

Megisti Messenger

Sep 22nd 2014

Volume 7, Issue 4

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

FORTHCOMING EVENTS

AFL GRAND FINAL
Sep 27 2014
Commencing 11.00am
Castellorizian House
See Page 8

**Castellorizian
Association of WA Inc
ANNUAL GENERAL
MEETING**
Commencing 3.00pm
Oct 26 2014
Afternoon Tea Provided
See Page 9

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Articles for the
Megisti Messenger
are always welcomed.

Contact

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cressie@castellorizo.org

President's Report



President

Allan Cresswell

We are now approaching our Annual General Meeting for 2014. This year it will be held on Sunday October 26th 2014 commencing at 3.00pm. A very special feature of the day will be the visit of the Consul of Greece in Perth, Sofia Choli. She will attend the Afternoon Tea at the conclusion of the meeting. This will be our last farewell to Sofia and we look forward to a great turnout on the day. Sofia has been a great supporter of our association and the whole Hellenic community in WA. Please do support our AGM and our farewell to Sofia! **Details on Page 9.**

Our guest speaker on Friday August 22nd 2014 was **Peter Vlahos**. The evening was very well supported. Peter spoke on his initial introduction to the world of the media and how he progressed from a radio announcer at 6KG Kalgoorlie, playing Country and Western music, to a sports commentator both in WA and Interstate. Peter now is a broadcaster of international repute, both for radio and television, and it was great to experience the story of the early days in his career and to share information about his achievements over many sporting years. Our thanks go out to his Uncle, Tony Bellos, for arranging this wonderful evening.

Also a great turnout for our mixed family night held on Friday August 1st 2014 to welcome **Evi Asvesti** of Castellorizo. Evi is an exchange student through the sponsorship from the City of Perth, which is arranged and supervised by the Australian Friends of Kastellorizo. Photos of this function appear on **Pages 12 and 13.**

On the afternoon of Sunday August 3rd 2014 I held a Genealogy Seminar at Castellorizian House. The day was attended by about 40 persons, many of who were not members of our association, but were of Castellorizian descent. Much information was exchanged and a detailed insight and working of the Castellorizo Genealogy Website was presented to those in attendance.

The 90th Anniversary Luncheon for the Laying of the Saints Constantine and Helene Church will be held at the Hyatt Regency Hotel Ballroom on October 19th 2014. The event is fully sold out for over 450 persons and much planning has gone into ensuring it is a great success and a very memorial and exciting function for 2014.

This coming Saturday we will be holding our first **AFL Grand Final Day**. This is a mixed function and all are welcome to attend. Details are on **Page 8** of the *Megisti Messenger*.

We are looking to expand the colour pages of the *Megisti Messenger* to include colour to pages 2 and the inside back page, that is in addition to our existing coloured front and back pages. We are looking for advertisers to fill the inside back page. Advertising is very reasonable, being \$25 for a quarter page, \$50 for a half page and \$100 for a full page. The advertisements would alternate between the back and inside pages with every edition. In addition to the *Megisti Messenger* going out to 400 families, it is placed online and viewable throughout the internet world.

We are always looking for articles to include in our newsletter. Please do consider submitting any interesting stories about Castellorizo or your Castellorizian Family. Social news is also sought for special birthdays, anniversaries, engagements, weddings, births, baptisms, get well notices, travel stories, achievements and other news of interest.

SOCIAL NEWS

Birth

- ❖ **Jacqueline Kannis** and **Benjamin Lane** are delighted to announce the arrival of a baby girl, **Marguerite Elizabeth Poppy Lane**. Marguerite is the first grandchild for Con and Jennifer Kannis.

Wedding Anniversary

- ❖ Congratulations to **Tony** and **Glykeria (Jessie) Zempilas (nee Simeon)** who recently celebrated their 60th wedding anniversary.
- ❖ **Jack G Kailis** and **Mosca (nee Liveris)** celebrated their 50th wedding anniversary on Sep 20th 2014.

Engagement

- ❖ Congratulations to **Leah Barbouttis** and **Anthony McEvoy** on their engagement. Leah is the daughter of Peter and Jan Barbouttis and Anthony is the son of Terry and Fiona McEvoy

Wedding

- ❖ Congratulations to Darcy & Catherine Papanastasiou on the marriage of their eldest daughter **Nerina Papanastasiou** to **Clint Kitchin** son of Arthur & Denise Kitchin of Melbourne. The marriage service was held at St John the Theologian Prevelly W.A. and an intimate reception at Wise Winery Dunsborough on September 13th 2014.

Birthdays

- ❖ Belated birthday wishes to **Phillip Atzemis** who turned 80 year of age on Apr 28th 2014.
- ❖ Congratulations to **Kriss Mavromatis (nee Kannis)** who turned 60 on May 19th 2014.
- ❖ Congratulations to **Andrew Stavrianou** who celebrated his 60th birthday on Jul 10th 2014.
- ❖ Congratulations to **Albert Papal** who celebrated his 80th birthday on Aug 1st 2014.

Birthdays - Continued

- ❖ Best wishes to **Stevan Scopelitis** of Castellorizo who celebrated his 80th birthday on Aug 22nd 2014.
- ❖ Congratulations to **Pamela Mistilis** who celebrated her 70th birthday on Aug 26th 2014.
- ❖ **Stephen Kikiros** celebrated his 90th birthday on Sep 14th 2014. Congratulations Stephen.
- ❖ Congratulations to **Mick Lazarakis** who celebrated his 90th birthday on the 4th September 2014. He is a loyal husband, great Dad and fantastic Papou to 9 grandchildren and 4 great grandchildren. Love and best wishes with pride from all the family.



