



Megisti Messenger

May 2nd 2017 Volume 10, Issue 2

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

FORTHCOMING EVENTS

Sts Constantine &
Helene
Sunday May 21 2017
12 Midday
See Page 5

Father Son/Daughter
Dinner
Friday June 9 2017
6.00pm

Mother Daughter/Son
Saturday July 15 2017
Function
Details to be advised

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cressie@castellorizo.org
for submission of any
articles or social news

SCHOOL SANITATION PROJECT – See Article Pages 6 and 7

BEFORE



AND AFTER



SOCIAL NEWS

Births

- ❖ Congratulations to Michael and Eveena Palassis (nee Anastasas) on the birth of their second son **Stewart Michael** born on 31 March 2017. A grandson for Stan and Evelyn Palassis and Steve and Helen Anastasas.
- ❖ Congratulations to Peter and Deanne Bouhla (nee Anastasas) on the arrival of their daughter **Kayla Dionne** born on 15 April 2017. A granddaughter for Dino and Kathy Bouhla and Steve and Helen Anastasas.

Birthdays

Congratulations to the following who recently celebrated their birthday.

- ❖ **Antonios Koufos** 19th Feb 2017 89 years
- ❖ **Leo Panegyres** 20th Feb 2017 80 years
- ❖ **Constantine Kailis** 21st Mar 2017 80 years
- ❖ **Prof Byron Kakulas** 29th Mar 2017 85 years
- ❖ **Jack Pitsikas** 2nd Apr 2017 98 years
- ❖ **Nicholas Loucas** 11th Apr 2017 81 years
- ❖ **Arthur Auguste** 18th Apr 2017 81 years
- ❖ **Stacey Cresswell** 23rd Apr 2017 70 years



Stacey Cresswell celebrating her 70th birthday with family and friends

Vale

Deepest sympathy to the families and friends of:

- ❖ **Mary (Despo) Passaris (nee Phillips)** 13th Mar 2017
- ❖ **Arthur Athans** 22nd Mar 2017
- ❖ **Angelo Sofoulis** 28th Mar 2017
- ❖ **Dr Angelo Mavromatis** 10th Apr 2017



Arthur Athans
30 June 1931 - 22 March 2017

WE NEED YOUR HELP!

An ongoing issue for the editor in preparing each edition of the *Megisti Messenger* is the lack of incoming social news from our members.

Please do consider advising the editor of any social news including family achievements, anniversaries, birthdays, births, marriages etc.

The alternative is that this page be discontinued in future editions.

NEW CHILDREN'S BOOK



Michele Kiosoglous and Phillippa Adgemis have created a series of children's stories along with illustrations by the Queensland artist James Blake. The creators share a heritage and a love of the tiny island of Megisti-Kastellorizo located in the south-eastern Aegean Sea.

The series, Stories of Megisti Kastellorizo, brings together the natural beauty, history, geography and mythology of Megisti. It is our hope and intention to inspire a new generation of children and Greeks of the Diaspora to visit the magical country of Greece, to see the islands, to learn about classical literature and nurture an interest in folklore.

In writing these stories, the creators are combining myth and legend in a didactic format depicting how the muses grace the children of the island.

This children's book is available at Castellorizian House for only \$25.00. Our association has purchased a full box so that no postage is payable by our members.

Contact Anita Verne on 0407922783 or Allan Cresswell on 0413958500 to purchase this wonderful book.

A full colour version of this edition of the *Megisti Messenger* (and also the previous 30 editions) can be viewed at: <http://www.castellorizo.org/newsletter/>

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

PRESIDENT'S REPORT

We still have insufficient committee members due to the retirement of six members last October. Two new committee members have since joined 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. Give Allan a ring on 0413958500 to discuss!

The Apokries function held on Sunday Feb 19 2017 at Castellorizian House was very successful. The weather was ideal for our outdoor evening event. Zac provided excellent food and support on the evening. Over 90 persons were in attendance.

The Cooking Class recipe book continues to be a most successful venture. All 2000 books from the 1st and 2nd print were sold out in just a few months. A decision was made to print a further 1000 books which are now available. Pages 9 and 18 of this edition of the *Megisti Messenger* give details on how the book can be purchased from our association.

Whilst talking of the book, how pleasing is it that we also had great support for the recipe books sales through two great outlets. On page 23 of the *Megisti Messenger* we give details of the business, Antedote Living, who have sold our recipe book at no additional cost or charges. Louis Steven Anastasas of Osborne Park Pharmacy has also sold the book at his pharmacy at no cost to us. The pharmacy is at 207 Main Street Osborne Park. Their website is at www.osborneparkpharmacy.com.au and telephone number 93443655. Please do support these businesses who have provided wonderful assistance in promoting and selling our recipe book.

