



Megisti Messenger

February 6th 2017 Volume 10, Issue 1

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

FORTHCOMING EVENTS

Apokries
Sunday Feb 19 2017
6.30pm
See Page 6

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articles or social news

BOOK LAUNCH OF 'from our Greek Kitchen to yours'

See Report on Pages 12 and 13



KASTELLORIZIAN OF THE YEAR 2016 AWARD

See Report on Page 23



SOCIAL NEWS

Birthdays

Congratulations to the following who recently celebrated their birthday.

- ❖ **Chrissie Filmer (nee Palassis)** 17th Oct 2016 90 years
- ❖ **Michael Tsolakis** 22nd Oct 2016 95 years
- ❖ **Barry Filmer** 15th Nov 2016 90 years
- ❖ **Leffie Gelavis** 24th Nov 2016 80 years
- ❖ **Con (Colin) Panegyres** 3rd Dec 2016 93 years
- ❖ **Con Fermanis** 13th Dec 2016 80 years
- ❖ **Peter Kanganas** 4th Jan 2017 85 years
- ❖ **Dr Paul Boyatzis** 27th Jan 2017 80 years

The family held a family gathering at Matilda Bay Restaurant to celebrate Paul's birthday. Surprise guests were his brother Stan and wife Sylvia from Sydney

Engagements

- ❖ **Jacqueline Doucas** and **Luigi Bellatoni** celebrated their engagement on Saturday 28th January 2017 at the UWA Club. Jacqueline is the daughter of Stacey and Greg Doucas, and granddaughter of Chrissie and Barry Filmer. Father Elpidios blessed the rings before the dancing and eating began. A wonderful time was had by all as the Greek and Italian families showcased their various traditional dances. See photo on Page 3.

Weddings

- ❖ Congratulations to **Evana Tanner** on the occasion of her marriage to **Simone Spezia** at the Church of Saints Constantine & Helene on 8th January 2017. Evana is the daughter of Brian and Despina (nee Kannis) Tanner.



Vale

Deepest sympathy to the families and friends of:

- ❖ **Marcus Michael** 28th Sep 2016
- ❖ **Cynthia Rombotis (nee Manifis)** 4th Oct 2016
- ❖ **Sylvia Hondros (nee Penglis)** 6th Oct 2016
- ❖ **Stanley Antonas** 16th Oct 2016
- ❖ **Michael Katris** 24th Oct 2016
- ❖ **Nicholas Panorios** 29th Oct 2016
- ❖ **Luca Soulos** Nov 2016
- ❖ **Mary Black (nee Verios)** 10th Nov 2016
- ❖ **Leffie Haldoupis** 18th Nov 2016
- ❖ **Marilyn Panegyres** 19th Nov 2016
- ❖ **Lily Cajaglis (nee Manifis)** 7th Dec 2016
- ❖ **Colin Constantine** 4th Jan 2017
- ❖ **Basil Nicholas Palassis (QLD)** Jan 2017
- ❖ **George Moulatsiotis** 9th Jan 2017

Congratulations

On the 30th October 2016 the annual St George Dinner was held at the Greek Club in Brisbane. This event recognises the work and services of its members within the Greek community and beyond. This year was quite significant as two prominent Kazzies were awarded the pinnacle awards. Stathis E Efstathis was presented with the prestigious Saint George Medal for Merit for his services to the Greek Community of St George, Brisbane for over 50 years. This award was presented by Bishop Iakovos of Militoupolis. This is only the fifth time the medal has been awarded. In his acceptance speech, Stathis highlighted the work of volunteers in the community and the need for our youth to consider such a commitment. Mal Varitimos was bestowed with the George Pippas Award for his services to the legal professional in QLD and Papua New Guinea.

Congratulations to **Eleni Coufos (nee Galettis)** of Sydney who turned **105 years of age** on January 30th 2017. Eleni is the daughter of the late Tsicos Vasiliou Galettis and Garifalia (nee Karasavas) of Sydney. Her seven siblings have all predeceased her.

Eleni is the elder sister of the late Panayiota Basil Manifis of Perth. Eleni has many relatives here in Western Australia including members of the Cresswell, Karasavas, Manifis, Mougialis, Anastasakis and Koufos families.

SOCIAL NEWS

Photo courtesy Anita Verne



Ninetieth Birthday Celebrations for both Barry and Chrissie Filmer at a family lunch held at Odyssey in City Beach



Engagement Party for Jacqueline Doucas and Luigi Bellatoni on 28th January 2017 held at the UWA Club

PRESIDENT'S REPORT

This edition of the *Megisti Messenger* is the start of the 10th year of production. Our thanks go out to all the contributors over these past 10 years. Wonderful articles and photographs have been provided by our members, their families and friends. It has been an ideal means to inform our members of forthcoming events, social news, important happenings, historical and cultural information and articles. The 30 newsletters (to date) are also placed on the internet and read by Castellorizians throughout the diaspora. Many of the photos that are in black and white within the newsletter are in full colour on the internet.

Our AGM held on Sunday October 30th was poorly attended. The President's AGM Report is provided on Page 7 of this newsletter as is the President's Award speech listed on Page 5. The following people were elected onto our committee for 2016/2017: Allan Cresswell (President), Jim Manifis (Vice President), Anita Verne (Secretary), Stan Kailis (Treasurer), Sion Xanthis, Angela McGrath & John Gelavis.

We have insufficient committee members due to the retirement of six members. Two new committee members have joined this year but at least two more are sought. Please do consider joining the committee. We are financially sound, have a membership of nearly 500 and numerous events are planned throughout the years.

The Perth Glendi 2016 was held on Sunday 23rd October 2016 on a wonderful sunny Spring day. Our association conducted three stalls at the Glendi. The Ladies Cooking Class again held their sweets/biscuits stall and we also had our souvlaki/chips stall along with the memorabilia/olive trees stall. The Cazzie ladies also conducted cooking demonstrations for the crowds and sold many cook books on the day. Our committee, volunteers and helpers were wonderful both with all the prior organising and the stall manning on the day. Well done everyone!

The co-ordinator of the Perth Glendi Greek Festival, Peter Economis, sent the following email (in part) to me after the completion of the Glendi:

Thank you for playing an important part in making the 2016 Perth Glendi another successful festival. We continue to receive positive feedback and comments from the attendees on the day who loved the food, dancing and the welcoming Greek hospitality.

To thank our volunteers and sponsors it is my pleasure to invite you and your committee members and volunteers who were present at the Glendi to a 'thank you' function hosted by the Glendi committee.

Our Christmas Function held on Friday December 9th 2016 had over 80 persons in attendance and was a huge success. Our cooks, Prokopi and Nicholette, excelled themselves with a wonderful array of food they provided during the evening. The only complaints were that there was TOO MUCH FOOD to eat!