Mick Lazarakis - 90th Birthday Celebration

Vale

Deepest sympathy to the families and friends of:

- ❖ Anthony Constantine Jul 9th 2014
- ❖ Hilda Kambouris Jul 18th 2014
- ❖ Mark Freeman Jul 2014
- ❖ Michael Couanis Aug 7th 2014
- ❖ Theresa (Ethel) Xanthis (nee Simeon) Aug 26th 2014
- ❖ Spyros Halikis Sep 4th 2014
- ❖ Panagiota Kotsoglo Sep 2014

BORN IN1935

An 80th birthday reunion is planned for next year 2015.

Any members of the community born in 1935 are invited to attend.

Your expression of interest is welcome. Please contact either:

Nellie Kakulas 9474 4606

bartkakulas@bigpond.com

Nick Nicholas 9204 5889

nicholascnicholas@gmail.com

PHOTOS FROM DAYS GONE BY



CASTELLORIZIAN ASSOCIATION OF WA - PAST PRESIDENTS DINNER 28 MAY 1986
BACK ROW: Jack M Malaxos, Bartley P Kakulas, Nicholas C Nicholas, Michael G Kailis, Peter G Georgis
FRONT ROW: Michael M Tsolakis, John A Kalafatas, George A Stavrianou, Agapitos A Economou (SA President)



Our own Antonios (Tony) S Koufos
Greek Navy 1951 to 1954



A Perth Ball 1949
Back Row: Mitsa Alexopoulou (later Phatouras), Barbara Fotiades (later Couanis), Evangelia Panegyres (later Kannis), Mary Hondros (later Panegyres), Nina Lucas (later Mangos)
Front Row: Jessie Simeon (later Zempilas) & Anne Simeon (later Mitchell)

CAZZIE COOKING CLASSES

Article and Photos courtesy Helen Anastasas

Being Greek, means that we are very proud of our food traditions and one thing that all Greeks share is their deep love for good food. Each one of our classes proves this, with the eagerness of all attendees showing that they want to discover more about their Greek culture through the celebration of food.

Rose Kalaf shared her mother's (Mrs Panayiota Manifis) Vrithopita recipe in a recent class. Vrithopita's are impossible to resist and are a delicious vegetarian meze dish and were very well made and on the day, thanks to Rose's preparation and demonstration.

In the next class Fay Katris showed her modern twist on the traditional Spanakopita. There are many ways to make spanakopita but Fay introduced everyone to her version, which was really tasty but also very rustic in appearance when baked and presented.

I would like to thank both Rose and Fay, who have now both presented on two occasions and are always willing to share their family's love of food with us.

In the next class, I will be demonstrating traditional and non- traditional versions of Karithopita and on the last class for 2014, Chrissie Aris – Tyler will be making Floyeres (nut rolls). Both these recipes are delightful celebration sweets, just in time for the coming festive season.

Photos of Vrithopites Class





Photos of Spanakopita



CAZZIE COOKING CLASSES - Continued



MORE PHOTOS FROM DAYS GONE BY



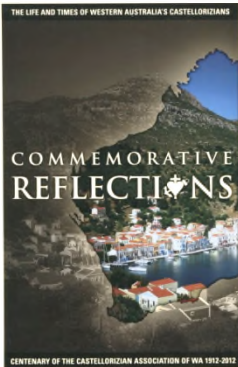
SALE OF CENTENARY MEMORABILIA ITEMS



Lapel Pins - only \$10

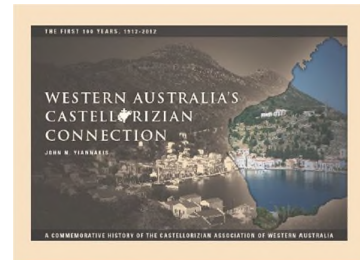


**Medallions
now only \$30**



**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)**

AFL GRAND FINAL AFTERNOON

CASTELLORIZIAN ASSOCIATION OF WESTERN AUSTRALIA INC

**Invites you to a Mixed Family Afternoon to watch the
AFL Grand Final**

Saturday September 27th 2014 Commencing 11.00am



A great afternoon is planned to watch the AFL Grand Final. There will be a sausage sizzle, kebabs, nibbles, refreshments and afternoon tea provided both before the game and during the game. All are welcome to attend! Men \$30 and Ladies \$20



For catering please let Allan Cresswell know if you are attending by telephoning 93057954 or 0413958500.

CASTELLORIZIAN ASSOCIATION OF WA ANNUAL GENERAL MEETING

**Sunday October 26th 2014 Commencing 3.00pm
at Castellorizian House
160 Anzac Road Mount Hawthorn
Afternoon Tea Provided**

AGENDA

**Welcome and opening of meeting
Apologies
Recognition of absent members
Minutes of previous AGM
President's report
Treasurer's report
Election of auditors
Kastellorizian Council of Australia
Notice of motions received
General business
President's Award
Election of committee of management
Close**

In accordance with clause 6(d) of the Association's constitution any notices of motion must be received at the above address by Sunday October 5, 2014.

Copies of the Minutes of the 2013 AGM, the Association's Constitution and the 2014 Agenda are available to be viewed by our members at the following website address:

www.castellorizo.org/agm

A SPECIAL GUEST IS ATTENDING AT CONCLUSION OF AGM

At the conclusion of the AGM, and during the Afternoon Tea, our special guest will be the Consul of Greece in Perth, Sofia Choli. This will be our last farewell to Sofia. She has been a great supporter of our association and the whole Hellenic community in Western Australia. She has indicated that this would be her last official function in Perth.

PLEASE DO SUPPORT THE AGM AND THE FAREWELL TO SOFIA

FETA AND OTHER CHEESES WE LOVE

Article courtesy Lefki Kailis

Feta, olives and paximadia are the basics we have in our larder for expected or unexpected guests. We know how to dress feta up with arigani, the best extra virgin olive oil, squeezed lemon and cracked pepper. Feta is always there as a meze. We need feta to make tyropites, spanakopites, prawn saganaki *and* horiatiki salata. But what is feta exactly?

What is feta?