Because St Constantine and Helene Day (May 21st) falls on a Sunday this year our association has joined with the Hellenic Community to hold a luncheon at 20 Parker Street Northbridge (Hellenic Community Hall). Full details are on page 5 of the *Megisti Messenger*. Do support this most important date in the Castellorizian calendar.

The Castellorizian Brides Exhibition that was planned for May 28th 2017 has now been deferred and will now commence on Sunday June 25th 2017 and go through to Thursday June 29th. This will be a major exhibition and volunteers are sought to provide assistance during the exhibition week at Castellorizian House. Helpers also required to assist in the preparation of the exhibition and for the wearing of traditional clothing (adult and children) on the opening day.

KASTELLORIZIAN COUNCIL OF AUSTRALIA LATEST NEWS

The KCA AGM was held in Sydney on Saturday February 18th 2017. The Castellorizian Association of WA was represented by Jim Manifis and Tina Kyros. At the AGM Jim spoke on the ongoing success of our Cazzie Recipe Book.

At the election of KCA office bearers on Sunday April 23rd 2017 (per internet linkup) the following persons were elected:

President:	George Pizanis (NSW)	Vice President:	Jim Manifis (WA)
Secretary:	Tina Kyros (WA)	Treasurer:	George Yanardasis (QLD)
Assistant Treasurer:	Stathis Efstathis (QLD)	Public Relations	Victoria Gallagher (NSW)
Newsletter Editor	Betty Yanardasis (QLD)		

Other Delegates are:

Victoria	Nicholas Lolatgis	Paul Gregory	George Josephides
South Australia	Nick Scopelitis	Stephen Finos	Darcy Economos
New South Wales	Nicholas Malaxos		
Western Australia	Allan Cresswell		

Yvonne Panagacos has retired as the inaugural President of the KCA. She is to be congratulated for her ongoing involvement in the formation and administration of this most important body that brings all Australian/Castellorizian together.

STS CONSTANTINE AND HELENE LUNCHEON

ANNOUNCEMENT

*Church of St. Constantine and Helene & Castellorizan
Association of WA Lunch*

\$30 adult
\$15 children (12 and under)
Water and soft drinks provided

Sunday 21st May 2017
12:00pm

20 Parker Street, Northbridge



**TICKETS AVAILABLE FROM ALLAN
TEL 93057954 or 0413958500
cressie@castellorizo.org**

SANITATION PROJECT DONORS

UPDATED LIST

Auguste Arthur Boyatzis Paul Carr Alice Panotidis Mark and Ula Castellorizian Association of WA Castlehow Graham Christodoulou Chris Anastas Constantine Cresswell Allan Drimatis Chris Dylan Lodge (Michael and Sophie Kailis) Elder Tony Finn Eleni & Mike Gelavis Angie Goldstone Jewellers Grantham House Medical Gregory Peter and Sylvia	Harmanis Holdings (Kerry) Junior Management Kailis Patricia Kailis Amanda Kailis Peter Kailis Pty Ltd - Kailis' Fremantle - Kailis Trigg Beach - Canteen Trigg Kailis Stan and Lefki Kailis Theodore Kakulas Bartley and Nellie Kakulas Byron Kakulas Evan G Kakulas Evan S Kakulas Nicholas Kakulas Theo Kanganas Peter and Melba	Kannis Con Kannis Kevin Kannis John Levissianos Michael Lucas Nick Metaxas John Michael Ken Michael Constantine Nicholas Nick and Mary Papas Mark and Libby Passaris Mick Paul Michael Petridis George Tsolakis Mick and Lola Xanthis Sion Zempilas Con Zounis Nick
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SANITATION PROJECT - LATEST

Compiled by Allan Cresswell

The Castellorizian School Sanitation Project has been completed and the toilets are up and running! A great effort by 'Drasi Kastellorizo', the builder, Byron and Val Kakulas and all the wonderful contributors who made this a wonderful success story.

Margarita Kannis on Castellorizo supervised the project whilst Prof Byron Kakulas coordinated the raising of funds here in Australia. Monies were paid direct to the builder via Byron and Margarita. Margarita is arranging for a plaque to be prepared acknowledging the contributions and the support of the Castellorizian Association of WA.

Full details of the project were included in the previous edition of the *Megisti Messenger*. In this edition, we would like to display some photos of before, during and after relating to the project. However, the full extent of what has been successfully completed cannot be shown just in photos. To recount what Margarita advised per one of her early emails when she was seeking assistance.....

