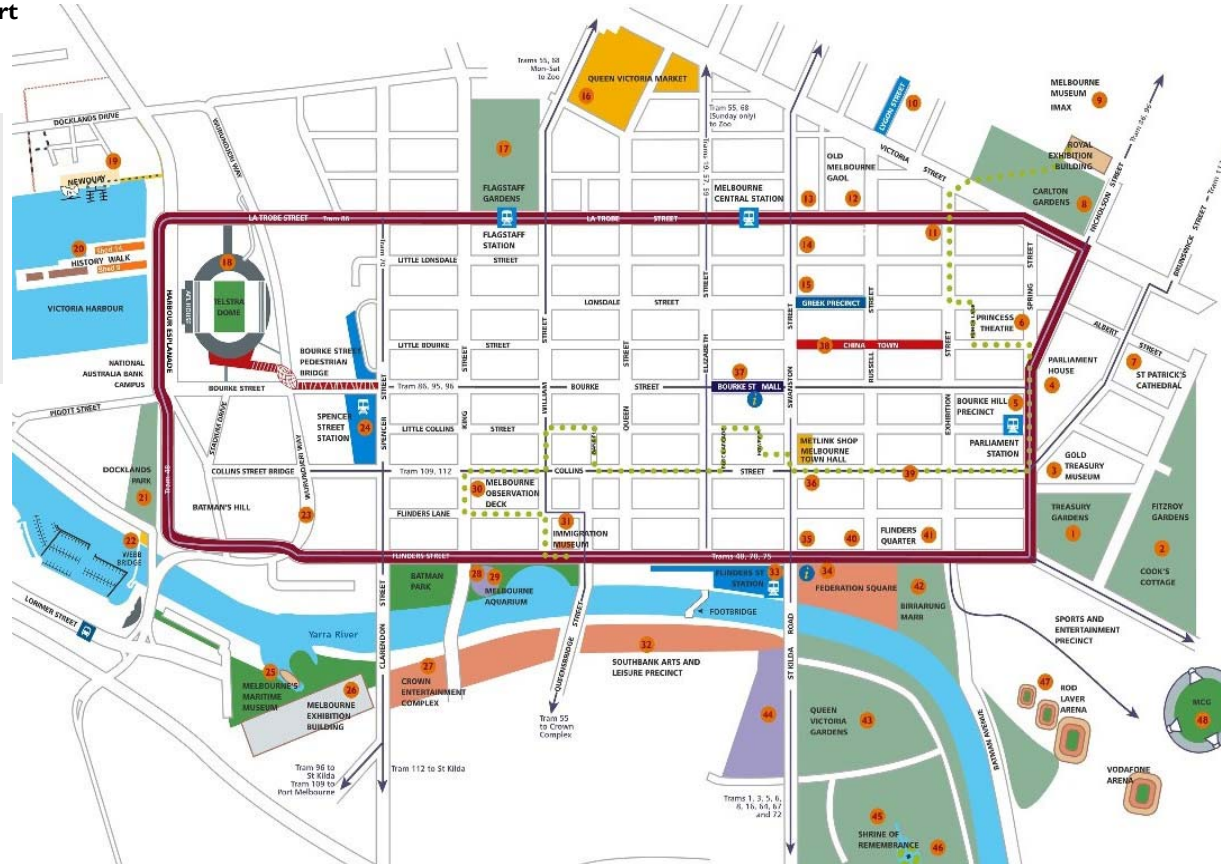


### CITY CIRCLE TRAMS

City Circle trams, which are free, travel along Latrobe St in the north, Spring St in the East, Flinders St in the South and Harbour Esplanade in the West.

### City Circle map

This map shows the route of Melbourne's free City Circle trams. City Circle trams travel the perimeter of Melbourne's central business district every day between 10am and 6pm, except Christmas Day and Good Friday. The service takes in many of Melbourne's landmarks and runs every 12 minutes.



### DID YOU KNOW?

So the story goes, the plans for a railway station in Bombay were mixed up with Melbourne by a London architect. Melbourne's Flinders Street Station was built of Bombay's blueprints



### Spring Racing Carnival

For six huge weeks Victoria comes alive with the power of the world's champion thoroughbreds.

**Where:** Melbourne and country Victoria race tracks

**When:** 5 October – 23 November 2006