- Feta (means slice) is a soft or semi-hard, skinless, brined, curd cheese traditionally made in Greece. It's an aged cheese. There are firm (of higher quality) and soft varieties. The hardness depends on the ripening period and fats contained.
- Authentic feta is made from sheep or goat's milk but many make a white cheese with cow's milk and call it feta.
- Since 2002 feta has been a *protected designation of origin* product in the EU. Genuine feta comes from Greece. The largest cheese production comes from Northern Greece and the mountainous areas of the country. Only Europe is restricted in its naming of feta, that's why Australia can still call its white cow cheese 'feta'.
- Dodoni is a genuine Greek feta, originally founded in Greece and now manufactured in Clayton, Victoria.



Horiatiki Salata

Historical origins

The art of feta and kasseri cheese-making has probably been known to the Greeks since 4000 BC. Nomadic shepherds have made it since ancient times. This type of cheese was first recorded in 1494AD as a legacy of the Byzantine Empire, associated specifically with Crete.

But all West Asian and Middle-Eastern countries have their form of white cheese.

Production

Pasteurised milk is mostly used because unpasteurised milk may contain harmful bacteria, such as listeria. This is serious for pregnant women and people with debilitating diseases (where the immune system is depressed).

When milk is heated to about 35 degrees, rennet (baby calf enzyme extracted from the stomach) is added to coagulate (curdle) the milk, causing it to separate into liquids (whey) and solids (curds).

Homer suggests in the Iliad that the Greeks used an extract of fig to coagulate milk. Vegetable rennet, suitable for vegetarians is available. (Check the label)

Genetic engineering has produced Fermentation-Produced Chymosin (FPC), which is kosher, halal and suitable for vegetarians.

The Danes use an acid coagulation method, which results in a very creamy white cheese (also suitable for vegetarians).

There are a number of stages allowing the cheese to settle and harden. See the Utube clip referenced at the end of the article for details.

After making, the cheese is kept in barrels with brine. This keeps the cheese fresh and maintains the right acidity. If you need to or prefer your feta less salty, place it in a deep bowl, cover with water or skim milk and leave overnight in the fridge.

Health benefits of feta

Kristie Leong MD informs us that:

- Most cheeses are high in fat and calories and feta is no exception but ...
- Feta cheese has a third less fat/calories than yellow cheeses
- Cheese is satisfying and is a good source of bone building calcium
- One ounce of feta cheese has 30g of a metabolism boosting calcium. It also contains conjugated linoleic acid which studies show contributes to abdominal fat loss
- One study involving 2,375 men showed that eating dairy products such as feta cheese lowered their risk of developing metabolic syndrome by fifteen percent - a condition that increases the risk of premature heart disease and diabetes.

Availability

Feta is widely available now, not only in our Greek and continental delis, but in the big supermarkets where Greek (sheep), Bulgarian (sheep), Danish (cow) and Australian (cow) varieties are available. They range from the sharp and tangy taste of sheep feta to the smooth, creamy mild taste of the Danish cheese. Casa and Borello produce 3 kg tubs that keep well in the fridge.

Other white cheeses –

Halloumi (from Cyprus) has been called the 'grilling cheese' because of its ability to resist melting at high temperatures. Instead it browns beautifully, and resembles grilled chicken or tofu. Halloumi has a springy, meaty texture (like mozzarella) is achieved by heating the curd twice.

Kasseri (simple unpasteurised sheep milk sometimes with some goat). It's made in large wheels. It's pale yellow. It, like **halloumi**, holds its shape when heated so is often grilled or fried), kefalograviera, anthotyro, xynotyri, ladotyri, anevato, batzos are like cheeses.

Ricotta – is actually a by-product of cheese-making. The whey proteins that do not coagulate with the rennet are drained and heated a second time then curdled with vinegar; ricotta is made from the curds that precipitate from those proteins. Ricotta means re-cooked referring to the second boiling of the milk.

Ricotta salata is different - it's a firm rindless cheese made from lightly salted sheep's milk curd that is pressed and dried, then aged for a minimum of three months.

Difference between cheddar and feta

Cheddar cheese, unlike the other cheeses, is produced from pure cow's milk. The milk is heated to pasteurizing point then mixed with rennet. After the cheese is heated, the curd (the solids) caused by rennet is kneaded with salt. This step is called cheddaring. Next, the cheese is cut into cubes and the whey drained off. The cubes are then stacked and turned. It takes approximately 15 months for a cheese to mature and it is said that the longer the cheese is aged, the better tasting it will be. This white cheddar cheese is basically the natural color of the cheddar cheese.

However, the cheese makers' a long time ago discovered that the milk produced by cows during summertime had a yellowish colour in it because of the beta-carotene content of the fresh grass that cows ate. They also noticed that the colour faded again when milk was produced during wintertime when the cows ate hay or dried leaves. Then the milk produced was pure white. That is why cheese makers came up with a solution of adding a dark yellow coloring agent to the cheese to give it more kick and to make it more marketable.

Cheese Glossary : types Of Cheese. Terms & definitions every cheese lover should know in *The nibble – the magazine about specialty foods* <http://www.thenibble.com/reviews/main/cheese/cheese2/glossary.asp>

Gooch, Ellen. Truth, lies and feta in *Epikouria*. Issue 2 Spr/Sum 2006.

<http://www.epikouria.com/issue2/truth-lies-and-feta2.php#top>

How to make feta cheese <http://www.finecooking.com/item/11169/how-to-make-feta-cheese>

Kristie Leong MD

I'm a family physician with a strong interest in disease prevention and alternative medicine. I'm particularly interested in how diet plays a role in disease prevention.

<http://healthmad.com/nutrition/the-tasty-health-benefits-of-feta-cheese/>

Self nutrition data : know what you eat. Feta <http://nutritiondata.self.com/facts/dairy-and-egg-products/18/2>

AFK EXCHANGE STUDENT FUNCTION

Evi Asvesti's experience in Australia as part of the Friends of Kastellorizo Exchange Program taught her so much about the multicultural way of life that forms the nation. She embraced it all with openness and appreciation that made her a perfect candidate as she trekked from Perth to Adelaide, Melbourne, Canberra and Sydney during her 3 week exchange visit.