As you can see, the toilets are not only dilapidated, they are archaic. The toilet has just been cleaned trying to get ready for start of school. it actually had neranji blocking the hole, and rats had come up to eat them....

There are no screens to stop rodents or insects getting in, or stopping rain getting in. They flood in winter. That means no screens on any open spaces to the outside of the building, and within, there are spaces above all the doors inside the building. The doors do not lock. The small toilet for very young children exists, but does not have a seat or seat cover. The roof is damaged, meaning another spot for water to enter. During the winter when it floods, students AND teachers have to wade through muddied floors (overflowing sewerage and mud) to get to the toilets.

The plans include not only upgrading the actual facilities but also to add an entry door to the front face of the building. This would allow a SEPARATE toilet to be built (added) where the metal door now exists, which then would be used by the church for people needing facilities during church services. Katina would hold the key.

The children and teachers have worked in this environment for several years now. It has been difficult to get support. It is untenable to me that this should exist. We are all very appreciative that you and your group are considering this project.

Hoping seriously that there will not be another winter of our children being exposed to filth and disease.



OUR RESOURCE CENTRE – BOOK PROFILE



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

April 2017

Anastasas, Helen Ed (2016) *from our GREEK KITCHEN to yours*. Perth, Castellorizian Association of WA Inc.

If you're like me you already have six or seven Greek cook books in your recipe section. Maybe like me you even thought you didn't need another? Not so – this Greek recipe book has special features that will inspire you to consult it whenever Greek food is on the menu.

The book has emerged from regular cooking classes that take place at Castellorizian House in Anzac Rd, Mt Hawthorn in Western Australia initiated and run by Helen Anastasas, a respected recently retired Home Economics teacher in Secondary Schools.

Each session a person volunteers to share their much loved, usually handed-down recipes. The class, often of 40 or more participants observes and contributes to the making at different times of mezeds, soups, main meals and sweets.

These classes have been extremely successful not only in the sharing of recipes but in the camaraderie, the making of new friends, not to mention the bringing together of older experienced cooks and young learners, ensuring our cuisine is preserved for future generations.

Helen and her co-editors Anna Gelavis, Anita Verne Filmer, Marilyn Tsolakis and Georgia Bullock have created an easy to use book with chapter titles concentrating on the source of the food for example, 'from the sea', 'from the land', 'from the garden'. With the exception of a section dedicated to the sweets of 'Easter', a special food time for us.

The immediate impact on the reader is the illustrations – they are stunning – large, colourful, mouth-watering. The striking front and back inside covers have familiar stock-in-trade cooking tools – the long stick for rolling katoumari dough, the briki for Greek coffee alongside typically Greek ingredients – tomatoes, garlic, onions, lemons, olives, figs, eggs, walnuts, and pomegranates.

The colourful photographs throughout whet the appetite and sing to our cultural understanding of food. Every dish is labeled and pictured either as part of a meze table or as a full page spread.

At the beginning of each chapter and scattered throughout are little sayings in Greek 'Πολύ νόστιμο' or 'Καλοφαγωμένα' or 'Γειά στα χέρια σας', lovely reminders of what to say at the

appropriate time. They're written in English letters too and translated for those who wish to develop their Greek language.

The recipes tell you more than the ingredients and in what order to add them. There are tips that guarantee your effort will present like the photograph:

little tips such how to retain the colour of okra when preparing them for 'Bamyies me saltsa'.

You find out not only who is giving you the recipe but how that person came by it: as you might imagine – it has usually been passed down by mothers, grandmothers or aunties. Often it is the childhood memory of helping or watching as family members prepare food on the kitchen table that has made a particular dish precious in the person's cooking repertoire.

Sometimes there are two versions of the same dish, take for example the Spanakopita. One is a pie with eight eggs, rich and large the other is a spinach tart, half the eggs with crisscross puff pastry instead of filo. Take your pick. As the committee states everybody will have different versions, these recipes are not definitive they are the contributions of this particular Greek community.

A cross next to the name of the dish indicates that it is a Lenten food. You'll notice of course that these are in the 'meze' and 'from the garden' section of the book. The Castellorizian symbol indicates that it is known as a Cazzie dish. There are two indexes, one in phonetic Greek, the other in English. These are small, thoughtful editorial additions that give depth to the book.

If you're like me you lay out all your Greek recipe books when you're looking for inspiration or for a particular dish. Many people have talked to me about why they pull 'from our Greek Kitchen to yours' out first – it's the visual impact of the photography, the clever styling and design, it's the selection of dishes, it's the fact that recipes that have been followed have worked well.