DONORS

Our association has received valued ongoing support by the way of vouchers for our raffles at our regular functions throughout the year. These have been supplied by Theo Kailis of Kailis Bros Leederville of 101 Oxford Street Leederville and Anthony Palassis/Andrew Parissis of Sienna's in Leederville. Their support and generous contributions to our association is very much appreciated.

We also receive wonderful support from Larry Doropoulos of New Look Dry Cleaners of 844 Beaufort St, Inglewood. Larry in recent years has donated the cost of dry cleaning our tablecloths after our functions. A terrific gesture!

PLEASE DO SUPPORT THESE BUSINESSES WHO SUPPORT OUR ASSOCIATION

PRESIDENT'S AWARD 2016

I have great pleasure in making the presentation for this year's President's Award. The award is to a member of our association to acknowledge her services and commitment to our association, and who has made a huge contribution in recent years.

Firstly, this person has developed and progressed the ladies cooking classes since its inception, to a now wonderful informative and important activity that is held at our clubrooms. She has organised and arranged the cooking class sessions, along with a dedicated group of support ladies, that has become an excellent showcase of our heritage and our culture.

In addition, she has attended numerous Glendi meetings, and supervised much of the arrangements to ensure the ladies cooking class Glendi stall has been a huge financial fundraising success.

But the major contribution by this member this year has been a driving force to develop, formulate, organise and control until its final completion the wonderful, 'from our Greek Kitchen to yours' cook book. With a great band of helpers, they have produced a book that she, and all these helpers, should be so very proud of. I know I speak for everyone here today that we see this award not only as an individual award but an award and recognition to the whole cooking class for a great effort, both for the ongoing classes, and for this great book.



Helen Anastasas receiving her award from President Allan Cresswell

She has not been without family issues during this time that have strained her availability and her time, but she has boxed on under difficult circumstances, with the support of her family, with an aim to ensure that she achieved the goals set. A wonderful example of commitment, determination and dedication.

You all know who I am talking about long time ago! As President of the Castellorizian Association of WA Inc it gives me great pleasure to make the President's Award of 2016 to Helen Anastasas.

Well done Helen!

APOKRIES BBQ 2017



The Castellorizian Association of WA Inc

**Invites you to an
APOKRIES BBQ**

SUNDAY 19th February 2017
Commencing at 6.30pm

CASTELLORIZIAN HOUSE
160 Anzac Road
Mount Hawthorn

ADULTS \$40 CHILDREN (Aged 12 and under) \$20

**Let us know your table numbers so we can plan your
attendance to this great evening function**

Ring Allan on 0413958500 or 93057954
Email cressie@castellorizo.org

PRESIDENT'S 2016 AGM REPORT

SUNDAY OCTOBER 30th 2016

This year our association continues to move forward and introduce various events and functions to provide additional avenues for our wider membership to become involved. Most functions held during the year were a resounding success. We continue to look to hold functions that will draw a wider range of age groups to our association. Our membership is high but those regularly involved are the same group of 30 to 40 families. We are keen to introduce some new aspects to our association to achieve these aims. There is a need to involve the younger members of both our own membership and those in the wider Castellorizian Community.

Number 29 edition of our *Megisti Messenger* went out last month and again it was well received by our membership and also by many persons throughout the world who read it on the internet. I thank all those contributors who help to make this newsletter a continuing success.

I would like to thank all our committee members for the many hours of work arranging and running the numerous functions and events during the year. Much effort goes on behind the scenes into the setting up, purchasing of items, cleaning up, processing correspondence, banking, payment of accounts, membership records, maintenance of equipment and building, arranging hall bookings, and the list goes on. Our wonderful committee continues to be the strength behind the Association. I will not single out individual committee members contributions for the ongoing regular duties and for our functions, but it is suffice to say their efforts have been outstanding throughout the year. We all know who they are! Well done to our committee.

All of our events and functions are reported in the *Megisti Messenger* so I will not individually discuss and go over each one. However, there are two that I must comment on. Firstly, the Apokries function was a huge success, both as an event and from a financial position for our association. Over 200 people were in attendance. Our thanks also go out to Marilyn Tsolakis for arranging the youth activities at this function and involving the younger generations. Secondly the St Constantine and Helene function was a great success at Kailis' in Leederville. The venue was great and the meal very enjoyable. It was a wonderful function and enjoyed by all in attendance.

The Cazzie Ladies Cooking Class has produced an excellent Cazzie Cook Book and I will report further on this project later this afternoon. Our association is committed that the funds they raised both at the Glendi and through the cook book sales will be channelled towards the Ladies Cooking Class to accommodate their requirements to make this group a continuing and ongoing success.

I would also like to thank the Castellorizian Ladies Megisti Association for their continuing financial support to our Association.

A big special thanks to Michael Paul who has been our wonderful Treasurer for many years and who now has retired from that role. Michael has carried out his duties with professionalism and dedication. On behalf of all our association members I thank you, Michael, for your contributions to our association.

Then it was terrific to see Stan Kailis put his hand up to offer to take up the responsibility for the onerous duties of Treasurer. Such is the commitment of many of our committee members. Thank you so much Stan. It was also great to see Tina Kyros offer to take on the vacant position of Secretary left by Stan.

Finally, I believe some of our committee will be retiring this year because of either work commitments or because of the length of time they have remained on the committee. I will not pre-empt who they are but if they still decide to retire we wish them all the best and thank them for their hours of commitment to our association and the great input and fellowship they have provided. We look forward to their continued involvement with our association and ongoing friendship.

I invite anyone here who is considering joining our committee this year to actually do so. It is a great experience and gives you an opportunity to contribute in a positive way to identify, recognise, preserve and acknowledge your Castellorizian ancestry.

Thank you.

CASTELLORIZO SANITATION PROJECT

In the last edition of the *Megisti Messenger* there was a preliminary announcement of a proposed fundraising project to support the School Toilet Project on Castellorizo (see **Page 13 of Volume 9 Issue 4**). In that edition advice was provided by Prof Byron Kakulas that the not-for-profit body “Drasi” (Action) Kastellorizo was calling for assistance to meet the cost of the work. Mention was made in the article that on the return of Byron from Castellorizo it was intended to form a fund raising committee. **See article on Page 10 of this edition of the *Megisti Messenger* about the background and formation of “Drasi” Kastellorizo.**

The required work at the school on Castellorizo included upgrading the antiquated ‘hole in the ground’ type toilets with pedestals, repair of the plumbing (sewerage overflows in winter), new wash basins, fixing of the leaking roof, repair of the internal woodwork including new doors and windows, adding paving externally and painting, inside and outside. The project will also include the installation of a new additional toilet to be shared by the Teachers and the Church of St Constantine and Helene.

On the return of Byron from Castellorizo, a fundraising sub-committee was formed after receiving approval from the Castellorizian Association of WA committee and Byron was appointed the Chairperson of this sub-committee. A meeting was held in November 2016 and as a result an “Appeal for Donations” letter was compiled by Byron on November 15th and subsequently circulated both to individuals and to our membership.

The “Appeal for Donations” letter stated in part....