Thank you to the City of Perth for the sponsorship. Thanks also to the City of Perth, Randwick Council and the Castellorizian Association of WA for hosting a function to welcome Evi to Australia.

Once again thanks to the host families for their warmth and hospitality.

Taken from AFK Article in their eNews Newsletter August 2014

Photos Courtesy Peter Kanganas





ANZAC DAY TALK 2014

Presented by Allan Cresswell

On Anzac Day 2014, at the Men's Friday Night Happy Hour, I gave a short presentation about the contributions of Western Australian Castellorizians who served during the Second World War. These are the notes from that presentation.

On this special day, Anzac Day 2014, I would like to give a short talk about the Greek/Australian participation during World War Two and in particular those Western Australian servicemen of Castellorizian descent who served in that war. I have singled out for brief discussion those who either died or were injured on active service during this war. Many others were to serve overseas or in Darwin, including my own Uncles. Whether it was serving on active service, working in the military canteens or in an administrative roll during 'Home Service' they all contributed to the war effort. They were all heroes during those troubled times.

More than two thousand men and women of Greek origin served Australia in World War Two. Their total numbers will never be fully known as their ethnic origin was not recorded on enlistment records, only their birth country. By the beginning of World War Two many of those enlisting were born in Australia. Only by searching and identifying surnames as Greek can we get any idea as to possible service numbers. However from those records identified, indicate that 475 Greek men served on active service in the AIF, approximately 1440 in the Citizen Military Force (CMF), about 233 in the RAAF, 23 in the RAAN and about 26 women in the women's service.

More than 40 served in the AIF in the Middle East, at least 7 in Greece, 19 in Singapore or Malaya, more than 200 in the Pacific Islands and 60 in CMF units in the south-west Pacific, with many others in the Torres Straits or in the Northern Territory.

Nineteen Australian Greeks were killed and 12 wounded in action. Four others were accidentally killed and three wounded during the course of service. Of the 21 Greeks taken Prisoner of War, 7 died in prison camps or on a prison ship. Another four died of illness or other causes whilst on service.

From a Western Australian point of view, and in particular, a Castellorizian aspect, from the numbers I have just quoted, there was 1 Castellorizian Killed in Action, namely Able Seaman Michael Sofoulis, 1 killed Accidentally on Service, Flight Sergeant Ross Zimbulis, and two Wounded in Action, namely Private Eleftherios (Alex) Anastasakis and Corporal Alexander Salvaris. Of the POWs, 1 was a Western Australian, the late Jack Kyros. We now look individually at these Servicemen:

Able Seaman Michael Sofoulis RAN born 26 December 1922 was the son of Nicholas Sofoulis from Samos and Alafandini nee Kailis from Castellorizo. He was a cook on the HMAS Parramatta which was a convoy Escort Sloop. Michael died when his ship was torpedoed by a German U Boat off Tobruk on November 27th 1941 whilst it was escorting transports that were resupplying the Allied Garrison at Tobruk. There were 138 killed on the ship with just 24 survivors. Michael was 18 years of age.



Able Seaman Michael Sofoulis

The other death was **Flight Sergeant Ross Nicholas Zimbulis** born 16 May 1921 who was the son of George Anthony Zimbulis and Dorothea nee Kelly. His paternal grandmother was Maria nee Kailis. Ross was an observer who was killed on April 4th 1943 when the Beaufort plane he was in crashed at Bairnsdale Victoria Aerodrome. Others in the plane did survive. He was only 21 years of age. Plaque 113 at Hale School commemorates Ross, who attended that school in the 1930's. Surprisingly many WA Castellorizians are related to both who did die. For example Stan Kailis here tonight is related to both, being second cousins to Michael Sofoulis and Ross Zimbulis.



Photo of Ross Zimbulis

Private Alex Anastasakis WX8010 was on active service with the 2/28th Battalion when he was wounded in Libya. Alex was born in Castellorizo on January 15th 1896 to Dimitris Anastasakis and Despina nee Apoifis. Alex was married to Maria nee Lekias. His injuries were not serious and he remained with the Battalion after hospitalisation.

Corporal Alexander Salvaris WX2908 was on active service in Sidon Syria in the Middle East with the 2/16th Battalion, a most famous WA Battalion, when he was injured requiring hospitalisation. He was just 21 years of age. It was June 13th 1941 and the day was titled "Black Friday" because of so many Allied deaths and injuries on that day in Sidon, fighting the Vichy French. Alexander was born at Perth on October 22nd 1919, the son of Constantine Salvalis and Chrissie Gourdis, both Castellorizians. He recovered from his injuries and was with his battalion when they were sent to New Guinea to help repel the Japanese on the Kokoda Trail. Alexander saw much 'one on one' active fighting against the Imperial Japanese Army and in one instance shot a Japanese at point blank range who was calling out in English in the dark for the Aussies exact location.

The 2/16th Battalion saw so much action and of the original 1000 men in the battalion, there were 707 casualties from both Syria, New Guinea and Balikpapan. Alexander went onto medical school after the war and graduated as a medical practitioner in 1951. He had his medical practice in Perth.

My own wife's Uncle was also in this same Battalion as Alex Salvaris. This battalion saw so much action and helped save Australia from the approaching Japanese at Kokoda in New Guinea. Jean's Uncle also survived but led a tormented life as a young man and became an alcoholic. We cannot imagine just what horrors these brave servicemen saw and experienced during those terrible years.

These four servicemen are an example of the contributions made by WA Castellorizians during World War Two. Many were to see service both at home and abroad. Many were to experience years away from their family and friends. Many were still to be treated like foreigners whilst serving their new country.