It's a welcoming Greek Cook Book - one to buy to keep and many to buy to give. Third print copies are available from Castellorizian House.

Enjoy.

AN IDEAL MOTHER'S DAY PRESENT



An ideal last minute Mother's Day present is our wonderful 'from our GREEK KITCHEN to yours' recipe book. An excellent book for only \$40

Our third reprint is available from:

- **Castellorizian House on a Friday Afternoon between 5pm and 8pm**
- **Antedote Living – See Page 23 for details for where to purchase**
- **Anita Verne - 0407922783 (after May 14th) email anita@halmac.com.au**

DR STAN'S MEDITERRANEAN CORNER

There have been many followers of Dr Stan's Olive Corner who have seen their olive trees produce fruit that they turned into tasty olives. It is time now to move to the broader subject of all things Mediterranean including plants, food and culturally related material. Today's article reviews lemons with their uses and a few tips about olives.

Lemons

Where have all the lemon trees gone? In the past lemon trees were prized in the home garden as they had many uses as a foodstuff and as a cleaning agent. Recently Dr Stan's lemon trees had only green lemons so he had to buy some from the fresh food store at over \$5/kilo! Not only that, they had come all the way from California. However, it should be noted that Australian lemons are not widely available commercially during summer.

Now the good news as the health benefits of fresh lemons are relearned their popularity has increased not only, in Australia but also worldwide. Sales of Australian lemons have increased from just under \$1 million in 2012 to \$8.5 million in 2016 especially to Indonesia and South East Asia.



Lemon Uses

Adding lemon, lemon juice or lemon rind can reduce the need to add salt and enhances flavour and results in healthier food. With the introduction of balsamic and other fancy vinegars into the Australian cuisine, lemons had become less important. People of Mediterranean origin have always used lemons. How would αβγολέμονο (egg and lemon) soup taste with vinegar instead of lemon juice? What can be more delightful than walking into the garden and cutting fresh lemons to incorporate into your meals or add lemon juice and extra virgin olive oil to salads or beans?

Lemon juice is used in marinades for fish where it can reduce unwanted aromas and as a meat tenderiser. Added to cut apples, bananas or lemon juice prevents discolouration by stopping browning enzymes in the fruit flesh. Lemon rind is used in spreads such as marmalade and lemon butter as well as garnishes food and drinks. Lemon zest, grated outer lemon rind, rich in aromatic oil is used to flavour baked goods, puddings and of course ριζόγαλο (rice pudding). Dried lemon leaves, rich in aromatics and antioxidants can be used to prepare lemon leaf tea.

Geographical, Historical and Plant Origin of Lemons

Although the exact geographical origin of lemons is not fully understood, it is thought that they were from Asia – India, Burma and China. Regarding their plant origin they are reported to be a cross between bitter orange and citron. Lemons were introduced to the northern Mediterranean coast in Italy around the second century AD in ancient Rome. Subsequently they were introduced to Persia Iraq and Egypt.

In more recent times (18th Century) a classic use of citrus fruit including lemons and oranges was to prevent the medical condition called scurvy that had debilitating symptoms such as bleeding gums and skin ulcers. James Lind in 1747 demonstrated their use in preventing scurvy a condition that plagued sailors during long sea voyages when there was a lack of fresh fruit and vegetables. Although Lind had no idea that the magic of citrus was Vitamin C also known as Ascorbic Acid. Vitamin C helps boost the immune system keeping the body healthy.

Lemons Varieties

Lemons are used for culinary and non-culinary purposes throughout the world, primarily for its juice, which has both culinary and cleaning uses. The pulp and rind (zest) is also used in cooking and baking. Lemon juice had about 5% to 6% of the natural food acid citric acid, which gives its sour taste. Lemons are a rich source of Vitamin C and antioxidants and when consumed daily have positive health benefits.

There are several different lemon varieties available in Australia – Eureka, Meyer and Lisbon, that you can plant in your garden or in a pot. They grow around 3-4 metres high. Dwarf versions of Eureka and Meyer lemons are available from nurseries.

Eureka: Eureka is moderately vigorous, virtually thornless, sparsely foliated with the main crop produced in winter and smaller crops in spring and summer. Fruit is normally produced in terminal clusters at the ends of branches. Eureka is moderately vigorous, virtually thornless, sparsely foliated with the main crop produced in winter and smaller crops in spring and summer. Fruit is normally produced in terminal clusters at the ends of branches. Eureka lemon trees are suitable for espalier.

