

Megisti Messenger

April 30th 2019 Volume 12, Issue 2

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

FORTHCOMING EVENTS

Agora Market Day
Sat 11th May 2019
9.00am to 3.00pm
See Pages 8 & 9

Sts Constantine &
Helene Luncheon
Cazzie House
Sun 19th May 2019
Commencing Midday
See Page 7

The Lady of Ro
Sat 1st Jun 2019
See Pages 10 & 11

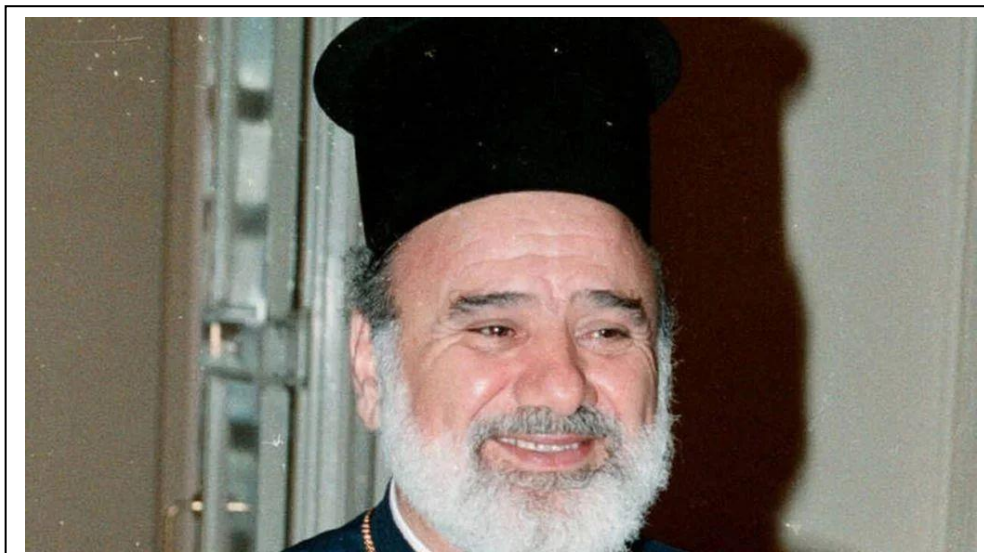
Greek Cheese Night
Fri 14th Jun 2019
6.00pm to 8.00pm
See Page 14

Guest Speaker
Fri 5th Jul 2019
6.30 pm
See Page 14

In This Issue

Passing of Archbishop	1
Agora Flyer	1
Social News	2-4
From the Acting President	5
Tribute Archbishop	6
Sts Constantine Luncheon	7
Agora Market Day	8-9
The Lady of Ro	10-11
Dr Stan's Corner	12-13
Greek Specialty Nights	14
KCA Conference	15-17
ENews Update	17
Book Profile	18-19
Cooking Classes	20-21
Megisti Ladies	22-23
New Book Available	24
Important Announcement	24
Writer's Podium	25
Apokries 2019	26-27
Migration Stories Book	28-29
Membership Subs	29
Cazzie House in the Past	30
Kitchen Renovations	30
Egyptian Mummy Portraits	31
Advertisements	32

Community mourns the passing of Australia's Greek Orthodox Church primate, Archbishop Stylianos SEE TRIBUTE ON PAGE 6



MARKET DAY

SAT 11th MAY 2019
9 am – 3 pm

*Come, soak up the Greek atmosphere!
Meander through the stalls
and sample our wares.
Enjoy a coffee!*

Greek Sweets	Mother's Day Gifts
Plants & Produce	Jams & Preserves
Art & Stationery	Children's Activities
Refreshments	Books, CDs & Games
House & Home	Clothes & Accessories
Raffles	Greek Sausage Sizzle
Music & Dancing	...and much, much more!

