

# Megisti Messenger

Jul 5<sup>th</sup> 2014 Volume 7, Issue 3

Newsletter of the  
Castellorizian  
Association of WA Inc  
160 Anzac Road  
Mt Hawthorn WA 6016  
Tel/Fax: 94432110

## FORTHCOMING EVENTS

WA Welcome For  
Exchange Student  
From Castellorizo  
Aug 1<sup>st</sup> 2014  
See Pages 4 & 5

Genealogy Day  
Aug 3<sup>rd</sup> 2014  
See Page 7

Guest Speaker Night  
at the Happy Hour  
Aug 22<sup>nd</sup> 2014  
See Page 6

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Articles for the  
*Megisti Messenger*  
are always welcomed.

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## President's Report



**President**  
**Allan Cresswell**

It has been a very busy three months since the last *Megisti Messenger* came out. Our past President, Jim Manifis, attended Melbourne in May for his Kastellorizian of the Year for 2014 award. Jim attended with his wife, Anna, and sons, Dean and Nicholas.

A Cazzie Tribute for Jim appears on **Pages 22 and 23** of this edition of the *Megisti Messenger*, together with photos taken at the Kastellorizian Association of Victoria on the day of the awards

Our guest speaker on May 2<sup>nd</sup> 2014 at our mixed family night was Emeritus Professor Byron Kakulas. Byron spoke to a packed Castellorizian House on two subjects. Both were very well received and everyone remarked afterwards how wonderful and informative the talks were. It was also great to have such an internationally renowned medical expert available to us as our guest speaker. Byron has kindly provided his notes for those who were unable to attend, and they appear on **Pages 16 to 19** of this edition of the *Megisti Messenger*. Our next speaker is Sporting Commentator Peter Vlahos who will attend the Men's Happy Hour on Friday August 22<sup>nd</sup> 2014 – See **Page 6**.

On Friday June 6<sup>th</sup> 2014 a Father/Sons Happy Hour evening was held at Castellorizian House for the regular "Friday Nighters". This was an excellent night where members brought along their son(s), son in law(s), grandson(s) or nephew(s). A great crowd of 74 persons attended and there was wonderful interaction and fellowship occurring during the whole night. Each of our members introduced their guest(s) and gave a brief summary about the men they had invited. It was a great night indeed. Some of the young men had never visited Castellorizian House previously and it was a great opportunity for them to be, and feel, part of our association. Photo on **Page 14**.

Our association combined with the Hellenic Community of WA to hold a Sts Constantine and Helene Luncheon at Eat Greek in Fremantle on Sunday May 25<sup>th</sup> 2014. A report is on **Page 14**.

Let us give a big WA welcome to Exchange Student, Evi Asvesti, who arrives from Castellorizo later this month. We will be holding a Mixed Family Night on Friday August 1<sup>st</sup> 2014 to welcome Evi. See **Pages 4 and 5**. Please do support this function.

On Sunday August 3<sup>rd</sup> 2014 I will be conducting a Genealogy Seminar at Castellorizian House. All are welcome to attend and this is a free function. See **Page 7** for full particulars.

As promised we are holding many events in 2014 to suit all ages. Special thanks go out to our wonderful committee who work tirelessly to ensure each function is a success.

## CORRECTION

In the last edition of the *Megisti Messenger* a Eulogy appeared for Athena (Nina) Auguste provided by the family. An email was subsequently received from a family member:

Thank you for including the Eulogy of our late Aunt, Nina Auguste in the April issue of *Megisti Messenger*. However, we noticed an incorrect date at the end of the second paragraph, ie *Athena's father Arthur Auguste was the first Castellorizian to come to Australia in 1892*. Can you please note the correct date of 1886 in the July issue.

# SOCIAL NEWS

## Engagements

- ❖ Congratulations to **Michael Kannis** and **Vanessa Hughes** who were engaged on 29 March 2014. Michael is the son of Kevin and Karen Kannis and Vanessa's parents are Keith and Madeline Hughes.

## Birthdays

- ❖ Congratulations to **Nina Pitsikas** (nee Yiannakis) who celebrated her 80<sup>th</sup> birthday on June 17<sup>th</sup> 2014.



Happy 80<sup>th</sup> Birthday Nina Pitsikas

- ❖ **Theo Palassis** celebrated his 75<sup>th</sup> birthday recently. Congratulations Theo!
- ❖ Congratulations to **Anna Papajohn** (nee Manolas) who celebrated her 99<sup>th</sup> birthday on May 2<sup>nd</sup> 2014.
- ❖ Congratulations to **Sion Xanthis** who celebrated his 60<sup>th</sup> birthday on June 24<sup>th</sup> 2014.



Sion Xanthis celebrating his 60<sup>th</sup> birthday with two belly dancers and a live snake

## Get Well Soon

- ❖ Get well soon to our members - **Jean Cresswell** (wife of our President) and **Stacey Cresswell** (sister of our President). Best wishes to you both on a speedy recovery.

## Wedding Anniversary

- ❖ Congratulations to **Theo and Elaine Palassis** (nee Pappajohn) who recently celebrated their 50<sup>th</sup> Wedding Anniversary

## Bon Voyage

- ❖ Bon Voyage to **Arnah Barbouttis** who is off to New York for a couple of years.
- ❖ Bon Voyage to the many association members who are currently travelling overseas to Castellorizo and elsewhere. Have a safe and enjoyable holiday.