Meyer: Meyer lemons are yellow/orange coloured, less elongated and more bulky than other lemon varieties. It tends to have a smooth thin skin that is more sensitive to damage than *Eureka* or *Lisbon*. Meyer lemon is nearly thornless with the main crop produced in winter but it tends to crop continuously throughout the year. Meyer lemons are slightly less acidic than *Eureka* and *Lisbon* lemons.

Lisbon: Lisbon, is very similar to Eureka, has vigorous, thorny, densely foliated with a more upright growth habit. Fruit tend to be produced on the inside of trees and the main crop is produced in winter. Lisbon is the most resistant variety to adverse climatic conditions such as excessively hot and cold growing conditions.

Lemonade: Lemonade fruit, a lemon hybrid, looks like any lemon, but as it is not sour it can be eaten straight from the tree, just like a mandarin or orange. It's a lot sweeter than any lemon with a refreshing tang. It makes a uplifting drink when juiced. The tree is upright grower that produces an abundance of fruit, ripening mid winter. Lemonade fruit are generally unavailable at the retail level but trees can be purchased from most nurseries.

Plant a Lemon Tree

- **Select a suitable variety** – if you already have a lemon tree you may wish to plant *Lemonade*. If you want a good supply of lemons, plant 2 different varieties. Advanced trees will give fruit immediately.

- **Plant the lemon tree** – find a site with plenty of sunlight, dig a big hole and plant the tree so that the graft is above the ground. If there is not enough room then plant a dwarf variety in the ground or a pot. If you only have space for one lemon tree and you want different lemons then plant two trees in the same hole. Alternatively plant a double grafted tree.

Dig a large hole, mix in some good potting mix with existing soil, place roots in hole and back fill with soil and water in well. Sprinkle a handful of *Dynamic lifter*, compost or citrus manure around the tree.

Maintenance: Over the year spread any of the above manures under the tree canopy in autumn and spring. Apply water during dry periods. Cut out any dead or weak branches and top pruning will reduce the height of the tree so that lemons can be collected easily.

Olives – the current position

Now a short note on olives - Dr Stan's relations brought him several kilos of *Verdale* olives to process. He sorted them out according to ripeness – green, multi-coloured and black. During sorting he removed about 20 olives that had signs of fungal infection. If these were left in the batch during processing, the final product could be contaminated, soft and possibly mouldy. Once sorted, all olives were washed with running tap water before processing.

- He slit the green olives with a sharp knife and placed them in 10% brine (100g/litre tap water). As *Verdale* are not very bitter, Dr Stan expects them to be ready in 4-6 weeks.

- With multi-coloured olives Dr Stan gave these a good tap with a kitchen mallet to make *tsakistes*. He placed them in 10% brine and expects these will be ready to eat in 3 weeks.

- With the black olives, Dr Stan placed them in a 2kg food grade plastic container and add coarse salt. Here the olives will lose moisture, shrivel and should be ready to eat in 2-4 weeks. The olives need to be shaken daily and released moisture poured off.

Contact details: 0414271644 and stan.kailis@y7mail.com

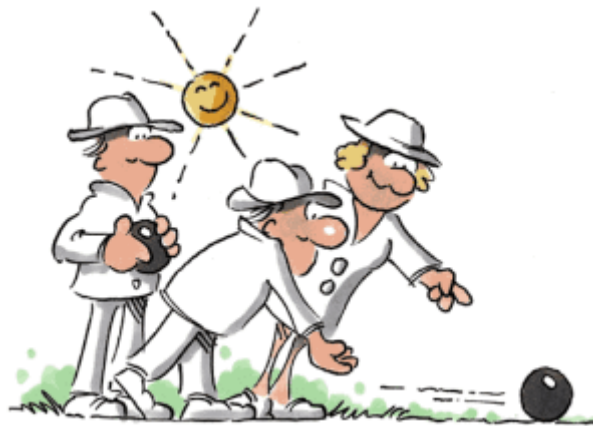
MALAXOS/BARBOUTTIS REUNION



On Sunday 16 October, 2016 an historic family reunion event was held at the University of Sydney's Great Hall. Over 220 Castellorizian relatives stemming from the Malaxos and Barbouttis families were in attendance, with a number of relatives coming from Brisbane, Cairns, the Gold Coast, Dimboola (Victoria), Adelaide and Perth.

The top photo shows all those in attendance and in the photo above are the descendants of Maria Malaxos who married Spiro Agapitos Karasavas/Agapitos. Families present included Karasavas, Cresswell, Galettis and Agapitos.