There is an urgent need to repair the school toilets on Castellorizo which are in a very dilapidated state.

When Dr Paul Boyatzis and I were last in Kazzie in September 2016 we were asked by Vangeli (Radio Café) and Margarita Kannis on behalf of Drasi Kastellorizo if we could help raise money to fix the school toilets which are in very poor condition.

Dr Paul Boyatzis, my wife Val and I went up to the school where we met by Ms Betty Muzak, the school principal and Vassili the Albanian builder to see for ourselves what was needed. In short, the toilet block is a disgrace, the roof leaks in winter, the plumbing overflows, there is only one pedestal toilet, four holes in the ground type toilets and the hand basin is out of reach of the kids.

THE CASTELLORIZIAN ASSOCIATION OF WA STRONGLY SUPPORTS THE PROJECT.

IF YOU WOULD LIKE TO HELP THE CHILDREN OF KASTELLORIZO please send your kind DONATION (preferably on line) to:

Castellorizian Association of WA

Bank Account BSB 066-129

Acct. number 00800217

with the designation “Drasi “ Kastellorizo.

The letter brought immediate response from the generous Castellorizian community in Perth! So much so that sufficient funds were raised by the end of 2016 that ensured the project would go ahead. Funds were then forwarded to “Drasi” Kastellorizo in January so that building supplies could be purchased and for the project to start forthwith.

Both “Drasi” Kastellorizo and Prof Byron Kakulas are to be commended for their ongoing efforts for this important and most needed project. We look forward to reports on the progress of this project in 2017.

DONORS TO THE SANITATION PROJECT (to February 3rd 2017)

Anastas Constantine
Auguste Arthur
Boyatzis Paul
Carr Alice
Castellorizian Association of WA
Castlehow Graham
Christodoulou Chris
Cresswell Allan & Jean
Drimatis Chris
Dylan Lodge (Michael & Sophie Kailis)
Elder Tony
Finn Eleni & Mike
Gelavis Angie
Goldstone Jewellers
Grantham House Medical
Gregory Peter & Sylvia
Harmanis Holdings (Kerry Harmanis)
Junior Management
Kailis Amanda
Kailis Con & Olga
Kailis Patricia
Kailis Peter
Kailis Pty Ltd
Kailis Stan & Lefki

Kailis Theodore
Kakulas Bartley & Nellie
Kakulas Byron
Kakulas Evan G
Kakulas Evan S
Kakulas Nicholas
Kakulas Theo
Kanganas Peter & Melba
Kannis Con
Kannis Kevin
Levissianos Michael
Lucas Nick
Metaxas John
Michael Ken
Nicholas Nick & Mary
Panotidis Mark & Ula
Papas Mark & Libby
Passaris Mick
Paul Michael
Petridis George
Tsolakis Mick & Lola
Xanthis Sion
Zempilas Con
Zounis Nick

A letter of appreciation has been sent to the above donors signed by Allan Cresswell and Byron Kakulas. In addition, a donation was made direct to Drasi Kastellorizo by Sylvia Parras of Sydney.



One of the existing floor toilets at the school on Castellorizo

DRASI KASTELLORIZO

Compiled by Allan Cresswell

Taken from an exchange of emails between Margarita Kannis and the Kastellorizian Association of WA

Drasi Kastellorizo was formed as a non-profit organization three years ago. Members are: Lisa Papoutsis, Nikos Magiafis, Vangelis Koutsopoulos, Maria Kokalas and Margarita Kannis. Drasi was formed out of a type of desperation. Nothing was being done to improve our island. and recycling was needed to unburden our rubbish system, and also comply with EU regulations.

We got together with AFK to raise funds for a recycling programme, including the purchase of an electric solar pickup car and a compactor. In three seasons we have sent over 100,000 plastic bottles to Rhodes! We also collected paper, cardboard and aluminium. Now, in 2017, this project, due to a mandate from the EU, must be taken over by the Dimos.

What it also achieved is that it was visible that monies donated to support projects on Kastellorizo were being used as promised and there is total accountability. So, more projects are being funded by other groups and individuals, not just AFK. We have an office space, which was donated by Robbie Rayne for three years. In the office tourists can get island information, literature, oil that was produced from olives on Kastellorizo and hopefully this year, more home grown products. All monies are donations.

This year we are looking to clean up the walking trails, and hopefully signpost them, and we are also looking at the seabin project for our limani. (see seabins.com). The more people learn that the two communities (diaspora and locals) are coming together, the better.

This past summer for the FIRST TIME EVER the locals donated to the recycling. They gave over 2300 euro. The skeptics believed I would get nothing but my faith in the residents was true. Now with the school toilets, the parents are going to raise the funds for the cistern they will need to hold water for when there is a shortage. That will be their contribution, alongside yours.

So gradually, we are all learning to trust again. It does not always work (!!!!) but when it does it feels very good! We support the documentary film festival, by providing a work space for them in our office.

This season we are expecting to host a photography exhibition, and we will be hosting the release of Michele Kiosoglous' children's myth series. This winter we have been having traditional Greek dance classes and we have been learning dances from all over Greece, Epirus, Rhodes Kalymnos, Kalamata and Crete. It has been a lot of fun and has brought people together. The classes will not be available during summer.



GREEK COMMUNITY ORAL HISTORY

While conducting research for various works dealing with Greek migration, settlement and adaptation to Western Australia, most notably Megisti in the Antipodes, Greek Pioneers in WA and Odysseus in the Golden West, Dr John Yiannakis interviewed many members of our Greek community. Spanning more than two decades he compiled the state's largest ethnic community oral history archive with some 150 people recorded.

These interviews were primarily done on audio-cassette, with more recent interviews recorded electronically. The overall quality of these recordings was in most cases of a good standard though some cassette interviews did not record clearly or without interference. Nevertheless, despite variations in sound quality, the vast majority of the audible interviews have now been digitally copied (on-going since 2012) by the State Library of WA. They are now available to be heard on-line by interested parties. (In some instances transcripts of the interviews have also been copied.) A visit to the State Library's website and catalogue allows for the list of interviews to be found. Type in either Greek History Project or the interviewer's name for a list to appear. Among those interviewed were E. Gravas, S. Begos, J. Magripilis, D. Nicholas, E. Mirmikidis, G. and D. Samiotis, B. Vlahopoulos, N. Carras, and J. Kalafatas. Interviews with current/contemporary personalities also exist.

A valuable asset to the state's and our community history.