## Vale

Deepest sympathy to the families and friends of:

- ❖ Joseph Herbert Boegl Apr 11<sup>th</sup> 2014
- ❖ Maria Somas Apr 26<sup>th</sup> 2014
- ❖ Zoe Savas Apr 30<sup>th</sup> 2014
- ❖ Ethel Kanganas (nee Stanton) May 3<sup>rd</sup> 2014
- ❖ Anthony John McMahon May 5<sup>th</sup> 2014
- ❖ Chris Nicholas Chistodoulou May 11<sup>th</sup> 2014
- ❖ Peter Con Kontoolas May 15<sup>th</sup> 2014
- ❖ Marcelle Tsalakis (nee Phillips) May 18<sup>th</sup> 2014
- ❖ Anthony John Antonas (Melbourne) May 21<sup>st</sup> 2014
- ❖ Catina Mouglalis (nee Koufos) May 22<sup>nd</sup> 2014
- ❖ Michael Angelo Kakulas Jun 1<sup>st</sup> 2014
- ❖ Christine Spartalis (nee Fermanis) Jun 10<sup>th</sup> 2014
- ❖ Jack Anthony Lucas Jun 12<sup>th</sup> 2014



## **MOUGLALIS (Catina)**

Olga, Sandra and Sylvia and Families would like to thank all our relatives and friends for their love and support to us all on the loss of our dear Mother and Grandmother.

Your phone calls, cards and flowers, and your attendance at the funeral were much appreciated.

# SOCIAL NEWS

Through the wonders of the Internet and the Castellorizo Genealogy Website we are making numerous contacts with Castellorizians overseas. One such recent contact related to the Gabriel Family of USA. The family is related to both the Gabriel and Kakulas families here in Perth. Ongoing email contact resulted in the following correspondence per email:

Hi Allan

This is a short article for your *Megisti Messenger* about my mother's 90th birthday.

On April 5, 2014 Despina "Alice" Hollingsworth celebrated her 90<sup>th</sup> birthday surrounded by family and friends. Among those in attendance were her sister Ann McGlade her nephew Chuck McGlade, her grandsons Anthony and James, and her three sons Frank, Jim and Jack.

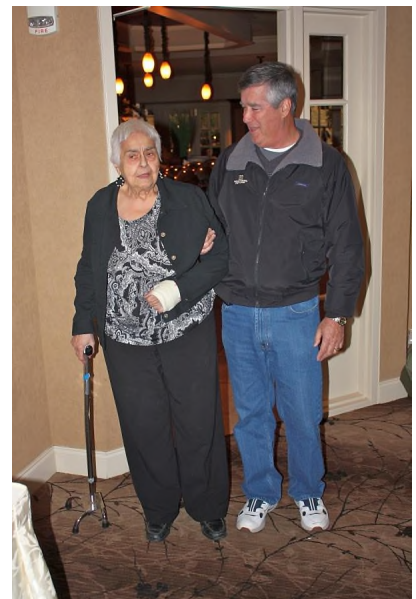
She was born in Castellorizo in 1924, the first daughter of Dimitri Gabriel and Christina Kakulas. The family left Greece several years later and moved to New York City, New York where her father had lived for several years. In America the family had two more daughters Ann and Mary (Deceased).

Despina met her future husband Frank, who was a neighbor. Frank served in the US. Navy during World War II. At wars end they were married. Despina had three children; the first was Frank, and then the twins, Jim, and Jack. In the early 1950's the family moved to Lancaster Pa. Depina's husband, Frank, died in his fifties. Her son Frank is a retired educator. Jim is a retired Colonel of the USA Air Force, and Jack is a therapist for the US. Veterans Administration

Despina has three grandchildren. James, who lives in Tennessee, is the son of Jim and his first wife Terri. Michael, who lives in North Carolina and Anthony who lives in Pennsylvania are the sons on Jack and his first wife Linda. Despina lives with her son Frank in Lancaster, Pa.

The first picture is Despina her sister Ann and grandson Anthony. The second picture is Despina and her son Jim.

Thank you very much  
Frank



# WELCOME TO EXCHANGE STUDENT 2014

Article and Photo courtesy Marilyn Tsolakis



## **Evi (Paraskevi) Asvesti Student Exchange 2014**

*Australian Friends of Kastellorizo* has received sponsorship from the City of Perth to bring one student from Kastellorizo/Rhodes to Perth. Evi (Paraskevi) Asvesti is 15 years of age and she will arrive in Perth on Sunday 27<sup>th</sup> July until Monday 4<sup>th</sup> August, before travelling to Adelaide, Melbourne, Canberra and Sydney. She returns to Greece on 18<sup>th</sup> August.

Two students who were on exchange last year to Kastellorizo, Sofia Tived and Marie-Claire Phillips, will be hosting her. Thanks to Christine, Felia and Kingsley Phillips for acting as host families. Evi will be immersed in social, cultural and educational activities while she is in Perth. She will be a guest at MLC and St Andrew's Grammar for a few days. There will also be a reception at the City of Perth.

AFK would also like to thank the Castellorizian Association of WA for having a Youth Night for many families to bring along their teenagers to meet Evi and other young people whose origins are from Kastellorizo. Please keep Friday 1<sup>st</sup> August free and make sure you bring your teenager(s) along to foster goodwill and friendships that will strengthen the bonds with our heritage.

The Honourable, Lord Mayor, Ms Lisa Scaffidi acknowledged the importance of this intercultural exchange program at the occasion of the 30<sup>th</sup> Anniversary of the Sister City relationship between Perth and Kastellorizo.

*"This sister city partnership has been energised in recent years with the establishment of an annual reciprocal student exchange program with the community organisation; the Australian Friends of Kastellorizo. This program has been a huge success allowing students to immerse themselves in their cultural heritage through language, educational and cultural programs."* The Lord Mayor, Lisa Scaffidi, 6<sup>th</sup> June 2014.