FREE ENTRY
160 Anzac Rd, Mt Hawthorn
Contact: Stan Kallis 0414 271 644
Castellorizian Association of WA

SEE ARTICLE ON PAGES 7 AND 8

SOCIAL NEWS

VALE

Deepest sympathy to the family and friends of:

- ❖ Helen Grapsas (nee Marazis) 25th Jan 2019
- ❖ Kathleen Varnavides (nee Warne) 3rd Mar 2019
- ❖ Amelia Metaxas 20th Mar 2019
- ❖ Michael N Manifis 22nd Mar 2019

BIRTHS

- ❖ On the 25th February 2019 Leah and Anthony McEvoy welcomed their first child *Leo William McEvoy*. Leo is the first grandchild for the delighted grandparents, Peter and Jan (nee Kannis) Barbouttis together with Terry and Fiona McEvoy of Kalgoorlie.
- ❖ Jacqueline (nee Kannis) and Benjamin Lane are delighted to announce the arrival of their third child *Olive Mary Catherine* on 5th April. Olive is a sister for Marguerite and Ari and another grand child for Con and Jennifer Kannis.

WEDDINGS

- ❖ Congratulations to Chrisafina Tsolakis and Ben Boekeman who married on the 2nd Feb 2019 at the Greek Orthodox Church of Evangelismos. Chrisafina is the daughter of Max & Rosalyn Tsolakis (née Stamatiou) (see photo page 3).
- ❖ Congratulations to Naomi Alexandra Papanastasiou and Tristan Xavier who married on the 16th Feb 2019 at the Church of Sts Constantine and Helene. Father Elpidios officiated the service. Over 130 guests attended the wedding reception which took place at the Flour Factory on Queens Street, Perth. Naomi is the daughter of Marcus and Elizabeth Ann Papanastasiou and Tristan the son of Querubim and Carmen Xavier (see photo page 3).

BIRTHDAYS

Congratulations on your Birthday!

- ❖ Elene Coufos (nee Galettis) 30th Jan 2019 107 yrs (of Sydney)
- ❖ Antonios (Tony) Koufos turned 90 years old on 19th Feb 2019 and was celebrated with 90 family and friends at the Great Alexander Hall due to the fact that the Kazzi house was unavailable, A great day! (see photo on page 3)
- ❖ Kiriakos (Jack) Pitsikas 2nd Apr 2019 100 yrs (see photo and article this page)

100 YEAR OLD!
2nd APRIL 2019
CONRATULATIONS
JACK!



KIRIAKOS (JACK) PITSIKAS

Jack was born in Midland WA, on the 2nd April 1919 and recently celebrated his 100 years birthday. Jack and his wife Nina have lived in Tuart Hill for over 50 years; they have five children, Terence, John, Adrian, Peter and Perisse. Jack worked for the WA government Railway (Westrail) for 44 years and retired in 1979 at the age of 60.

Actively associated with the Hellenic Community and the Castellorizian Association for over 60 years and was awarded life membership to both Associations. He served on many committees too numerous to mention and was treasurer of the Castellorizian Association from 1993 to 2004. Jack and Nina have been married for 66 years and have nine grandchildren and one great grandchild. They have enjoyed life with love, health and happiness. Happy 100th Birthday Jack!!!

SOCIAL NEWS



Tony Koufos celebrating his 90th Birthday



Wedding Naomi Papanastasiou & Tristan Xavier



WEDDING GUESTS FROM RHODES

Zempilas Family at the wedding of Chrisafina Tsolakis and Ben Bockeman, 2 Feb 2019.

Back L to R: Kevin Kounis, Basil & Amy Zempilas, Roslyn Geronikolas (nee Zempilas)

Front L to R: Diane Kounis (nee Zempilas), Tony & Jessie Zempilas, Manole Geronikolas

The family welcomed special guests Roslyn and Manole Geronikolas from Rhodes at the wedding held at Freshwater Bay Yacht Club. (Photo and article supplied by Jessie Zempilas)



Wedding Chrisafina Tsolakis & Ben Boekeman

**CONTACT
ANITA VERNE**

**0407 922 783 anita@halmac.com.au
for submission of any articles or social news**

SOCIAL NEWS



Author Arthur Spartalis with his latest publication 'Manila and Shorter Stories'

Some well-known Cazzies attended the book launch for Arthur Spartalis, who has written a series of short stories for a book titled "Manila and Shorter Stories".