OUR NEW ASSOCIATION EMAIL ADDRESS

Our Association has a new email address for our members to communicate
cazziewa@outlook.com

AUSTRALIAN HELLENIC COUNCIL



Join us to support the two Greek Candidates for the
State Election to be held in March 2017

Eleni Evangel & Peter Katsambanis

Tickets: \$30.00 (food provided Cypriot souvla)

Date: Sunday 12 February 2017

Time: 6.00 pm

Place: Castellorizian House
160 Anzac Road
Mt Hawthorn

*For tickets contact: Hellenic Admin
Tel: 9376 5800 - Email: info@hcwa.org
or Evan Kakulas 0400 515 659*

BOOK LAUNCH OF 'from our Greek Kitchen to yours'

The book launch of 'from our Greek Kitchen to yours' took place at Castellorizian House on the afternoon of Sunday October 9th 2016 and was a huge success with a large crowd in attendance. Vice President Marilyn Tsolakis was MC with Peter Manifis launching the book. Helen Anastasas and all her helpers should be very proud of this wonderful book. It was so popular that all 1000 copies were sold in the first two weeks. People kept coming back to buy additional copies for family members and friends. A second print was urgently arranged to satisfy ongoing demand and to have the book available for the forthcoming Perth Glendi 2016.

As at the end of January 2017 only one hundred books remain for sale out of a total of two thousand that were printed. Persons still wishing to purchase should do so immediately or they may be disappointed.

Special mention should be made for the wonderful effort by Anita Verne in the packing and dispatching most of the books for distribution and for mailout. Moving 1900 books in just over three months is certainly to be commended.

The book costs \$40 plus postage and the contact person for further information is Anita Verne on email: anita@halmac.com.au or mobile: 0407 922 783.





DR STAN'S OLIVE CORNER

Your Olive Tree

Your olive tree should now have small unripe olives on it. These olives will grow in size and be ready for preparing green olives by early to late autumn. As the olives ripen they will start changing colour and be ready to make tsakistes. By early winter most olives will have turned black and will be ready to slit for black olives and to dry with salt (called throumbes, staphylo-elies or shrivelled olives)

Carry out the following work on your olive tree

- clear away weeds and remove suckers
- place mulch or compost under the tree
- cut out dead or damaged branches
- spread a couple of handfuls of sheep manure or dynamic lifter
- water for 10 minutes every two to three days during hot weather
- squeeze green olives between the thumb and forefinger and if creamy coloured juice is released they are ready to pickle
- pick all the crop if you only want green olives
- allow some olives to ripen (may colours) to make tsakistes or black for black olives

Extra Virgin Olive Oil

Dr Stan is asked which extra virgin olive oil he prefers. He has two favourites - Cretan extra virgin olive because of its flavours and Australian extra virgin olive oil for its freshness. There are two other olive oils on the market – Pure Olive Oil and Light Olive oil that are highly processed and refined, that are suitable for food preparation such as frying, but lack flavour and some of the health benefits of extra virgin olive oil. These benefits are due to the same natural antioxidants referred to above.

Health benefits of extra virgin olive oil are due to:

- Large amounts of monounsaturated fats – lower cholesterol
- Beneficial but lesser amounts of polyunsaturated fats – Omega-3 and Omega-6 – help maintain and/or regulate cells in the body
- Relatively low levels of saturated fats – favours low amounts of bad cholesterol
- Health promoters – antioxidants, sterols, vitamins and related compounds – counteract inflammation, help lower blood cholesterol, maintain cell function

Collectively, especially when eaten as part of the Mediterranean diet, these olive qualities support longevity and protect against, heart disease, some cancers especially breast cancer, chronic neurological and degenerative diseases, and many other conditions by lowering bad cholesterol and reducing inflammation. Recent Australian research indicates that a Mediterranean diet could help in the fight against depression.

How much extra virgin olive oil should you eat each day? Before this question is answered, read the following!

Persons living in Mediterranean countries consume greater amounts of extra virgin olive oil than Australians – Greeks consume the greatest 70ml/day (25 litres/year), while Spaniards and Italians consume half this amount (35ml/day – 12.5 litres/year).

Scientific evidence suggests that daily consumption of 2 tablespoonfuls (25-30ml) of olive oil that has high levels of monounsaturated fats reduces the risk of heart disease and strokes. The United States of America Food and Drug have endorsed such health benefits as long as it replaces a similar amount of saturated fat and does not increase the total number calories eaten in a day. Furthermore, the same applies to corn oil and canola oil.

The amount of extra virgin olive oil to be consumed daily is therefore 25 to 70ml.

Why does your body need a continual source of fats and oils? Fats contribute to daily energy needs that help energise and drive your body. All oils and fats have the same number of calories. Required daily intake of fats (oils) varies according gender, age, physical state together with level of physical work and exercise. International health authorities recommend the daily fat (oil) consumption (oil) from all sources should be less than 25-30% of the daily calorie intake with a breakdown of 10-15% from monounsaturated fats, up to 10% from polyunsaturated fats with no more than 10% from saturated fats. Problems arise when too much fat (oil) is eaten or the fat is of poor quality.

Olives, olive oil and olive leaves contain significant amounts of polyphenol antioxidants that are good for the cardiovascular system (prevent heart attack and stroke) and may protect against osteoporosis and cancers when consumed on a regular basis. The European Food Safety Authority has concluded that consuming antioxidants from olives and olive oil protects blood lipids from oxidative damage and lowers the levels of oxidised LDL (harmful damaged cholesterol).

Those of Greek Heritage who follow the traditional Mediterranean diet would easily consume this amount of oil. They are top consumers of all types of vegetables, fruits and salads, including greens (horta) and extra virgin olive oil. Meal preparation practices of these people harness the flavours of vegetables and salads by enriching them with herbs, lemon juice, vinegar and extra virgin olive oil or by baking or simmering with fresh herbs, onions, tomatoes and extra virgin olive oil. Salads eg *Greek Salad* are eaten with most meals. Slow-cooked vegetables in extra virgin olive oil, Greek salad and whole grain bread are often the complete meal. Pan-fried or grilled fish - sardines, anchovies or barbounia- drizzled with lemon are usually eaten at least twice a week.

Importance of fat in the diet: Dr Stan says that fats and oils are an essential part of the diet. They are an important energy source as well as assisting the absorption of antioxidants as and vitamins especially VitA and VitD. Cold pressed oils including Extra Virgin Olive Oil also provide the body with natural compounds including antioxidants beneficial in maintaining good health. Many edible oils because they are highly processed and refined lack these important health-promoting compounds.

How about other oil and fats? Cooking and salad oils include olive oils and other plant (plant) oils. Extra virgin olive is better health-wise than pure and light olive oils as they lack antioxidants and flavours such as fruity, bitter and pepper. Other plant oils include those separated from avocado fruit, peanut, sesame seed, rape seed (canola oil), corn, grape seed, sunflower seed and rice bran. Consuming these oils is often healthier than eating spreadable fats such as margarine or butter but not extra virgin olive oil.

Healthy oils are those that have: large amounts of monounsaturated fats; useful amounts of polyunsaturated fats; with lesser amounts of saturated fats. Oils in this category are olive oils (all grades), avocado oil, canola oil and peanut oil. Butter has around 50% saturated fat with only 20% monounsaturated fat and 10% water. The composition of commercial margarines is variable depending on the process. Poor quality margarines can have high levels of saturated fats or significant amounts of harmful trans fats. Dr Stan suggests that you read the labels before buying.