# **MIXED FAMILY NIGHT**

## **CASTELLORIZIAN ASSOCIATION OF WESTERN AUSTRALIA**

**Invites you to a Friday Mixed Family Night to welcome  
Exchange Student Evi Asvesti from Castellorizo**

**Friday August 1<sup>st</sup> 2014  
Commencing 6.00pm for a 6.30pm start**



**A great mixed family night is planned to welcome Evi Asvesti of Castellorizo who is arriving in Australia as an Exchange Student courtesy of AFK and the City of Perth.**

**All our members are encouraged to this welcoming reception to meet Evi. Ideally we would also like to have young teenagers attend this function with their family**

**Bookings Essential – The night will be fully booked so please contact Allan Cresswell on 93057954 / 0413958500, Kevin Kannis on 0418904848 or any committee member to ensure reservation of your table or seat. Once the required numbers have been reached bookings will immediately close. Do not be disappointed!**

# **GUEST SPEAKER NIGHT**

## **CASTELLORIZIAN ASSOCIATION OF WESTERN AUSTRALIA**

**Invites you to a Men's Happy Hour Guest Speaker Night**

**Friday August 22<sup>nd</sup> 2014 Commencing From 6.00pm**



**Guest Speaker – Peter Vlahos - Sporting Commentator**

**Peter has a wide and extensive experience in the sporting commentating world and his background includes both television and radio, here in WA and Interstate. Peter has been involved in covering and broadcasting a wide variety of sports through the media, including that of the Sydney and Athens Olympics.**

**This is a regular Friday Night Happy Hour with the added bonus of a Guest Speaker. Cost is \$30 with a great meal planned.**

**Bookings Essential – The night will be fully booked so please contact Allan Cresswell on 93057954/0413958500 or Kevin Kannis on 0418904848 to ensure reservation of your table or seat. Once the required numbers have been reached bookings will immediately close. Do not be disappointed!**

# **GENEALOGY SEMINAR**

**The Castellorizian Association of WA Inc  
Cordially invites you to a Genealogy Seminar**



**To be held at  
Castellorizian House  
160 Anzac Road Mount Hawthorn WA**

**SUNDAY 3<sup>rd</sup> August 2014  
Commencing from 1.00 pm**

**Free Admission**

**Presenter Allan Cresswell  
Genealogist and Researcher since 1983**

**Subjects for discussion:**

- ❖ **Recording your Castellorizian Family History**
- ❖ **Sourcing Information and Documents in Australia**
- ❖ **Sourcing Information and Documents from Castellorizo**
- ❖ **Searching the Castellorizian Genealogy Website**
- ❖ **Relationships**
- ❖ **Providing Information to the Castellorizian Genealogy Website**
- ❖ **Providing Photographs to the Castellorizian Genealogy Website**
- ❖ **Oral History**
- ❖ **Question and Answer Time**

**Tea and Coffee provided**

# 30 YR SISTER CITY CELEBRATION

## BACKGROUND OF THE RELATIONSHIP

**Compiled by Michael A Michael OAM Former Lord Mayor of Perth 1984 - 1988**

Joint Sister City relationship Perth, WA - Kastellorizo and Rhodos, Greece

In 1984 I was the Right Honourable the Lord Mayor of the City of Perth.

I am a Kastellorizian, both my mother and father were born Kastellorizo my father came from the island to Western Australia in 1895 at the age of 12. My mother came to Western Australia in 1920.

In the year 1984, 30 years ago, members representing The Kastellorizian Association of Western Australia made the request that the island of Kastellorizo be considered by the Council of the City of Perth to be a Sister City.

The City of Perth already had several international cities as sister cities.

The City of Perth in 1984 was very much larger in area than it is now. At that time there were 27 counsellors as of today there are only eight councillors for a much smaller area.

In 1984 Evan Kakulas was a Perth City Counsellor and a very well known Kastellorizian. I am not certain if he may have put the motion to the council for Kastellorizo to become a sister city he certainly was most enthusiastic for the idea to be put forward.

This motion was defeated because of the extremely small size of the island and also the population of the island was between 300 to 400 people. The Kastellorizians were very disappointed. A discussion was held and it was decided to put the motion to the Perth City Council again and this time to include the island of Rhodos which is situated very close to the island of Kastellorizo. As we know the island of Rhodos is a substantial and very historical island was included in the request for a sister city relationship to be titled Kastellorizo Rhodos sister city.

The motion was put to the Perth City Council and was passed in the affirmative there were many Kastellorizians at the Council meeting and the affirmative decision met with applause.

The Consul for Greece in Western Australia at the time was Mr Athanasios Caliopoulos he was very popular with the Greek and Kastellorizian community. He was very pleased that the sister city request by the Kastellorizian Association and the island of Rhodos was successful.



**Signing of the Sister City Relationship in 1984**

**Mr Athanasios Caliopoulos**  
(Consul for Greece in WA)

**Mr Michael Michael OAM**  
(Lord Mayor of Perth)

**Mr Michael Tsolakis**  
(President Kastellorizian Association of WA)

The Greek Consul was instrumental in arranging the visit to Rhodos and Kastellorizo by Mrs Michael and I. He arranged that a Greek warship should transport us and any interested persons would be welcome to travel to Kastellorizo and join in the signing of the Sister City relationship and the festivities that followed. We were accompanied by the Admiral of the Fleet and a senior army officer, and an Army band on the ship. It was a very festive occasion.

While we were on Kastellorizo no boats were allowed into the harbour from Turkey and the Army supplied two helicopters to transport us back to Rhodes separately.

Now we have two sisters, Kastellorizo and Rhodos both on the same title.

## CELEBRATION OF 30 YEAR SISTER CITY RELATIONSHIP IN 2014

Compiled by Allan Cresswell

On Friday June 6<sup>th</sup> 2014 the formal opening of the 30 Year Sister City Celebration was held at the Perth Town Hall Foyer. A feature of the Sister City Celebration between the City of Perth and Castellorizo was a solo exhibition by Dr Ioannis Michaloudis, titled “On Cloud Seven”. Dr. Michaloudis artwork was on display in the Town Hall Foyer from the formal opening until June 14<sup>th</sup> 2014. An online copy of the brochure for the opening can be viewed at:

<http://www.kastellorizo.com/assets/Uploads/eNews-Uploads/On-Cloud-Seven-Brochure.pdf>

The Ambassador of Greece to Australia, Mr. Haris Dafaranos and Mrs. Eva T. Dafaranos in cooperation with the Consulate of Greece in Perth invited various guests to the opening. The exhibition was curated by Mrs. Eva T. Dafaranos, with Ms Marilyn Tsolakis of AFK the MC for the formal part of the opening. Speeches were made by both the Ambassador of Greece to Australia, Mr. Haris Dafaranos and his wife, Mrs. Eva T. Dafaranos. The City of Perth Lord Mayor Dr. Lisa Scaffidi, Dr Ioannis Michaloudis and Allan Cresswell, President of the Castellorizian Association of WA all made speeches associated with both the exhibition and the Sister City 30 year celebration.