Evan S. Kakulas introduced the book, reminiscing about early days in Perth with the Spartalis family.

The title story "Manila" had some attendees laughing about the long evenings in their youth when they played cards together. His book is available at most bookstalls

REMEMBER

All editions of the *Megisti Messenger* are available to view online and ALL PAGES ARE IN COLOUR!

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



Evelyn Karis (nee Kyriakos) celebrating her 93rd birthday in Melbourne with her son John and daughter Christine Mastores



Evelyn Karis with her brother Herb Kyriakos celebrating her birthday in Melbourne

FROM THE ACTING PRESIDENT



Helen Anastasas

The President of the Castellorizian Association of WA, Jim Manifis, has stepped aside for the present and I will be Acting President during this time.

It was with great sadness that the Greek community and especially the Castellorizian community in Perth learnt of the passing of his Eminence, Archbishop of Australia Stylianos Harkianakis, on the 25 March 2019. In memory of Archbishop Stylianos, the Castellorizian Association of Western Australia has made a donation to St Andrew's Greek Orthodox Theological College. May Archbishop Stylianos' memory be eternal.

The Aprozies function, which was held on Sunday 3 March, was a great success with a fantastic attendance. Everyone had a most enjoyable social evening with wonderful Greek music from Michael Anastas and his band adding to the atmosphere. Thanks must go to the committee, social sub-committee and other members who assisted in the lead-up to the night, plus the many volunteers who helped in so many ways during the evening. The fact that there were no kitchen facilities available made the success of the evening even more memorable.

Special guests included Father Emmanuel and Presvytera Mary, Father John and Presvytera Marina, Father Evan and Presvytera Eleni and family, the Consul of Greece in Perth, Antonios Koliakis, and Vice president of the Hellenic Community, Byron Spartatis. Thank you for your attendance and hope you enjoyed the evening.

The long anticipated Castellorizian House kitchen renovations are almost completed. The new facilities will be used at the Agora - Market Day, an initiative of the Culture and Heritage subcommittee to be held on Saturday 11 May (see pages 8 and 9 of the *Megisti Messenger*) and the Saints Constantine and Helene Luncheon on Sunday 19 May (see page 7). It would be wonderful to see you, your families and friends really support both functions. Please take the opportunity to have a look at the superbly renovated kitchen which is available for hire and suitable for a wide variety of functions.

Due to the amazing response and sale of printed recipe books '*from our GREEK KITCHEN to yours*', a new reprint was approved by the committee. Copies will be available for purchasing at the Agora Market Day, various outside community events during the year as well as the Perth Royal Show in September 2019. The success of the book to date has been astounding and we hope to see it continue.

The Castellorizian Association of WA is proud to be associated with bringing *The Lady of Ro*, a unique theatrical experience, to Australia. Castellorizians from Perth who have already seen the production have been deeply moved by the emotional rendition of a story that is so much a part of their history and heritage. In Australia, Perth audiences will be the first to see the critically acclaimed production that has already been performed in Kastellorizo, Athens, Thessaloniki, Santorini, Patmos, Patras and Kozani. There are plans to take the production to America in 2020.

The Lady of Ro is the story of Despina Achladioti who was born on the island of Kastellorizo in 1890. Despina and her husband went to live on the deserted island of Ro in 1927. Their survival showed great fortitude and Despina in particular showed great courage and heroism, especially after her husband died. She flew the Greek flag every day from when she first arrived until her death in 1982. The renowned Greek actress, Fotini Baxevas, brings Despina alive in an emotionally charged performance that is not to be missed.

The production is for all of the Greek community, especially those of Castellorizian descent, and we hope that the wider Perth community will also enjoy a truly inspiring theatrical event. The date to save is Saturday 1ST June at the Subiaco Arts Centre, 180 Hamersley Road (see pages 10 & 11).

The association is excited by future plans to offer school holiday children's cooking classes. These classes will provide fun and interactive opportunities for the younger generation of parents with their children to continue their traditional culinary heritage and create amazing Greek food. There will be more information to follow.