For more information on olives and olive oil contact Dr Stan at stan.kailis@y7mail.com or mobile 0414 27 1644.

AN OLD RECORD COVER FROM EGYPT



OUR RESOURCE CENTRE – BOOK PROFILE



Compiled by Lefki Kailis
Librarian of the
Castellorizian House of
WA collection

January 2017

Pappas, Nicholas G. and Bogiatzis, Nicholas (2010) *An island in time: Castellorizo in photographs 1890-1948*. Sydney, Halstead Press.

On the cover of this book is a slightly gravelly image of Kávos revealing a densely populated promontory, a solitary caique making its way to Kávos over calm waters and the Red Castle on the hilltop, reminding us of a Castellorizo bustling and prosperous.

Whether you read the luxurious hard copy edition or the smaller sized paperback version of *An Island in Time: Castellorizo in photographs 1890-1948*, you cannot but be impressed by the ambitious nature of this large, well designed, beautifully produced book. The age-old black and white photos speak directly to us the viewer and the accompanying narrative adds valuable depth of understanding.

This history in images and words takes us through the tragedies and joys of the tumultuous and important years of 1890-1948 - years that may have been lived and experienced or known through the storytelling of grandparents. It pushes us to marvel at the resilience of a population that was forced for the most part to relocate and begin from the beginning.

The authors have sourced the photos from many private collections as well as from French and Italian archival material, Turkish historical records, the Imperial War Museum (GB), the Hellenic Ministry of Culture and the Fleet Air Arm Museum, London. Through these varied photographs, a mosaic emerges that brings our ancestral past into sharper focus.

The early photos are of formal occasions such as weddings, funerals and significant events. Much can be gleaned from these regarding the social status of those photographed and the circles in which they moved. As the authors explain, society was rigidly class-based. The educated elite and the clerics were known as 'morfoméni'. Mixing with them were the middle-class ship owners, shopkeepers, traders and craftsmen, then there were the seamen, workers and labourers many of whom had come to Castellorizo from other places.

By the time the Italians were overseeing the Island photographic technology had advanced making it easier to take impromptu photos. As a consequence there are many more photos in the Italian section in addition to weddings, funerals and significant events of building projects, of men in their workplace, of school excursions and some spontaneous shots of groups gathered for a particular occasion.

The front endpapers of the book reveal a thriving, built-up island - astonishing considering it is an arid island of limestone slopes less than 10kms square? But we are not surprised - the housing density around the turn of the century is familiar to us from the famous panoramic photo that adorns many Castellorizian houses and Kazzie organisation buildings. How could the islanders have amassed such wealth around that time? There are many reasons. Some to do with the favourable trade and tax benefits the business people received from their Ottoman overlords, another was its history as a seafaring island.

The authors draw attention to particular details in the photos that may be missed by the viewer. They not only describe the contents of the photo but delve into the history and put people and places in context with the times. They point out the state of buildings immediately after the earthquake in 1926 and the restoration that had taken place eight years later in a photo taken in 1934. And interestingly the eastern side of the harbour Péra Meriá had no cordóni in 1930, the homes stood at the water's edge and transport access was behind the houses.

The book begins with background information about the photographs and the photographers. It provides the geographical setting and gives general information about weddings and funerals, traditional clothing and the custom of dowry contracts. The chapters are then divided chronologically by events that changed life for Castellorizo's citizens; *A privileged isle: 1890-1908*, *Upheaval and Revolution: 1908-1915*, *Chateau-Rouge - a French Outpost: 1915-1921* and *Castellosso - Life under Italy: 1921-1941* (including disasters such as the earthquake of 1926). The closing chapter describes the Destruction and final Enosis with mainland Greece: 1941-1948.

It has to be said that the tragedies and disasters were frequent. As the lyrics by Pythagoras in the achingly beautiful song of Apostolos Kaldaras '*Η Σμύρνη*' puts it - '*...ένα χρόνο ζεις ειρήνη και τριάντα στη φωτιά*'. This applied equally to Castellorizo.

The screws were harshly turned after 1922 when the satellite cities in Asia Minor - Antifilo (Kas), Kalamaki (Kalkan), Myra (Demre) and others were shut down for the islanders and their source of trading products was suddenly terminated. Families who were traveling to and fro were forced to return to Castellorizo and other refugees flooded onto the island. Castellorizians had fled before in times of hardship: now, this event triggered another exodus as men sought new possibilities in far-away lands.

As well as the earthquake, the depression of the 1930s, the fires and the political uncertainties, there were family tragedies of young people drowning, dying of septicaemia and contagious diseases as well as being left orphaned by the death of parents. In these funeral photos the coffins are open and the female next of kin has hair left loose to signify deep mourning. It is interesting that we do not follow the custom of photographing the extended family with the dead person in the coffin now?

The serious pictures that set up responses of pain and sadness are somewhat balanced by uplifting photos of classes of young musicians both male and female posing with their instruments. There are big group photos of Easter Sunday celebrations and towards the end, just a few smiles at a gathering of Italian and Greek servicemen. There is a wonderful old photo from 1890 showing a theatrical group with costume and instruments.

The explanations of the history of what we now see as ruins give us a new perspective when walking on the island. For example, the use of the two small buildings on the islet of Psoradhiá (just off the tip of Kávos) were long used as quarantine stations. Very interesting too is the history of the use of the point of the Kávos promontory as a vantage point and a prized location for occupiers since ancient times (an overt way to assert power). Both the French and Italian regimes placed their administrative and military posts there.

One 'photographic fragment' dated 1905 shows a substantial factory building protruding into the bay in Mandraki. This furnace was called the 'Fábrica de Koutoupé' - its function was to transform timber from Anatolia into charcoal for export to Egypt and elsewhere around the Mediterranean. Before this time there were saltpans in Mandraki. There were also saltpans on the cordóni before it had to give way to housing and business interests as the population expanded.

After the earthquake the Italians put a building program into place, notably - the commissioning and erecting of the Municipio, the Delegazione del Governo and the Piazza Regina Elena, all in Kávos. There is little evidence of this development today as it was almost totally destroyed in bombardments during the Second World War.

The back endpapers show the pitiful devastating result of occupation, earthquake, fire and bombardment. Hollow ruins. Ironically when Castellorizo officially achieved Enosis with mainland Greece in 1948, the island was in very bad shape - its splendour and grandness long passed.

Every time you delve into this amazing book there is more to discover and more to extrapolate. The authors, by weaving the narrative of physical, social and historical change on the island in those important years have given us a framework in which to incorporate our own stories and images.

It is an emotional journey.

This book is available in paperback from Castellorizian House of W.A. Price \$45.00

* NB the paperback edition has some additions

References

Kaldaras, A (music) and Pythagoras (lyrics) *Asia Minor*. Track 6 *Smyrna (Ismir)* George Dalaras

PAST TIMES

Photo courtesy Jim Verginis of Melbourne



This photo was recently supplied by Jessie Zempilas of Perth to Jim Verginis of Melbourne. Jessie is the young girl seated at the front and Kosta Zombos is standing on the right. On the back of the photo Jessie has written.....