A very pleasing aspect at the formal opening was the attendance of Michael A Michael OAM, former Lord Mayor of Perth 1984 – 1988, Mr Evan Kakulas and Mr Michael Tsolakis. All played an important part in the establishment of the Sister City Relationship between the City of Perth and Castellorizo back in 1984.

Catering of refreshments and appetisers were provided by the Castellorizian Association of WA. Special thanks go out to Tony Elder and Sion Xanthis who assisted in transporting all the items for the catering to and from Castellorizian House to the Perth Town Hall. Thanks also to Tony Samiotis who volunteered his time for much of the evening to assist the paid waiters. A big thanks to Jodi Bavin who volunteered her services as a waiter.

Photos displayed on this page are copyright to Scott Price. Additional photos can be viewed online at:

<https://www.facebook.com/media/set/?set=a.254157781452702.1073741841.160056334196181&type=3&uploaded=81>



# CAZZIE COOKING CLASSES

Article and Photos courtesy Helen Anastasas

Since the last issue of the *Megisti Messenger*, the Cazzie Cooking Class have had three classes and another one being planned for the month of July. All classes have been popular with maximum participants each time and now others are requesting to join the classes if any vacancies are available.

The cooking class in March by Cathy Bouhlas on Paximathia was very successful and the end results were very rewarding by those present. Then in May, Bev Anastasas made her popular family Finikia recipe and they just melted in your mouth when tasted. In June we were lucky to have Mary Raftopoulos show us her very tasty Gianniotika (Phyllo/ Kataifi Rounds) which I am sure will be seen at many more family and social functions in the future. Thank you to Cathy, Bev and Mary for such wonderful demonstrations plus the time and effort put in behind the scenes and willingly passing on your treasured recipes to us all.

Rose Kalaf has kindly offered to present the next class and it will be Vrithopites (Chickpea Fritters). These are fritters many have made but not quite perfected in appearance may be or taste and everyone is looking forward to some great hints for improvement.

Thank you, to Allan Cresswell for never forgetting to contact me before the next *Megisti Messenger* publication so I am able to send off photos and an article to him to include. During the Finiki class I was fortunate to have photos on the way the class was set up, scenes in the kitchen plus everyone socialising over a coffee/tea and usually sampling what was made on the day.

All at the last Cazzie Cooking Class were happy to extend our love and best wishes to Nina Pitsikas on her 80<sup>th</sup> birthday. Each class Nina is always present to help set up, assist people on the day and then stays behind to do last minute cleaning and placing all equipment away. Thank you to Nina for your ongoing support.







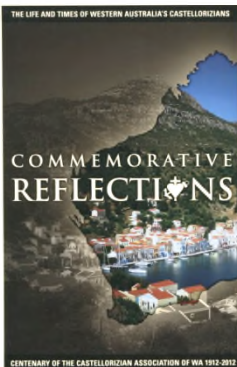
# SALE OF CENTENARY MEMORABILIA ITEMS



**Lapel Pins - only \$10**

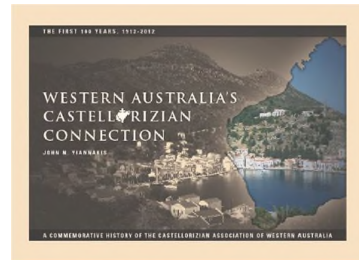


**Medallions  
now only \$30**



**Reflections Book -  
selling for only \$40**

Only a few remaining books of the reprint. This hard cover book tells 131 stories of Castellorizians families and individuals within the 164 pages.



**Western Australia's Castellorizian  
Connection Book - selling for only \$40**

**The First 100 Years: A Commemorative History  
By Dr John Yiannakis**

**Castellorizian Centenary 2012 events**

**Available Now as a 3 disc DVD set!**

**A wonderful momento for future generations**

Relive and reminisce all of the events of the CENTENARY week with your own copy at just ~~\$20 per set~~ - **now only \$10 a set!**



DVD's (Gala Night) - almost giving away at \$10 for the three DVD's



**Tea Towels - a great buy at  
only \$10.00**



**Pens - at cost and only \$3 (or 4 for \$10)**

**Tea Towels made into aprons – a  
great buy at \$15  
(These have been kindly produced  
by the Hellenic Women's  
Association Sewing Group)**

# PAST FUNCTIONS

## STS CONSTANTINE AND HELENE DAY MAY 21<sup>st</sup> 2014



Allan Cresswell - President of the Castellorizian Assn of WA and Gary Mitchell - President of the Hellenic Community of WA holding up the Icon of Sts Constantine and Helene at the Sts Constantine and Helene Church Service Perth WA



Young Greek Dance Performers at the luncheon reception after the Saints Constantine and Helene Church Service Perth WA on May 21<sup>st</sup> 2014

## STS CONSTANTINE AND HELENE LUNCHEON SUNDAY MAY 25<sup>th</sup> 2014

A combined Castellorizian Association of WA and Hellenic Community of WA Saints Constantine and Helene Luncheon was held at Eat Greek Restaurant in the function room at East Fremantle.

A total of 144 persons attended and included Father Elpidios, Father Kosmas, Father Evan and Ms Sofia Choli the Consul of Greece in Perth. Speeches were made by Gary Mitchell, President of the Hellenic Community of WA, Allan Cresswell, President of the Castellorizian Association of WA and Ms Sofia Choli, the Consul of Greece in Perth. Everyone enjoyed the great food and the atmosphere was splendid.

## FATHER/SON HAPPY HOUR FRIDAY 13<sup>th</sup> JUNE 2014

As reported on Page One the Father/Son Happy Hour was an excellent evening with 74 in attendance.