HELLENIC SOCIAL BOWLING CLUB OF WA



The committee of the Hellenic Social Bowling Club invites members, spouses, partners and friends to dine, wine and dance to celebrate the year 2017 bowling season.

Details of the event are as follows:

Date: Sunday 4th June 2017

Time: 6.30pm to late

Venue: Hellenic Club (Stirling Street, Northbridge)

Cost: \$40 per person

Music: Victor Stamboulis (D.J.)

Scrumptious dinner will be served.

Drinks can be purchased at the bar.

Table booking need to be reserved up to **10 people per table**.

Please contact Con Kailis on 94469746, Mobile 0432335358 or any committee member.

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

VOLUNTEERING IN GREECE

Compiled by Allan Cresswell

On Monday April 3rd 2017 I was invited to attend a special address by Alexander Theodoridis, the CEO and Co Founder of Boroume (www.boroume.gr). Boroume is a Not for Profit organisation that fights food waste by organising the distribution of surplus food for charity throughout Greece.

The invitation came from the Western Australian Directors of The Hellenic Initiative Australia who have supported the excellent work of Boroume for the past 3 years and who seek to expand on those efforts into the future. Over thirty persons were in attendance and who represented the Greek community organisations in Perth. Alexander's presentation was both enlightening and inspiring.

Unfortunately, the harsh reality in Greece is that the humanitarian crisis remains very severe and a large proportion of the population continue to suffer great hardship. It is THI's mission to galvanise the worldwide diaspora to come together and to help the people of Greece in their desperate time of need. Alexander described those needs and how Boroume is endeavouring to satisfy some of them.

A flyer, prepared by The Hellenic Initiative Australia, was circulated at the address and is available for downloading (which includes a volunteering form) from the internet at:

http://au.thehellenicinitiative.org/wp-content/uploads/sites/16/2017/02/THI_volunteers_2p_LR.pdf



Alexander Theodoridis, the CEO and Co Founder of Boroume



Alexander Theodoridis at Castellorizian House with THI directors Nick Mitaros, Lee Verios and Evan Nicholas

VOLUNTEERING IN GREECE



Nick Mitaros, Theona Mitaros, Tas Mitaros, Harley Mitaros, an Athenian Lady doing her shopping and Anna Cambouropoulou, Volunteer Co-ordinator of Boroume



Harley Mitaros volunteering

FRIDAY MEN'S HAPPY HOUR

Compiled by Allan Cresswell

Every Friday evening commencing from 5.30pm for a 6.00pm start we have a Men's Happy Hour. The only exception is Easter Friday, plus our break for the Christmas/New Year period. We also hold Husband/Wife, Father/Son and Father/Daughter nights throughout the year which are advised through the *Megisti Messenger*. It is also proposed to hold Mother/Daughter/Son events during 2017.

Most meals are Greek based and are three courses plus Bread, Fetta and Olives. Refreshments are also included in the very reasonable cost of only \$35.

Attendances average around 20 to 25 on most Fridays. We are always looking for new people to attend to share a meal, a drink and a yarn. After the main dinner the President gives a short overview of forthcoming Cazzie events, any recent news items including special birthdays, anniversaries and recent deaths within the Castellorizian community. Anyone with special news of interest is also invited to speak.

All chaps are welcome and many non Castellorizian Greeks and non Greeks do attend our evenings. The dinner is over by about 7.30pm so everyone can be home by approximately 8.00pm.

During the AFL season the two TVs are turned on for the Friday night game (sound turned off) so that those interested can casually watch the game if they wish.

If you are interested in coming along or require further information give Allan Cresswell (President) or Jim Manifis (Vice President) a call on 0413958500 or 0433165601. We look forward to seeing you!



Stan Kailis watching our cooks Prokopi and Nicholette cooking our lamb on the spit for our Friday Night Men's Happy Hour

PROPOSED AUSTRALIAN HONOURS BOARD

Compiled by Allan Cresswell

The **Australian honours system** consists of a number of orders, decorations, and medals through which the country's sovereign awards its citizens for actions or deeds that benefit the nation. Established in 1975 with the creation of the Order of Australia, the system's scope has grown since then and over time has replaced the Imperial/British honours system that previously applied to Australians. The system includes an array of awards, both civil and military, for gallantry, bravery, distinguished service, meritorious service, and long service. Various campaign and commemorative medals have also been struck. New honours can be awarded at any time, but conventionally most new honours are awarded on Australia Day and on the Queen's Birthday (as observed in the eastern states).