We left Rhodes in 1936

*The Man on the left
NIKOLA TSAKOUNI
he is now in Sydney
But has passed away*

*The other Man
is also from Sydney
HE USED TO WORK AT
Coca Cola his name
I cannot remember*

*The Lady
with the coat
settled in Sydney
Kyrka Koula STATHI*

*The Lady with the Fur
is ROSA FERNANDES AND
SHE MARRIED KONNINOS
SHE Brought me to Australia
The last Man is KOSTA Zombos
your relative*

and the young girl is me Jessie Simon Zempilas

Kosta Zombos is the Uncle of Jim Verginis who was the recipient of the photograph. Kosta went onto Melbourne and became President of the Kastellorizian Association of Victoria from 1967-1969 and again in 1976. Kosta played a prominent role in the purchase of the present headquarters of the association, in Dorcas Street South Melbourne.

The Recognition of Greek Families by the City of Subiaco (WA)

On Monday the 17th October the Mayor of the City of Subiaco, Ms Heather Henderson, presided over a naming ceremony for Kannis Lane and Xanthis Lane in the centre of Subiaco, an inner city suburb of Perth, Western Australia. Symbolic of the close ties between the two families the lanes intersect west of Rokeby Road and south of Barker Road.



In the order of sixty people attended the ceremony including members of the families, officials of the Council and a previous Mayor, Mr Tony Costa. After a welcoming by the Mayor, the Very Rev. Archimandrite Elpidios Karalis conducted a brief blessing followed with speeches by the Mayor, Mrs Despina Tanner on behalf of the Kannis family, then Mrs Poppy Xanthis on behalf of the Xanthis family.

After the ceremony the family continued the celebration at the rear of Boucla where there was much reminiscing. The following is a brief history of the families' association with Rokeby Road adapted from the speech made by Mrs Xanthis.

The Kannis family has had a long association that began when Con and Maria Kalaf left Greece to set up Kalaf's Fruit Shop in Rokeby Road over ninety years ago. Con and Maria were soon to be joined by two nieces, Asimina and Eleftheria Kannis. Asimina was accompanied by her husband, Sios Xanthis and their two young children, Despo and Nick. Soon Sios Xanthis was selling fish door-to-door in the Subiaco area. This eventually led to him having his own fish and chip shop – The London Fish Supply, half way up Rokeby Road.

Asimina and Sios Xanthis used their relative financial success in Subiaco to help the rest of the family migrate from Greece to Australia and set up businesses in Subiaco. They eventually helped bring out Asimina's parents, Maria and Kominous Kannis, Asimina's two other sisters, Despina and Elpida; and her two brothers, Mick and John. To other Greeks in Perth they

became known as the Subi mob.

Eleftheria and Nick Tocas set up a Fish and Chip Shop in Hay Street. Elpida and Mick Kyrillos set up a grocery store located just up the road from Boucla on Rokeby Road. Despina and George Kounis set up a pastry/cake shop next door to Asimina and Sios's Fish and Chip shop. Mick and Anne Kannis set up a Fish and Chip shop near the bottom of Rokeby Road and John and Evelyn Kannis set up a tailoring business next door to Kalaf's Fruit Shop.

Eventually Asimina and Sios Xanthis' children and their spouses, Despo and George Malaxos, Poppy and Nick Xanthis, took over the running of Kalaf's Fruit Shop. Kaye and John Kounis took over the running of John Kannis' tailoring business. Thus ensuring the influence of the Kannis clan on Subiaco was multigenerational only to now be followed by Debbie and Brian Tanner with their current successful businesses – Boucla and Lady of Ro.



The Subi mob was not only made up of the Kannis, Xanthis, Kounis, Tocas, Kyrillos and Malaxos families. Other Greek families who lived and worked in and around Rokeby Road were the Kalafatas, Koufos, Lazarakis, Loucas, Manolas, Mitchell, Mougialis, Nicholas, Passaris, Phillips and Tsokos families. These families helped to create the wonderful village atmosphere of the area and were an integral part of Subiaco life over a ninety year period. The naming of the two lanes was recognition of the contribution of all these Greek families to the history and heritage of Subiaco.

By Kevin Kannis and Jasmine McDonald (nee Xanthis).

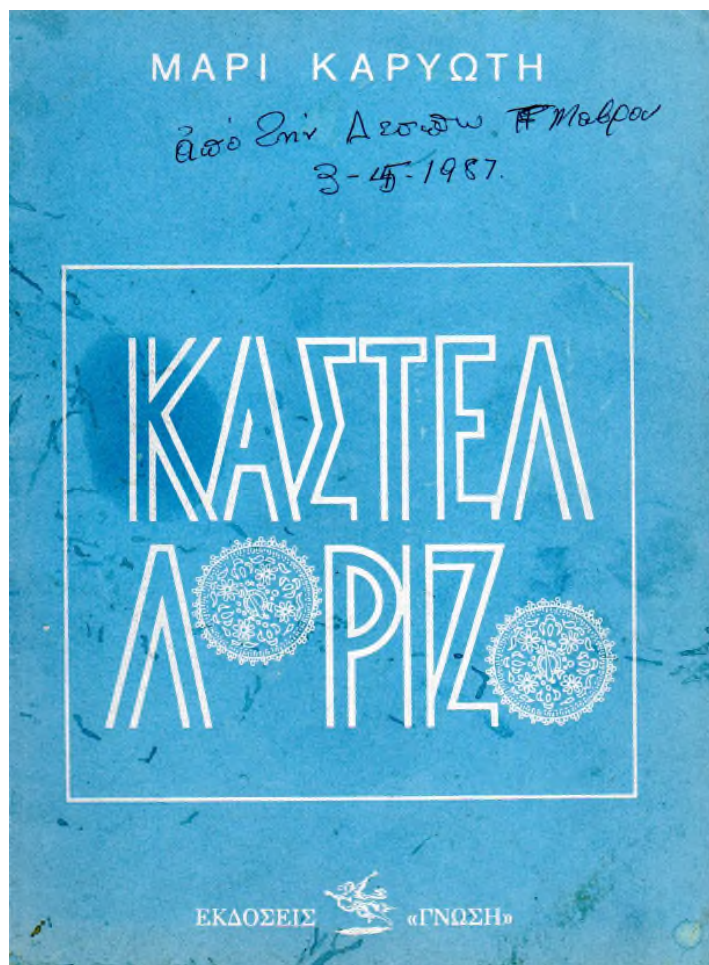
A full colour version of this edition of the *Megisti Messenger* (and also the previous 29 editions) can be viewed at: <http://www.castellorizo.org/newsletter/>

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

RECENT ADDITIONS TO OUR BOOK COLLECTION

Article by Allan Cresswell

Some wonderful Greek books have been recently added to our Resource Centre. A very beautiful book donated is that by Maria Karioti and titled 'Kastellorizo'. It contains excellent pencil drawings and written stories about Kastellorizo. It was produced in 1981 and kindly donated by **Irene Zervos of Sydney**.