Dr Stan's Olive Corner - Number 7



Olives, Olive Oil and the Mediterranean Diet

Dr Stan Kailis

Recently Dr Stan was given a bottle of Holy Monastery of St John of the Mountain Extra Virgin Olive Oil. The oil was pressed and bottled by the monks with the proceeds of the sale of the oil being used to support the valuable community work and sustainability of the Monastery. What a coup for Dr Stan! Immediately when he opened the bottle an aromatic and grassy aroma wafted out of the bottle. On tasting the oil it was smooth in the mouth and peppery with little bitterness. As it was fresh it was infinitely superior to many other olive oils that he had tasted.



Figure 1 Dr Stan with his students tasting olive oils at the University

Olive Trees

Regarding your olive tree/s, by now branches should have flower buds or even flowers. Dr Stan's olive tree on his street verge has many open flowers. As the flowers are wind pollinated, if there is no wind gently shaking the branches will help move pollen around. He suggests that you do not wet your olive tree at this stage as pollen can be washed away. When the flowers open, pollen is released and attaches to a small green structure in the centre of each flower. This green structure then grows and becomes the olive. The whole process of making an olive takes months with green olives ready to pick in autumn next

year. As the fruit needs food to grow Dr Stan says this is a good time to apply a fertiliser such as dynamic lifter. For a young tree a couple of handfuls is enough but a mature tree will need about one kg. Just sprinkle it under the tree away from the trunk and carefully water in. Dr Stan says that many flowers will fall without making fruit. This is normal. Also some of the fruit will also fall to allow remaining to grow larger. Thinning the flowers will produce fewer larger olives. Note however varieties that normally produce small fruit will produce fruit that are slightly larger, but not gigantic olives!

Dr Stan says this is a good time to plant olive trees. For green olives plant *Barouni*, *Verdale*, *Californian Queen* (UC13A6) or *Sevillana* while for black olives plant *Kalamata* or *Volos*. Dr Stan remembers when he went on the west side of the airport on Castellorizo to a remnant farm there were large round black olives on the trees similar to *Volos* also call Voliotikes.

Food, Health and Olive Products

As Dr Stan has mentioned previously, The Mediterranean Diet underlies good for health and overall wellbeing. It has been shown to be effective in weight management and prevention of chronic diseases. The diet is linked with a reduction: in overall mortality; mortality from cardiovascular disease and heart attacks, in the incidence of or mortality from cancer; as well as decreasing the risk of dying from Parkinson's disease and Alzheimer's dementia. Table 1 details what should be eaten daily, as well as less often, and the serves.

Table 1. Current Mediterranean diet guidelines for adults

Frequency	Foods Class	Serves	Comment
Every Main Meal	Fruits	1-2	Cooked or raw, variety of colours and textures. Grape vine leaves for dolmades. Not potatoes
	Vegetables	More than 2	
	Olive Oil	30ml	
	Bread, Pasta, Rice Couscous	1-2	
Every Day	Olives,	1-2	Use low salt or unsalted
	Nuts		Use unsalted Almonds, Walnuts
	Seeds		Pumpkin or Sunflower
	Dairy Products	2	White Cheeses, Yoghurt
	Herbs, spices, garlic or Onions	No Limit	Use different flavours and less salt
Weekly	White Meat	2	Chicken
	Fish/Seafood	2	Use small fish-boiled, grilled, or pan-fried with EVOO
	Potatoes	Up to 3	Boiled, mashed, fried or baked
	Eggs	2-4	Boiled or poached
	Legumes		Peas, Beans, Lentils or Tofu
	Red meat	Up to 2	Use lean meat
	Processed meat	1	Sliced thinly
	Sweets	Up to 2	Use fresh and dried fruit as alternatives

Olive Uses

Olive oils are used as foodstuff and for religious, lighting, medicinal and cosmetic purposes. Table olives are eaten alone or with hot and cold collations. Extra virgin olive oils are commonly used to dip bread as well as dressings for salads especially Greek salads and hot vegetables; for frying, braising, roasting meat, poultry, vegetables; stir-frying vegetables, seafood and meats; and drizzled on to legumes. Because of their high polyphenol content extra virgin olive oils are also used to preserve food. Recently, purified pharmaceutical type olive products have become available. Olive leaf extracts and olive leaf tea, rich in health promoting antioxidants are used as tonics. A recent product is olive oil powder made with olive oil and tapioca. Dr Stan will give the recipe in the next Megisti Messenger.

For more information Contact Dr Stan 0414271644 and email - stan.kailis@y7mail.com

ASSOCIATION MEMBERSHIP SUBSCRIPTIONS

NEW FORMAT FOR 2014/2015 MEMBERSHIP PAYMENT

The membership subscriptions for the Castellorizian Association become due on July 1st of each year. This year we e trialed a new format by including an invoice for your subscriptions within the last *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 did 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.

CONTACT DETAILS FOR OUR 2013/2014 COMMITTEE:

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

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 1st 2014

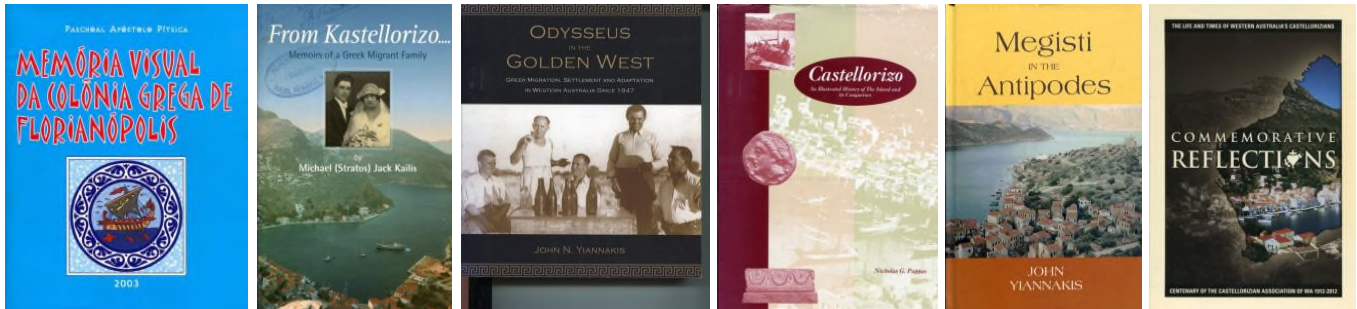
TYPE OF HIRE	RATE
Casual hire, seminars etc, up to 3 hours	\$100
Casual hire, parties, reunions etc, 3 hours and over. Bond required for extended events (\$300 members) Non members (\$500) Kitchen use (\$60) Kitchen use with cooking \$100	\$400 members \$300
Regular weekly or monthly hire.	POA