# ASSOCIATION MEMBERSHIP SUBSCRIPTIONS

## NEW FORMAT FOR 2014/2015 MEMBERSHIP PAYMENT

The membership subscriptions for the Castellorizian Association become due on July 1<sup>st</sup> of each year. This year we are trialing a new format by including an invoice for your subscriptions within the *Megisti Messenger*. This has been instigated because many members become uncertain as to whether they have made payment or not each year and some go into arrears because of this. Some members have suggested that they need a reminder and prefer notification of membership subscription when due. If you do not receive an invoice then your membership is paid in advance. Please forward payment to **160 Anzac Road Mount Hawthorn WA 6016** or alternatively you can make your payment by **electronic transfer using BSB 066-129 and account number 00800217**.

If you pay by electronic transfer please put the member code, shown at the bottom of the address cover sheet, or the top RH corner of the invoice, in the payees description so we can identify your payment. The deposit receipt number will be your proof of payment as paper receipts will not be issued to members who pay electronically. Thank you in advance for your continued support.

## HELLENES BRIDGE CLUB

If you enjoy playing Acol Bridge, why not join the Hellenes Bridge Group. The Group meets at the Castellorizian House in Anzac Road, Mount Hawthorn every Friday morning from 9.30 am until 1.00 pm. It's a lot of fun, keeps the mind active and is a great way to network amongst friends.

The cost of \$ 5 per player includes skilled supervision, morning tea as well as hiring of the Castellorizian House.

Any interested persons (male or female) are invited to contact Nicholette Litis at home on 9368 1489, by mobile 0408 919 378 or by e mail at [m.litis@bigpond.com](mailto:m.litis@bigpond.com)

**A full colour version of this edition (and also the previous 20 editions) can be viewed at:**

<http://www.castellorizo.org/newsletter/>

**Download the newsletter and view on your PC, Laptop or iPad.**

## HIRING CASTELLORIZIAN HOUSE

Members of the Castellorizian Association are reminded that the headquarters in Mount Hawthorn is available for hire for small family functions and community gatherings.

Anyone interested in using the facility should contact the House Manager, Mr Sion Xanthis on 0417326271.

**Please ring him after 5.00pm on week days.**

The building has food preparation and serving facilities as well as access to catering services if necessary. There are some restrictions on the use of the building and kitchen area which will be advised by the house manager.

### NEW SCALE OF CHARGES –EFFECTIVE JAN 1<sup>st</sup> 2014

| TYPE OF HIRE   | RATE                     |
|--|--------------------------|
| Casual hire, seminars etc, up to 3 hours   | \$100                    |
| Casual hire, parties, reunions etc, 3 hours and over.<br>Bond required for extended events (\$300 members)<br>Non members (\$500)<br>Kitchen use (\$60) Kitchen use with cooking \$100 | \$400      members \$300 |
| Regular weekly or monthly hire.  | POA                      |

## **GUEST SPEAKER EMERITUS PROFESSOR BYRON KAKULAS MAY 2<sup>ND</sup> 2014 AT CASTELLORIZIAN HOUSE**

To a packed house we welcomed Emeritus Professor Byron Kakulas as our first guest speaker for 2014. And what a great night it was! Byron spoke firstly on Dementia and later, after our dinner, on the exciting discovery associated with Muscular Dystrophy and the Rottneest Island Quokka.

Byron has kindly provided the draft of both of his talks for inclusion in this edition of the *Megisti Messenger* for persons who were unable to attend this function.



**Emeritus Professor Byron Kakulas**

### **A Presentation to the Castellorizian Association of WA May 2, 2014 PART 1**

**Byron A Kakulas AO, MD (Hon. Athens), MD (UWA ) FRACP, FRCPA, FRCPATH (UK )**

**Professor Emeritus UWA**

#### **DEMENTIA**

##### **Introduction**

Dementia is a **general term** which describes **the loss of higher intellectual functions** of whatever cause. The functions of the Brain are divided into Lower and Higher. The **Lower functions** are those which govern general bodily activities automatically i.e. the autonomic nervous system which controls the heart rate, blood pressure and circulation, bladder and bowel function, the release of hormones etc. The lower centres of the brain also control equilibrium, balance, posture and other reflexes.

**Higher functions** are those which distinguish us human, such as personality, reasoning, cognition (understanding) creativity, imagination, calculating and learning ability and acquired motor skills. Important aspects of higher neurological functions are mind, memory and wisdom gained from experience. All of these mental attributes are diminished in dementia.

##### **Causes of Dementia**

There are many neurological disorders which may affect the intellect and manifest clinically as Dementia. Some of these conditions are reversible while others are incurable and inexorably progressive.

**Reversible causes** may be “space taking” disorders causing pressure inside the rigid bony box of the skull. An example would be a subdural haematoma i.e. a collection of blood outside the brain but within the skull. Brain tumours will have the same effect. Reduced function of the thyroid gland is treatable cause of dementia. Vitamin B1 deficiency common in alcoholics, meningitis and encephalitis are also potentially reversible. Recreational drug abuse or even prescription medicines in excess are other examples. Thus it behoves the attending physician to take care before considering the cause to be an incurable cerebral **degeneration**.

**Nevertheless** due to an ageing population the **irreversible neurological** disorders are very common. After the exclusion of the above reversible conditions the main cause of dementia is **Alzheimer’s Disease (AD)**. There are many much rarer conditions causing similar effects as AD and are mainly of academic interest. Examples are **fronto - basal degeneration, Huntington’s chorea or Creutzfeldt Jacob** and similar human “**Mad Cow diseases**”. Chronic repeated head injury is also a cause of irreversible dementia. A small number of patients with Parkinson’s disease (PD) may develop true dementia but usually on further examination such patients are simply found to be depressed.