One of the many drawings in the book

Five wonderful books have been donated to our association by **Emanuel and Marina Petrelis**. They are:

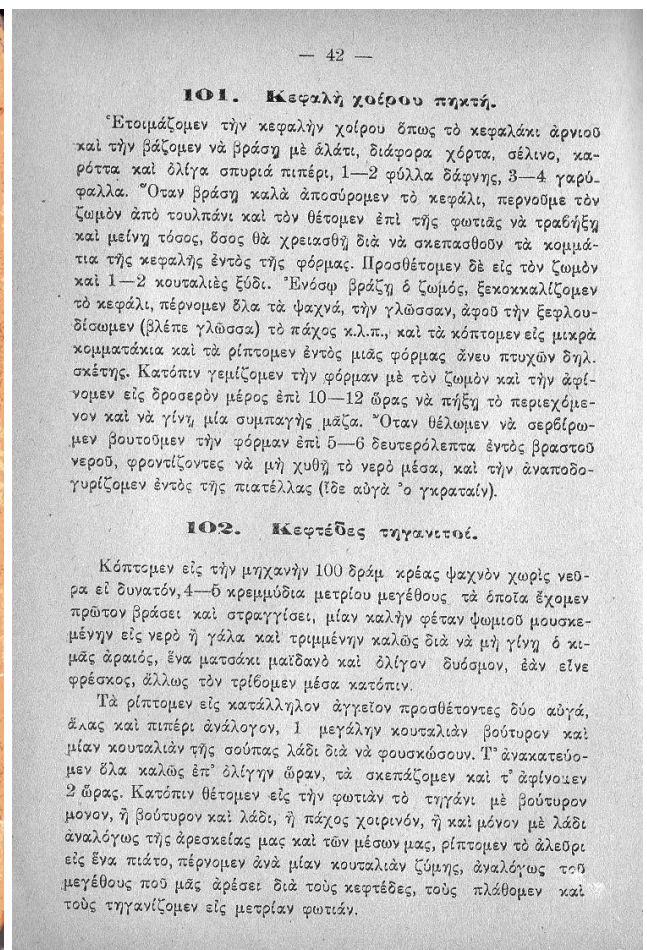
- ❖ Greek Pioneers in Western Australia
- ❖ The Mytilinian Presence and Their Brotherhood in WA
- ❖ Call me Emilios, Emilios Kyrou. A Justice of the Supreme Court of Vic.
- ❖ Macedonian Hellenes in Oceania
- ❖ The History of Greeks in Canberra and Districts



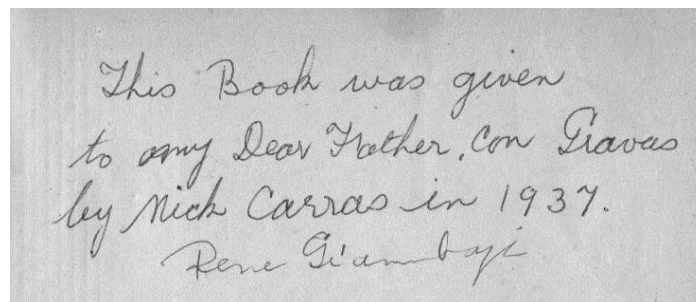
A great Greek Cook Book was recently donated by **Con Giambazi** that is at least 80 years old. It is written in Greek, has 280 pages and contains 738 recipes! Con is the son of George John Giambazi and Irene (nee Gravas), both deceased.



Book Cover



Example of the many recipes



Inside cover of the book

KASTELLORIZIAN COUNCIL OF AUSTRALIA

Do visit their new website at:

www.kazziecouncil.org.au/

**A great new website with all the latest news,
newsletters and articles**

NEWSPAPER ARTICLE - THIRTY SEVEN YEARS AGO

Newspaper article provided by Poppy Xanthis

Page 6 Greek Community News August 18, 1980

Peter Kailis has Midas touch

The Midas Touch does one inherit the gift or does it come by other means? If ever there appeared to be a name synonymous with Midas it would have to be Kailis, as its family members all seem to have the rare gift of turning things to gold.

This remarkable family, founded in W.A. by George P. Kailis, the father of the Kailis Seafood/Fishing Empire 50 years ago, is growing from strength to strength. George Kailis had four sons, Peter, Theo, Michael and Victor who without doubt have inherited and handed down the Midas ability.

Our spotlight on a member of the Greek community this week falls on the eldest son Peter.

On first meeting Peter George Kailis one gets the impression he has missed his vocation. His classic good looks warm friendly smile would seem to be more in keeping with the world of the silver screen than

the rough and tumble of the business world. The impression is quickly dispelled however and the strength and business acumen that has carried Peter Kailis to the forefront of the business world is very evident.

Peter began his business career at the age of 14 years in his father's seafood business.

Here he learnt the ingredients for developing the Midas Touch - the business disciplines that are the roots of his success.

Thorough knowledge of the product, ensuring customer satisfaction and having highly competent staff and the best possible equipment were important factors that are still there.

Seven years after starting with his father Peter had a better than average business background and was three quarters of the way to completing an accounting course.

Youthful Start

In 1948 at the age

of 21 years, armed with 900 pounds borrowed from his father and a load of self confidence he branched out on his own and became a partner with his cousin in a small wooden case mill.

Within a few years the business had grown to requiring major expansion and by 1963 was the third largest box company in the state.

After buying his partner out Peter arranged an amalgamation with two bigger firms to form Consolidated Pine Industries for which he became the Managing Director.

At the same time he founded Perth Fibre Box Pty. Ltd. to enter the fireboard industry. Within a short space of time that too became the biggest company of its type in W.A.

Having a good eye for opportunities enabled him to see the potential of another associated industry thus he launched another company International Paper Merchants to manufacture plastic bags, paper towels, paper bags and so on. The Companies eventually came under one organisation with the giant British Australian tobacco Limited which appointed Peter to look after its interest in W.A. and South Australia.

In 1971 Peter Kailis invested into Red Rooster with a group of professional and business

acquaintances to launch W.A.'s most progressive fast food retailing business.

Within 12 months the business had lost \$100,000, confidence of shareholders dwindled, but Peter undaunted bought many of them out.

Three years later the business was operating profitably, had eight shops and Peter was involved as the company's executive chairman on a full time basis.

In 1977 he bought most of the remaining shares, giving the Kailis family about 90% with only one other shareholder holding about 10%.

Under his leadership the business expanded to 30 restaurants in W.A. and six in Victoria. Presently there are six more stores under construction in Victoria and four in Perth including a garden restaurant in Cinema City which will rank as one of the largest in Australia.