A full colour version of this edition (and also the previous 21 editions) can be viewed at: <http://www.castellorizo.org/newsletter/>

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

CASTELLORIZO BOOK COLLECTION

The Castellorizian Association of Western Australia is still requiring books for our Resource Library. If you are the author of a book and would like to donate to our collection then contact the association who will gratefully receive your donation. Likewise if you have a spare copy of a book relating to Castellorizo or involving Castellorizians then we would be pleased to receive same. Please check the list below and contribute if you can. Much of the existing library is on loan from Allan Cresswell.



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Castellorizo – Jewel of the Aegean
Achilleus Diamantaras – His Life and Works
To Recognise the Thrill of Castellorizo

PREJUDICES AND ASSIMILATION!

By Allan (Agapitos) Cresswell

This is the story of my mother's early days in Perth Western Australia where she made a huge and brave decision to marry an Aussie back in 1942. This article explores the courtship, the reasons why and how this marriage occurred, and the prejudices experienced at the time, leading up to and after the marriage. Multiculturalism had not yet arrived in Perth! It also looks at the various outcomes of her becoming the first Cazzie born woman in Perth to marry an Aussie. This article was compiled from numerous interviews with my late mother and other family members.

Many Greek men had already married Australian girls from earlier days, due mainly to the shortage of Greek women. They also arrived in Australia alone and without family pressures or an established ethnic community that demanded cultural conformity. But by the 1920's the Greek community was fully established in Western Australia and fewer marriages were now occurring outside their society. However Greek girls marrying outsiders had never been condoned or tolerated from the earliest days. The structure of courtship and betrothal for Greek women prior to marriage never provided for, or allowed, independence of thought. They were not allowed to select their future Greek husbands. Their marriage partners were arranged by proxy and rarely was there personal choice. The opportunities to step outside these rules imposed by the Greek community were few. Most Greek women, pre 1950, had never contemplated an Australian husband let alone had the opportunity to develop a relationship and to fall in love.

The story of the Karasavas family migration to Western Australia was told on pages 71 & 72 of the wonderful book, *Commemorative Reflections*, produced by the Castellorizian Association of WA for the centenary celebrations in 2012.

THE EARLY DAYS IN PERTH (1928 to 1939)

Xanthi Panayiota (Cynthia Panayiota) Karasavas was aged five years and the youngest of four children when she came with her family to Perth WA in 1928. She grew up a happy child in Northbridge, part of a large Greek and predominately Castellorizian community in what is now known as Northbridge. She attended both North Perth Primary School and Perth's Girls School. The family lived in Lake Street and she regularly attended Church, Bible Study and all Greek Orthodox functions. She mixed well with all her cousins and was very close to them, especially the Xanthis family. Then in 1935 her father died when he was aged only fifty five years. Cynthia was only twelve years of age.

Her mother decided one day to burn all the old family photos that she had. She also burnt her husband's ship logbook and papers which she stacked in the back yard in Lake Street. She set fire to the lot stating they were starting a new life in Australia and people would laugh about the old days and think it was silly. It was a progressive (but disappointing) statement to her family that they were moving on from the past and commencing to be part of this new country.

Cynthia's brothers became the breadwinners for the family. It was tough times without a father and difficult during these Great Depression Years. When only thirteen years of age she was sent to work in Uncle Si Xanthis' fish shop in Subiaco. Later she went to work at the Fermanis fruit shop in Murray Street, followed by being the cashier at her brother's fruit shop at the corner of Hay & Barrack St. When World War Two broke out was only sixteen years of age.

Cynthia was in the workforce whereas most of the Castellorizian girls at the time were home sewing, preparing their dowry and helping in the home. Her own sister, Maria, had married a Castellorizian, Paul Anastasakis, in 1936 and had remained sheltered at home prior to her marriage. As a teenager Cynthia was not allowed out at all other than to work. Her brother, Spiro, was very strict and now the head of the house. He was totally set against her going out socially. Cynthia's Slav friend, Marie Pekich, used to go to the Sunday dances with her own mother, and Cynthia would go along. Cynthia's mother would let her go but her brothers didn't know anything about it. She used to share her mum's bedroom and her brothers shared the other bedroom. Her mum let her in through the bedroom window after the dances. Cynthia was about sixteen years old then. She used to give a little knock on the window and her mother would let her in. If the sons ever asked where she was her mother used to say that she was in bed. Her mum used to say, "I trust you, so don't ever let me down". And she never did. Our 'Mum-Mee' seemed very modern for those days.

When Cynthia was about sixteen years old her brother, Spiro, said to her, "There's a chap up at Geraldton that wants to marry you." She responded, "No thanks." Spiro wanted to know why. "For starters I am not getting married at sixteen, you can tell him that I will not marry him." Apparently he was quite a wealthy chap but she just didn't want to marry a person she didn't know. Cynthia didn't find out how Spiro saved face when he had to tell the man that she refused.

When she was nearly seventeen Cynthia left home and went to work for Pat Rodriguez, he was the City Coroner. She went to look after the Rodriguez ten year old son and help around the home. She ended up being 'jack of all trades' and practiced all her Greek cooking on them. She had left home because her eldest brother, Spiro, was (in her eyes) throwing his weight around and was terrible to her. He was checking on everything she did and causing problems (according to this teenage girl), but Cynthia could still understand why he was doing it. She then went on a holiday to Rottnest Island with the Rodriguez family and that is where she met Ron Cresswell. That was in December 1939.