At the suggestion of our Vice President Jim Manifis we are considering creating an Australian Honours Board to recognize those persons of Castellorizian descent, or their spouse, who have received an Award (in Western Australia) since inception in 1975, in the following categories:

- **Companion (AC) in the General Division of the Order of Australia**
- **Officer (AO) in the General Division of the Order of Australia**
- **Member (AM) in the General Division of the Order of Australia**
- **Medal (OAM) of the Order of Australia in the General Division**

The list needs to include all recipients who are of Castellorizian descent, or a spouse of a Castellorizian, and who received the award in Western Australia. A preliminary list has been prepared below for checking by our members so that no persons will be either omitted or entered in error. Contact Allan Cresswell (President) or Jim Manifis (Vice President) on 0413958500 or 0433165601 for any information that may assist this project.

1975 Byron A Kakulas AO	1996 Constantine G Kailis OAM	2009 Michael M Tsolakis OAM
1982 Michael A Michael OAM	1998 Anthony Michael OAM	2010 Michael A Kakulas OAM
1983 Pelagia P Kakulas OAM	1999 Despina Kalaf OAM	2011 Terence K Pitsikas AM
1993 Michael G Kailis AM	2001 Constantine A Michael AO	2012 Jack G Kyros OAM
1994 Constantine A Michael AM	2002 John M Papadimitriou AM	2012 Emanuel A Petrelis OAM
1994 Theodosios J Kannis AM	2006 Michael S Lekias AM	2015 John N Yiannakis OAM
1996 Kenneth C Michael AM	2006 Kenneth C Michael AC	2016 Barthalamos P Kakulas OAM
1996 Jessie Zempilas OAM	2008 Arthur M Athans OAM	
1996 Patricia Kailis OAM	2008 Despa McDonnell OAM	

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**

CAZZIE COOKING CLASSES

Photos and Article Courtesy Helen Anastasas

The Cazzie Cooking Classes have started again for 2017, after an extended period from the last class in 2016. The launch of *from our GREEK KITCHEN to yours* was very successful and since then keeping up with sales has been a very busy time for all involved, thus everyone needed a good earned rest. It is so pleasing to have had so many younger people wanting to join us in the classes now since the exposure from the recipe book. If you are interested in coming to classes and as yet not contacted me please feel free to ring on 0421 644 163 or email hanastasas@yahoo.com.au

On Saturday the 25 February, Deanne Bouhla enthusiastically demonstrated her own and much loved recipe baklava macarons. Participants were encouraged to be hands on and assist Deanne on the day. Everyone was keen to learn this challenging recipe and excited to taste them! It is hoped that people who attended are now confident in making them at home.

The second class was on the 1 April in the lead up to our Easter. Angie Gelavis went to a lot of trouble to show all present how to prepare the dough for avgoules and had made up examples of numerous designs to select from on the day. Sandra Karageorge created a terrific power point presentation of all the avgoules Angie has made which included the traditional Castellorizian avgoula with 21 eggs that was always made for the groom and given as a gift to his family for Easter. By the end of the afternoon everyone was very proud of their finished avgoules.

During the same class Leah Baker demonstrated different designed red eggs for Easter. Leah used stencils and leaves she had collected to design crosses on each egg. Leah's family and extended family all help in preparing the eggs each Easter. The skills and techniques were taught to Leah by her mother Margaret Papadoulis. We all appreciated learning from Leah on the day.

Angie also spoke of how proud her Aunty Despina Papadoulis and also Leah's grandmother would have been of both of them passing on their family traditions to others.

Now that there is a 3rd print of our recipe book and you would still like to purchase or you know of others who would like to buy *from our GREEK KITCHEN to yours* (RRP \$40) please contact Anita Verne Filmer on 0407 922 783 or email anita@halmac.com.au or go to Antedote Living 147 Scarborough Beach Rd, Mt Hawthorn.

The recipe book is now on Facebook and you are welcome to view it by typing in the name of the book. Please let your family and friends know and we would be happy to see as many likes recorded, comments and even photos of recipes you have made.



Angie Gelavis and Leah Baker presenters
of Avgoules and Easter Signed Red Eggs

BAKLAVA MACARON CLASS DEMONSTRATED BY DEANNE BOULAS



AVGOULES CLASS DEMONSTRATED BY ANGIE GELAVIS
DESIGNED RED EASTER EGGS CLASS DEMONSTRATED BY LEAH BAKER



PHOTOS FROM DAYS GONE BY

Photos Courtesy Ula Panotidis



Standing: Dorothea Auguste (later Mavros), Emmanuel Kalafatas, Lazarus Mandalis, John Aris and Basil Aristotelis
Seated: Athena Perivolaris (later Koutsoukis), Maria Mandalis (nee Auguste), Alexandra Mandalis (later Kolozoff), Evdokia Mirmikidis (nee Auguste), Athena Kalafatas (nee Stylianopulous), Poppy Aris (later Xanthis) and Chrissie Aris (nee Panos)



Group Photo in 1919 which includes members of the Auguste, Kailis and Michelides Families

CAZZIE TRIBUTE



Compiled from an article by Dr John Stamatis, also from media releases posted on the internet and from the book *Commemorative Reflections*.