### **Alzheimer’s Disease (AD)**

AD may develop at any age even childhood but the incidence increases dramatically with advancing years. Thus it is estimated that 6% of people aged 60 years have AD and the rate increases by 1% more for every year thereafter. The loss of intellect in AD correlates closely with the loss of nerve cells (neurones) in the grey matter of the brain. This grey matter (cerebral cortex) is the seat of higher mental functions. In AD the brain appears to be shrunken (atrophic) due to loss of tissue from the convolutions and resembles a peeled walnut. In addition to the overall loss of neurones, microscopically, the changes characteristic of AD are the presence of thread-like structures within the surviving but degenerating nerve cells known as Tau **neurofibrillary tangles** and the deposition of amorphous material called **amyloid** occurring in clumps called senile **plaques**. Although there is much written about the pathology of AD the definitive causes remains unknown except for some predisposing genetic factors. There are many theories, but none are proven.

### **The Patient with AD**

The onset of AD is gradual and insidious. At first the affected individual and those around him or her may regard episodes of mild confusion and memory loss as just common forgetfulness or senility. And there are several benign conditions such as transient global amnesia to be considered. On the other hand because AD is a progressive disorder memory will continue to deteriorate with time and be associated with loss of calculating ability, comprehension and orientation (the patient getting lost). Changes in personality and aggression are other early features. At first the patient may complain of poor memory and of impending AD and so becoming distressed as result but this stage soon passes. Perhaps, fortunately from then on, insight is lost and the AD patients become oblivious to their defects.

The intellectual decline grows worse over the following months and in a year or two the patient becomes fully demented. In the late stages of AD “total care” is necessary as such patients are quite unable to do anything for themselves within the needs of daily living and are bathed, dressed, toileted and fed by their attendants.

### **Management of AD**

Overall support with compassion and empathy are the guidelines. Aggression in the early stage of AD requires sedation. While at home the spouse or partner plays an important role by taking care of daily needs, dressing, feeding bathing, administering medicines and preventing of injury due to falls, all in a loving and understanding manner.

However as the early stages of AD pass and dementia is complete the spouse or partner is no longer able to cope alone and the government **disability service** needs to be called in. Support in the home through the provision of carers will deal with the needs of daily living providing meals and respite for the partner who by this stage will be under considerable stress.

Unfortunately the patient with AD will eventually become totally dependent so that nursing home and hospital care will be required. And so it goes on with the patient **ultimately losing all intellectual functions** including control of bladder and bowel. The advanced AD patient lies in the foetal position, immobile and in a very pitiful vegetative state. At some point in this end stage the patient will develop and die of bronchopneumonia. This outcome is sometimes referred to as “the old person’s friend”

Patients with AD all follow the same course described above but with **some provisos**. The **first** and most obvious is that the patient may develop a fatal illness early in the disease such as coronary artery thrombosis or a pulmonary embolism (blood clot reaching the lungs), stroke or cancer being the commonest intercurrent illnesses. The **second** proviso is that progression in AD is very variable. AD may be rapidly progressive going from beginning to end in a few years or it may only be very slowly progressive with deterioration occurring slowly over twenty or more years. The rate of progression is somewhat determined by the patient’s genetic makeup. For instance those carrying the APOE4 genotype deteriorate rapidly (and have an earlier onset) than those with APOE 3 are much slower while people who are APOE 2 tend to be spared from developing AD.

### **Medical treatment**

Because of the great problem posed by AD, human and economic, compounded by an ageing population, life expectancy is now 79 years for men and 83 years for women and improving with time due to medical advances and better lifestyles, an enormous research effort is underway in effort to find an effective treatment or delay in onset. It is estimated that a delay of just 5 years would reduce the incidence by half.

Regrettably to the present no such method has been discovered. The medicines you hear about are designed to obtain as much as possible out of the unaffected nerve cells. The neurotransmitter **acetyl- choline** stimulates neural transmission and the AD drugs now in use act by increasing the levels of acetyl choline. The therapeutic principle is simply to get more out the unaffected brain cells, an analogy being like putting high octane petrol into a poorly performing car engine or “flogging a tired horse”. The effect of these medicines is to slightly improve intellectual function in the early stage of AD but they do nothing to stop progression. Other medicines are used to treat incidental disease such as diabetes.

### **Prevention of AD**

Little can be done in this respect but there is slight evidence that lifestyle factors may play a role. Surprisingly these are the same factors which are known to reduce the incidence of coronary artery disease and stroke. Smoking, high blood pressure, obesity, lack of exercise, high blood cholesterol, a diet rich in animal (saturated) fats and diabetes are all risk factors-- but the greatest risk factor by far is age itself. As mentioned above some people are more at risk because of their genetic makeup.

**Therefore control of body weight, treatment of hypertension and high cholesterol, regular exercise and the Mediterranean diet may all be useful in delaying or preventing AD but Vitamins and dietary supplements are of no use.**

### **Research**

Research is focussed on determining the cause of AD which is still unknown. Each of the pathological changes mentioned above is being pursued in the laboratory. Abnormal Tau metabolism leading to the neuronal tangles is the subject of investigation as is the amyloid plaque a by-product of neuronal death. Amyloid is considered by some workers to be toxic to surviving nerve cells. Antibodies produced against the amyloid have shown some encouraging results in animal experiments but have not yet been demonstrated to be effective in the human.

Be assured that a massive effort is being made especially by the pharmaceutical companies to find a cure or means of delaying the onset of AD as the financial rewards are likely to be in the billions if not in ‘trillions’ of dollars.

One piece of research deserves special mention. Professor Allen D Rose of Duke University USA with whom I have regular contact has evidence that the oral anti -diabetic drug *pioglutazone* may delay the onset of AD and is

the subject of a huge international trial in which Ralph Martins group is also participating. Normal people over 70 years of age, judged to be at high risk because of their APOE4 genotype, are being given *pioglutazone* to determine whether the onset of AD can be delayed. If so this would be a great achievement but **in the meantime it is advisable to follow a healthy lifestyle.**

## **Presentation to the Castellorizian Association of WA May 2nd 2014 Part 2**

### **MUSCULAR DYSTROPHY RESEARCH REVOLUTIONISED BY THE ROTTNEST ISLAND QUOKKA**

Byron A Kakulas

The contribution of the humble Quokka to medical research has been enormous. The following is a brief account of how it all happened. In the post WW2 period the quokka was intensively investigated by UWA scientists because of its unique habitat and biology. However this important research was hampered by the animals dying of muscle paralysis when kept in small cages on the UWA campus. In 1960 at the time when I declared an interest in Neuropathology, which included the study of muscle disease, I was asked to investigate the problem. Despite many theories to the contrary I believed that the muscle breakdown in the quokka was due to anti-oxidant deficiency.