Cynthia went for a walk on Rottnest Island with the boy Rodriguez and his cousin, it was at night. She heard this little kitten meowing and someone say, "Is this your kitten?" She looked up and saw these two soldiers, one was Gunner Ronald Wallace Cresswell who was stationed on the 9.2 inch guns on Rottnest. The kitten was a stray, so they took it back to the Army Camp on the island. Cynthia saw Ron the next day and found out they shared the same birthday, although two years apart. "I'll see you on your birthday, on the mainland", Ron said. It then went on from there and most probably if their birthdays hadn't been on the same day nothing further would have happened. From there Cynthia went back home to live. She had been visiting her mum whilst living away, and it was not a total break from the family.



Cynthia on Rottnest Island 1939



Ron Cresswell World War 2

THE COURTING DAYS (1940 to 1942)

Cynthia and Ron met on their shared birthday in the city and made arrangements to meet again. She was now seventeen, in February 1940. She had to tell her mother that she had met this boy whilst living away from home. She explained it all to her mother and asked if she could go out with him. Her mother said, "No I don't mind. You are in Australia and you will do as the Australian's do. As long as you will not ever let me down." This was her way of looking at things. She had a very modern way of looking at it.

The Karasavas brothers paid to have an air-raid shelter built for their mother when the war broke out. It was in the back yard at Lake Street, a real air-raid shelter. It was a real room, there were a couple of bunks, mattresses, blankets, towels, and sheets. There was a basin with tin food, soaps, toothbrushes, etc. In those days the buses finished about eleven at night and Cynthia and Ron would often go to the pictures in Perth. Ron couldn't take Cynthia home or he would miss his bus to get back to Cottesloe. He was on leave from the Army. Cynthia's mother had a brainwave, instead of Ron missing his bus or leaving Cynthia to come home alone, she suggested he sleep in the air-raid shelter. Unbeknown to the brothers, Ron slept there many times.

Spiro said to Ron whilst he was courting Cynthia, "You realise that I have nothing against you Ron, but if you do not marry my sister, no Greek man would. She is tarnished goods". "Well I respect Cynthia", replied Ron. "That well may be the case", replied Spiro, "but Greeks don't know that".

The Cresswell family were totally against the marriage. Ron's mother tried to talk her only son from marrying a Greek girl. Later on when Cynthia married in 1942, Spiro would not give his sister away, so younger brother Geoff did. Cynthia did understand the situation for Spiro and the position he was in. The day that she married, and as she came out of the church, she saw this soldier, it was Spiro, who ducked his head behind a tree. He came to see his young sister get married. He couldn't stay away from the church, although he didn't give her away on the day.

AFTER THE MARRIAGE IN 1942

Once the marriage happened all the Castellorizians accepted Ron. He was welcomed everywhere he went. At Greek functions, people like cousin Michael Tsolakis, would remind the group of men to talk in English whilst Ron was with them. Spiro and Geoff couldn't have been nicer once the wedding was over. Cynthia's sister, Maria, and her husband, Paul, had allowed their daughter, Despo, to be a flower girl at the wedding.

But Ron's parents never really accepted Cynthia. All the rest of the Cresswell family, sisters, cousins and family couldn't have been nicer to her. On one occasion Ron's mother, Mona, asked Cynthia to cook some fish for a party. "You make beautiful fish," Mona stated. "All of you black people can cook fish properly." "Black! I'm whiter than you," Cynthia exclaimed. "Don't you call me black! Where do you get the black from?" "You know what I mean," Mona replied. Cynthia said, "No I don't know what you mean!" Ron started laughing. Then Cynthia said to Ron, "What are you laughing for, Ron, what's funny about it?" "Well everybody knows that you are not black," Ron replied. Later on he told Cynthia not to get upset about it as his mother was ignorant and illiterate. Cynthia said, "But fancy calling me black! She must have thought it, otherwise she wouldn't have said it!"

Cynthia's mum told her to bring up the children, Allan and Stacey, as "Aussies". When Cynthia discussed with her mother about talking Greek to her children, she would say, "Why do you want to teach them Greek for? They are

Australian, don't insult your husband by not talking in their language."

As the family lived in Cottesloe there was minimal contact with Castellorizians, who mainly lived in Perth and around Northbridge. However Cynthia would regularly take her children to visit family in Northbridge by catching a bus to the city and a tram along Newcastle Street. Cynthia was particularly supported during the early years of marriage by her mother, Anastasia, her sister Maria Anastasakis, both her brother's wives, Kaliope Karasavas (nee Panegyres) and Angela Karasavas (nee Theodorou). Her first cousins, Cynthia Stavrianou (nee Xanthis) and Panayiota Manifis (nee Galettis) were always accepting of her decision to marry an Aussie and always welcomed her and her family.

But there were isolated cases where prejudices did show through. During 1948, and at a function, a Castellorizian girl who had married a brother of a sister in law of Cynthia said to her, "I would like to know why you ever married an Australian? I'm sure there was someone from a decent family from the Greeks to marry? You have got to remember that you come from a very good family, you married beneath you, you know?" Cynthia replied, "Well that's your opinion."

Although Cynthia married an Australian and lived in a predominately Anglo-Saxon suburb, she always enjoyed the company of Greeks. At weddings, funerals and parties I could see the twinkle in her eyes as she mixed with Castellorizian families and friends. She did seem to miss their way of life. Their strong family relationships and generational bonding, together with their social activities, was missing in her Anglo-Saxon environment.

She also sought out Greeks in the Cottesloe/Claremont/Nedlands area. Over the years contact was made with numerous families including the Hondris family, Macrides Family, Ventouras Family, Galatis Family, Mirmikidis Family, Jack Kyros, Michelides Family, Malaxos Family and Viska Family, to name just some. She just loved their company!