The five year corporate plan envisages an expansion in excess of 100 restaurants employing a total of 3000 people.

As well as expanding in Victoria, New South Wales and Queensland moves are well advanced to move into South East Asia, Japan and the U.S.A.

The Red Rooster business is now the largest Australian owned fast food chain and has every intention of getting ahead of its multi national competitors.

The achievement of Peter's is remarkable and the Midas Touch is evident in everything he does, as is his ability to reach his goals without forgoing his integrity.

Peter says the secret of success has been in applying the disciplines he learnt from his father.

He says that added to this his capacity to measure results has been his forte, enabling him to achieve 100% from people, machinery and systems.

I surround myself with the best possible in personnel and equipment and keep analysing performances, he said.

"I like developing personnel, inspiring them like a football coach and ensuring that the best is given because the aim of the exercise is success and to be profitable."

Like a coach, Peter identifies where an operation is falling down or not giving maximum production and take action with well thought out decisions.

He keeps constant track of the latest developments in business technology and uses top specialists to implement its use.

Full computerisation, the best of staff and equipment and maintenance of the fundamentals of a good product, clean attractive premises and friendly service for the customer will keep our business



to the fore," he said.

While he is one of more than 15 millionaires of Greek heritage in the State, Peter, with his refreshing degree of humility regards this as merely a yardstick of his success and confirmation of his fathers early teachings. At 53 years Peter still works a good 50 hours a week and he enjoys every minute of it.

His rational approach to business does not end at the office but continues into his private life. He commits a considerable effort to keeping physically fit through sports which include daily swimming and regularly taking in bike

riding, horse riding, squash and calisthenics.

His favourites past time are eating, good wine, dancing and enjoying the company of his family and friends.

So the question arises about the Kailis family again - the Midas Touch? The answer is yes they do have it.

Peter Kailis turns things into gold like his father did.

He does it by applying the fundamental principles of business which are aimed at achieving a goal.

Everyone has the ability - It's just that Peter Kailis is dedicated to doing it exceptionally well.

A SELECTION OF CASTELLORIZIAN WEBSITES

Castellorizo Genealogy Website:

www.castellorizo.org/

Empire Patrol Disaster Website

www.empirepatrol.com/

Castellorizian Virtual Museum

www.castellorizo.org/museum/

Online Megisti Messenger Newsletter

www.castellorizo.org/newsletter/

Castellorizo Genealogy Facebook Group

www.facebook.com/groups/311068092238055/

Castellorizian Assn of WA Facebook Group

Long URL do search - 'Castellorizian WA' on Facebook

Kastellorizian Council of Aust Website

www.kazziecouncil.org.au/

Kastellorizian Assn of Victoria Website

kazzieclub.com/

Friends of Kastellorizo Website

kastellorizo.com/

Castellorizian Assn of SA Facebook Group

Long URL do search - 'Castellorizian SA' on Facebook

Castellorizian Assn of NSW Website

castelloriziansnsw.com/

Castellorizian Assn of NSW Facebook Group

Long URL do search - 'Castellorizian NSW' on Facebook

Castellorizo History Website

www.castellorizohistory.com/

Castellorizo Wikipedia

en.wikipedia.org/wiki/Kastellorizo

- Administered by Allan Cresswell

CAZZIE TRIBUTE

Castellorizian of the Year 2016



Kastellorizian Association of Victoria Inc

Perth Genealogist named Kastellorizian of the Year

Allan (Agapitos) Cresswell, who created the Castellorizo Family History website in 2007, has been named Kastellorizian of the Year by the Kastellorizian Association of Victoria (KAV).



Allan Cresswell was born in Nedlands, WA, on 19 November 1943, to Cynthia Pamela (Karasavas) and Ronald Wallace Cresswell. He was baptised Agapitos Ronald Cresswell. He married Jean Mary (nee Marshall) in 1966 and they have five adult children and five surviving grandchildren. He and his wife have now retired to Quinns rocks, WA.

Allan had a long, varied, and unblemished, career as a Police Officer and received a Commendation Award in 1998 whilst working with the Bureau of Criminal Intelligence. In his later years he moved to administration including strategic planning. Following his retirement from the Police Force, he was employed by the Justice Department of WA (2007-2012) often supervising the jury at high-level trials.

He also has an ongoing involvement with the Borneo POW Relatives Group of WA, holding several positions, including president, and since 2006 has continued in the role of Research and Liaison Officer.



President of the KAV, Dr Nick Lolatgis, with Allan Cresswell



Zoe Gregory with Allan Cresswell at the walk for Diabetes Research the day after the Award presentation



Allan Cresswell with his wife Jean (left) and daughter Jodie Bavin, at the Award dinner.



Kastellorizian of the Year, Allan Cresswell, at the walk for Diabetes research at Albert Park

Kastellorizian of the Year an inspirational role model

The Kastellorizian of the Year (KOY), Perth genealogist, Mr Allan Cresswell, in accepting his award at the annual KOY dinner held at Yianni's Tavern last Saturday (October 8), said that of all the Kastellorizian and non-Kastellorizian projects he has been involved in over the years, that he believed his most important project is the genealogy website: <http://www.castellorizo.org> which records the genealogy of Kastellorizian people.

"I will not go into detail as to how this website evolved since 2007, but suffice to say, this site and my ongoing research took place because of the support provided by the Kastellorizian Association of Victoria (KAV), and the Kastellorizian community in Melbourne, particularly following an invitation from the KAV to conduct a seminar here in Melbourne in 2009. The genealogy website has grown dramatically since then. It is therefore fitting that it is in Melbourne that I am presented with this award," said Mr Cresswell.

"In many ways this award is also a recognition and acknowledgement to all the contributors and supporters of the project, and I thank them all for this support," he said.

The site, which grew out of Mr Cresswell's own family history in honor of his mother, at last count had 28,429 persons recorded with 386,742 unique visits since 2007, but since the publicity surrounding the award many new people have come forward to join in the project.

Dr Nick Lolatgis, President of the KAV, in presenting the award, said: "The enormity of the task that Allan set for himself, and his determination to carry it through is a remarkable, excellent, and honourable achievement. It is a true inspiration to all in that anything is possible if you truly commit to it. Certainly he is also an inspirational role model for Kastellorizians to honour their families and their history."

The morning after the presentation, Allan Cresswell, together with his daughter Jodi Bavin, undertook the long walk around Albert Park Lake (JDRF One Walk) in support of raising awareness and funds for Type1 Diabetes research. They walked with six-year-old Zoe Gregory and her family. Zoe raised nearly \$3,000 with wide support, and of course support from Kastellorizians, including the Cresswell family and the KAV.

Hon Michael Sutherland



Your State Member for Mount Lawley
Speaker of the Legislative Assembly



*"Supporting the
Castellorizian
Association"*

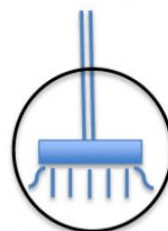
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