In this event I treated paralysed quokkas with Vitamin E and made the **momentous** discovery of complete muscle regeneration which previously was believed to be impossible. It was the teaching at the time that muscle as a specialised tissue was incapable of regeneration after injury. My excitement was so great that I almost mimicked my illustrious predecessor Archimedes by running naked into the streets yelling Eureka « Το Ευρίκα».

**The treated quokkas completely recovered** and serial biopsies of their muscle revealed a sequence of changes leading to complete regeneration.

This **world shattering discovery** completely reversed the general attitude in the approach to muscle diseases and especially the muscular dystrophies which had been considered to be hopelessly incurable.

Such was the importance of this research that a large **International Meeting** was held in Perth with the object of promulgating the discovery and stimulating world research which was considerably accelerated as a result. This meeting which took place in 1971 was the **first major** International Congress to be held in Australia and put medical research on the international map.

Built around the discovery of complete regeneration in the quokka were the academic **‘Principles of Myopathology’** adopted as the standard teaching of the subject worldwide. Much of the tremendous progress which has taken place in muscle research since 1960 can be traced back to the work on the quokka.

The dream that muscular dystrophy could be cured **was fulfilled as a consequence of molecular genetics (DNA technology) of being applied to neurological problems.** At first we worked on Gene Therapy introducing the normal (dystrophin) gene into the muscle cell by a viral vector in dystrophic dogs and mice with moderate success but it proved very difficult to apply this to the human. Thus a different approach was taken by Dr Steve Wilton a molecular geneticist who I had recruited to the Australian Neuromuscular Research Institute (ANRI) at the QE 2 medical Centre when I was Director in the early 1990s.

In the following years Steve Wilton and Sue Fletcher of the ANRI discovered an elegant molecular techniques to override the mutation in the dystrophin gene and correct the genetic defect underlying Duchenne Muscular Dystrophy. **Their work is now undergoing clinical trials in the UK USA and in Europe as well as in WA** with preliminary success.

It can be said that there are very few instances in the history of medical research where it has proceeded from blindness to cure in one's own lifetime and in one of a most difficult fields in all of human disease.

## Dr Stan's Olive Corner - Number 6



### The Mediterranean Diet and Health

Dr Stan Kailis

#### Introduction

On the whole over the years what Cassies have been eating has been healthy and similar to the famous Cretan Mediterranean diet. However as western diet habits have permeated into all diets, especially in Australia, much of the original healthy diets and their health benefits have waned. Modern diets are biased towards more meat and animal products, fewer fresh fruit and vegetables and more processed foods. The latter are often energy rich but lacking nutrients leaving the body still craving for more food. Our ability to eat abundantly of these foods has contributed to the rapidly increasing rates of medical conditions such as heart disease, obesity, diabetes and other chronic problems.

Dr Stan knows that from time to time Cassies partake healthy foods such as *extra virgin olive oil*, φακή soup, φασολάδα Greek salads, lamb and fish but is this enough? It is timely now to revisit the beneficial Mediterranean Diet.

#### Links between Diet and Health

Scientists around the world have been studying the Mediterranean Diet and its effect on health for over 50 years. Shortly after the Second World War, a team of medical scientists sent to countries that suffered during the war, including Crete found that Cretans suffered less heart disease than USA residents at that time. This difference was attributed to what they ate and exercise walking everywhere. When the dietary information was evaluated it became clear that those that ate a diet of fruits, vegetables especially mountain greens, whole grains, nuts, pulses including beans, fish and seafood, little red meat, large amounts of *virgin olive oil* and small amounts of red wine on a daily basis were the healthiest in the study.

Once the concept of diet and heart disease was linked Dr Ancel Keys and colleagues established the esteemed *Seven Countries Study* to test the proposition that what Mediterranean persons ate was the reason for improved health outcomes. The study stretched over many years examining the health of nearly 13,000 men from Finland, Greece, Italy, Japan, Netherlands, United States of America and then Yugoslavia. This extensive study demonstrated scientifically that the Cretan-Mediterranean Diet and good health were connected. From this finding the concept of a Mediterranean type diet could promote lifelong good health was born. Dr Keys and his wife both non-Greek, who followed the Mediterranean diet, each lived to around 100 years of age.

## The Mediterranean Diet

Through the research of Dr Ancel Keys and his colleagues together with new knowledge gained over the past 50 to 60 years and the dietary traditions of Crete and Southern Italy of around 1960 when the rates of chronic diseases were still amongst the lowest in the world, and life expectancy was among the highest with little medical intervention. We can now define the Mediterranean diet using these three key elements.

A modern version of the Mediterranean Diet and examples of foods is as follows. Such foods should be those in season. The diet is rich in nutrients antioxidants, monounsaturated fats but low in saturated fats.

- Everyday – Fruit and vegetables, whole grains (bread) and seeds (whole wheat and unprocessed rice), extra virgin olive oil (up to 30% of the energy), pulses especially beans and lentils, herbs and spices
- Everyday – water and herbal teas
- At least twice a week - fish and seafood
- Daily to weekly - small portions of poultry, eggs, unsweetened yoghurt, white cheeses
- Once a week - lean red meat (or small portions three times a week)
- Occasionally - Greek sweets
- Moderate amounts of wine

Moderate daily exercise such as walking for half an hour ie 2km is important as is the Greek Orthodox ritual of sustained fasting before Easter and at Lent.