Michael Angelo Kakulas

Michael Angelo Kakulas was born on Castellorizo on 18th February 1913 to Evangelos Stavrianos Kakulas and Triantafilia (nee Mallis). His mother was the daughter of the Castellorizian Priest, Pappa Mihalīs Mallis. Michael's siblings were Stavros, George, Christina (Mrs Panos) and Nina (Mrs Stamatiou)

In 1923 his father and elder brother, Stavros, migrated to Australia, followed in 1926 by Michael and his mother, together with his siblings. His youngest sister, Nina, was born at Fremantle.

In 1929 the family purchased what is now known as Kakulas Brothers store in William Street Northbridge. The store has become an imported foods institution and remains to this day.

Their father passed away just seven years later. The three brothers worked together harmoniously in the business for seventy years. Michael, along with his two brothers, were very philanthropic, and made multiple contributions to the community. One of the most notable was the donation to the Archdiocese of Australia, the land on which the Monastery of St John of the Mountain was built in Forrestfield.

Outside of work Michael had a strong devotion to the church. From the time of his arrival in Perth, he was actively involved in the Church of Saints Constantine and Helene. He commenced his role as a chanter in services held in the community hall prior to the construction of the church. He continued in this position for over eighty four years.

In 1948 he married Despina Gabriel and they raised three children, Rose, Evan and Maria. Despina died in 1992.

Michael was awarded the title of Protopsaltis by His Eminence Archbishop Ezekiel in 1970. In 1971 he was awarded the Office Bearer the Right Honourable Archon Deputatos by His All Holiness Ecumenical Patriarch Athenagoras, then in 1972 the Mount Athos Gold Cross of the One Thousand Years, also by Patriarch Athenagoras.

Then in 2010 he was awarded the Medal of the Order of Australia (OAM). The citation read – 'For service to the community of Perth through the Cathedral of Saints Constantine and Helene'. This award brought him recognition for his many years of service by the wider Australian community.

Michael Kakulas died on Sunday June 1st 2014 at home aged 101 years. He was survived by his three children, seven grandchildren and two great-grandchildren.

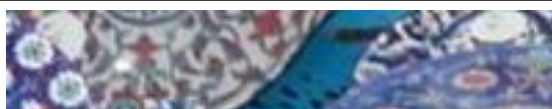
When interviewed after the death of his Uncle, Evan S Kakulas had the following comments to make....

"He was a great philanthropist, he not only loved his family, he loved his friends, the church, the Greek community and also the wider community, he loved everyone."

And, "History will remember Uncle Mick as kind, charitable, diligent, both at the shop and at home, always honest and having very solid principles and morals."

The funeral service for Michael Kakulas was held at his beloved Saints Constantine and Helene Church in Northbridge on Thursday June 5th 2014.

RIP Michael A Kakulas



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Antedote Living was established in 2011 by friends Anthea Kannis-Pitsikas & Dot Eftos. For those who haven't picked it, Antedote is Anthea & Dot's names combined.

Located in Mt Hawthorn, the store is a treasure trove of eclectic homewares sourced from all over the globe as well as gift lines for children, men & women.

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EDITORS NOTE:

Anthea and Dot of Antedote Living have generously offered to sell our recipe book in their gift shop without commission, so I would encourage our association to support them also.

They have already sold over 100 recipe books for us and are to be congratulated for assisting us to promote and market our book. Please note that the books can be purchased from Antedote Living by 'cash only'.

DO YOU HAVE AN INTERESTING STORY OR PHOTO THAT WOULD BE SUITABLE TO INCLUDE IN THE *MEGISTI MESSENGER* NEWSLETTER?

We are always seeking articles/stories and photographs to include in the *Megisti Messenger*. Items of interest may be family stories, historical information or an event relating to Castellorizo or early days in Australia.

If you have an item you believe may be suitable then do contact the editor, Allan Cresswell, to discuss. Email cressie@castellorizo.org or ring on 93057954 or mobile 0413958500.

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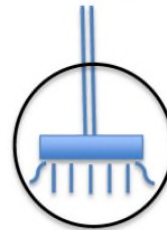
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