ANALYSIS AND OVERVIEW

But what were the reasons as to why Cynthia came to marry out of the Greek community that she seemed so happy to be part of? There are many that come to mind:

- The death of her father at an early age placed a large strain on the family with a need for her to work
- The Great Depression Years placed a huge burden on this migrant family without an adult breadwinner
- Her exposure to the Australian lifestyle during her teenage years
- Having Slav friends who did not have the same social constraints for a teenage girl
- The progressive nature of her mother
- The very real threat of annihilation through war during 1941-1942, at the hands of the Imperial Japanese Army

Cynthia's decision to marry an Australian brought shame to her eldest brother, Spiro. He considered that he had failed to provide the correct upbringing for his youngest sister, and many of his relatives and friends would have thought the same. He was the 'man of the house' but his wishes had been ignored and he had lost honour. His refusal to give away his sister or be involved in the wedding hurt him deeply, but he saw it as an opportunity to save face by showing to everyone his non acceptance of her unorthodox and unacceptable behaviour.

But what of my father's immediate family? They also showed their reluctance to embrace a union between two cultures and made that obvious to the couple. But through all of this there were many family members and friends, on both sides, that openly supported the marriage. I saw as a child the indifference displayed towards me, particularly by my father's parents, who appeared disappointed at their only son's decision to marry a Greek girl. Even though I was the eldest grandchild and the eldest grandson I was treated poorly by them during those early years. The second grandson received far greater love and support from my grandparents, and I noticed it! Later they were to reverse their attitudes towards my sister and I. But I also saw the continual and genuine acceptance by many aunts, cousins and other family members who were totally supportive of this mixed culture marriage.

The marriage of my parents in 1942 went ahead despite resistance from both of their families. A successful marriage resulted and was due mainly to the fact that my mother was willing to assimilate and accept her adopted country and that my father valued and respected the beliefs and lifestyles of other cultures. They were willing to fight and oppose the religious, social and ethnic standards of their day.

Growing up in Cottesloe I never experienced any racist comments towards my family. At primary school our teacher told us to make sure we did not peel bananas with our teeth as the 'Greek shop owners were not very clean'. Mum stormed up to the school and caused a scene and demanding an apology. Obviously I was not seen as a Greek boy.

From a personal point of view I am always aware of the cultural importance and the need to accept and understand the ways of other ethnic groups. I also am proud of my mixed heritage and have spent many years researching my ancestry. My mother brought me up to be proud of my Greek ancestry and instilled in me from a young age the importance of bringing honour and respect to a family name, to be a high achiever and always be honest in every way. I am also aware that I have been lucky to receive this upbringing of an appreciation and a respect of differing cultures, but am disappointed that I never had the opportunity to learn the Greek language. Hopefully people see that I am an example that the dilution of an ethnic group does not necessarily mean the start of a breakdown of that group's culture.

CAZZIE TRIBUTE



Tribute information obtained from
various Internet websites articles
and compiled by the Editor

EMERITUS PROFESSOR BYRON KAKULAS AO, MD (Hon Athens), MD (WA), FRACP, FRCPath, FRCPA

Byron was born in Perth on March 29th 1932, the only son of Basileos Barthalamos Kakulas and Philia (nee Diamantis). He is married to Valerie (nee Patsoyannis) and has three adult children, Arthur, Felice and Carolyn.

Professor Byron A Kakulas AO, graduated in medicine from the University of Adelaide in 1956. After residency training at Royal Perth Hospital he specialised in clinical neurology. Being interested in research he soon realised that a thorough knowledge of pathology was essential in order to break new ground thus gaining a second specialist qualification in pathology. In the interim he was confronted by a paralytic disease in a small marsupial the Rottneest Island Quokka which became the subject of his doctoral thesis. He found that the disorder was due to breakdown of muscle resulting from vitamin E deficiency thus discovering the hitherto unknown power of muscle to regenerate.

This was a momentous breakthrough since it demonstrated the potential for all muscle diseases including muscular dystrophy to be curable. This had the effect of stimulating worldwide research in the field. This world-shattering discovery completely reversed the prevailing dogma towards muscle diseases and especially to the muscular dystrophies, which had been previously considered to be hopelessly incurable. Such was the importance of this discovery that a large international meeting was held in Perth with the object of promulgating the discovery and stimulating research worldwide, which was considerably accelerated as a result.

His research contributions are very extensive covering a variety of fields especially childhood and adult muscle disease proving that paralysis in muscular dystrophy was the result of a continuous cycle of necrosis and regeneration. He was the first to identify Inclusion Body Myositis as an entity. In the early 1990s he introduced molecular genetics and DNA technology in the investigation of muscle diseases.

Other highlights have been the development of a model for polymyositis and the pathology of slow virus infections. The neuropathology of spinal cord injuries has been a major lifelong interest for which his pioneer work has gained much international acclaim setting the scientific basis for better treatments and an eventual cure.

He has received many honours and awards including Officer of the Order of Australia, an Honorary Doctorate of the University of Athens, the Gaetano Conte Prize of the Naples Conte Academy and a Lifetime Achievement Award by the World Federation of Neurology. He is also a Paul Harris Fellow in Rotary.

Byron is the founding member of the Muscular Dystrophy Association of WA and the Neuromuscular Foundation. His positions include Chairman of the Neuromuscular Foundation and Medical Director of the Australian Neuromuscular Research Institute

Byron was awarded Kastellorizian of the Year in 1995 by the Kastellorizian Association of Victoria as an acknowledgment for his outstanding academic contribution to research in Medical Science.

The whole community of Western Australia, and in particular the Hellenic and Castellorizian community both here and worldwide, are so proud of the achievements of Byron. His research contributions towards improving both the health and potential recovery for so many people, who have become afflicted with such debilitating medical conditions, are outstanding.

Hon Michael Sutherland

Your State Member for Mount Lawley
Speaker of the Legislative Assembly



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