### Benefits of the Mediterranean Diet

Dr Stan is sure that most Cassies are familiar with the diet, but do all stick to it? For new partakers it is a change in mindset. Experts in the medical science field have shown overall the Mediterranean diet promotes lifelong good health; maintains a steady body weight; reduces bad cholesterol and the risk of heart disease in addition to lowering blood pressure; reduces the risk of some cancers including breast cancer; safeguards against chronic conditions such as obesity, Type 2 Diabetes; and improves brain function; helps in managing depression; reduces the risk of Alzheimer's disease, protects against Parkinson's disease; improves eye health; reduces the risk of dental disease; as well as leading to improved fertility and healthier babies.

Dr Stan remembers when his father had a fruit and vegetable shop, the evening meal was often steamed vegetables especially cauliflower covered in *virgin olive oil*, lots of fresh bread or Παξιμάδια, feta cheese and home made olives. The cheese and *virgin olive oil* were bought either from Mr Ilias Anastasas of Star Grocers, Mr Michael Kakulas of Kakulas Brothers Number 2 shop or Mr Konstantine Panagiotides of the Globe Grocery.

If you require more information ring Dr Stan on 0414271644 or email [stan.kailis@y7mail.com.au](mailto:stan.kailis@y7mail.com.au)

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# CAZZIE TRIBUTE



## **JAMES CONSTANTINE MANIFIS KASTELLORIZIAN OF THE YEAR 2014**

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Photos courtesy of the Manifis Family and the Kastellorizian Association of Victoria

Jim Manifis, was born in 1956 in Perth Western Australia and is the youngest of five children of Con and Eva Manifis. Constantine Manifis was the son of Michael and Despina (Yiarakou) (nee Paspalis) and Jim's mother was the daughter of Dimitri and Diamandoula Antonas.

Jim attended North Perth Primary and later completed his leaving certificate at Mt Lawley High School. He then qualified as an accountant when he completed his bachelor of Business degree at the West Australian Institute of Technology. His first appointment included working as an auditor at the Perth Building Society and then later as an accountant for Kevin Parry and Kresta Blinds.

In 1980, Jim married Anna Pinakis, daughter of Nicholas and Despa Pinakis (nee Andros). Jim and Anna have two children, Dean; born 1984 and Nicholas; born 1986. Dean has qualified at the University of WA with a double degree in Engineering and Business. Nicholas has completed his Plumbing certificate and both children work extremely hard and Jim and Anna are very proud of their children's achievements.

Jim's ambition was to own his own business and follow in the footsteps of his parents. This was realised in 1987 when both Jim and Anna bought their first newsagency. In time, with the support of his wife Anna, Jim has expanded his business interests to incorporate two newsagencies, three gift shops, a fashion boutique store called Megisti Fashion and recently commenced an importing business out of China.

Both Jim and Anna have worked extremely hard over the past 28 years to build and increase their business activities. Jim has been a director and board member of various organisations that relate to his businesses. Jim first became involved with the Greek community in 1976 when he played football for the Hellenic Football Club. During this period he played over 187 games, was involved in the leadership of the team where he was elected Captain and Vice Captain and won various awards for his playing contribution. He also spent 12 years on the committee, holding the position of Treasurer or President.

In 2006, Jim became the Treasurer of the Castellorizian Association of WA and in 2007 was elected President of the association. During this period, Jim has learnt a considerable amount of Castellorizian tradition and history and their way of life, which had always been reinforced by his mother and father, in reference to his upbringing. As President, he has continued promoting the Castellorizian Association and continuing their traditions.

Jim was one of the youngest presidents when he was elected as President of the Castellorizian Association of WA. Jim needed to earn the respect of the members as they were very committed to the Castellorizian Association of WA. Jim's first goal as president was to deliver the objectives of the Castellorizian Association of WA which were included in their constitution. Even though the Castellorizian Association of WA had just completed a major redevelopment of their club house, the Association was at crossroads. As with many associations, there are ups and downs and number of activities needed to be created to improve the Castellorizian Association of WA. With the

support of highly motivated committee members, this was easily achieved. In 2013, Jim stepped down as President and took on the role as Vice- President. The Castellorizian Association of WA is the strongest it has been for 100 years both financially and socially. The membership of the Castellorizian Association of WA has reached in excess of 500 members.

In 2009, Jim was approached by Nick Nicholas and Bartley Kakulas inviting him to lead the 100 year celebrations of the Castellorizian Association of WA in 2012. Jim was very proud to be asked and realised the huge challenge that lay ahead of him. Once again with the support of the Committee members, the Castellorizian Association of WA celebrated the 100 years in spectacular fashion. Three years in the planning, with a number of social functions and fundraising and the two editorial books that were produced, in relation to Castellorizian Families in WA and the History of the Castellorizian Association in WA. The Gala dinner which was celebrated on the 21<sup>st</sup> May being Saints Constantine and Helene day, with approximately 500 people in attendance, was the highlight of the Centenary celebrations, a function of the highest quality. The launch of the Centenary celebration taking place on the island of Castellorizo with 25 of the members in attendance, was also a huge highlight.

In 2012 during the celebration, Jim initiated the idea of commencing a National Body for Castellorizian Associations in Australia. In 2013, the National Council of Australia was formed. Jim was elected Vice- President of this new exciting council.



**Left to Right:**

**Yvonne Panagacos  
(President KAV)**

**Ms. Brigitte Augustes  
(VCE Award)**

**Martin Foley  
(State Member for Albert Park)**

**James Manifis  
(Kastellorizian of the Year 2014)**

**Alex McCart  
(VCE Award)**

**Mrs. Christina Simantirakis  
(Consul - General of Greece)**



**Ms. Brigitte Augustes (VCE Award), James Manifis  
(Kastellorizian of the Year 2014), Alex McCart (VCE Award)**



**James Manifis (Kastellorizian of the Year 2014)  
with his wife. Anna and son. Dean**

# Hon Michael Sutherland



Your State Member for Mount Lawley  
Speaker of the Legislative Assembly



*"Supporting the  
Castellorizian  
Association"*

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