The Castellorizian Association IT sub-committee, chaired by Steve Filmer, has been working on a website page which will be up and running very soon. The webpage will provide a regularly updated forum for our association to advertise events, share community news and generally celebrate our Castellorizian heritage and culture. Thank you to all involved.

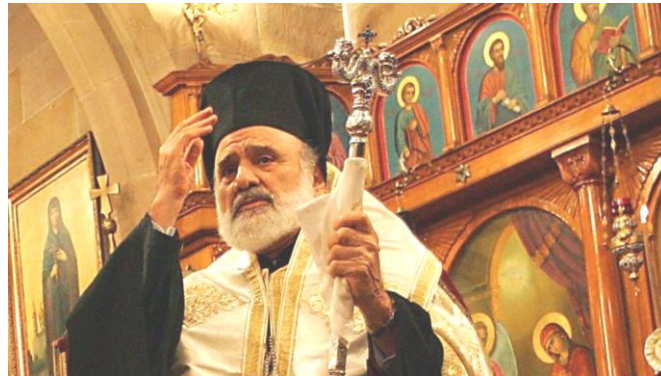
Χριστός ανέστη to all members

PASSING OF GREEK ORTHODOX CHURCH PRIMATE, ARCHBISHOP STYLIANOS

Compiled from various published articles

Stylianos Harkianakis was the Primate of the Greek Orthodox Archdiocese of Australia having served as inaugural and permanent Chairman of the Standing Conference of Canonical Orthodox Churches in Australia and Dean of Saint Andrew's Greek Orthodox Theological College.

A theologian specialising in ecclesiology and also an award-winning poet he served the Greek Orthodox church in Australia tirelessly for 44 years, until his passing on Monday 25 March 2019 at 6pm after a long battle with cancer. The Greek Orthodox education system in Australia would not exist in its current form and breadth if it weren't for his efforts.



Born in Rethymno, Crete on 29th December 1935, the Archbishop studied at the Theological School of Halki in Constantinople. In late 1957, he was ordained to the Diaconate. Upon graduating and being ordained to the Priesthood in 1958, he received a scholarship from the Ecumenical Patriarchate to complete postgraduate studies in Systematic Theology and Philosophy of Religion in Bonn, W. Germany (1958-1966). In order to become a Doctor of Divinity from an Orthodox Theological Faculty, rather than from an analogous western Faculty, he submitted in 1965 his doctoral dissertation entitled 'The Infallibility of the Church in Orthodox Theology' [in Greek], to the Theological Faculty of the University of Athens.

He arrived in Sydney in April 1975, and was published widely in Systematic Theology and Ecclesiology in international theological journals, and has represented the Ecumenical Patriarchate in Assemblies of the World Council of Churches and in bilateral Dialogues. From 1975 he had also taught Orthodox theology and spirituality at the University of Sydney. He was unanimously elected in 1980 by all representatives of Orthodox Churches as their Chairman in the official Theological Dialogue with the Roman Catholic Church, while his Co-Chair, Cardinal Johannes Willebrands, was appointed by the Vatican. After serving faithfully for more than two decades in this highly responsible and difficult position, he tendered his third and final resignation (15th April 2003) – having attempted this twice before without acceptance – when he published an extensive Report, titled "The Misfortune of the Official Theological Dialogue between the Orthodox and the Roman Catholics" ([in Greek] Epistimoniki Epetirida of the Theological School, Aristotelian University of Thessaloniki, vol. 13, 2003).

Stylianos was also a recognised essayist and poet, having published 37 collections of poetry (all of these in Greek and some translated Bilingual editions). He was nominated by the distinguished Philologist of the University of Vienna, Professor Albin Lesky, receiving the Gottfried von Herder international award in Vienna back in 1973 for his outstanding contribution to the European culture. In 1980, having been nominated by the renowned writer Pantelis Prevelakis Archbishop Stylianos received the Award for Poetry from the Academy of Athens.

For his outstanding contribution to European culture, the University of Lublin, Poland, conferred on him an honorary doctorate (1985), while the Sydney College of Divinity awarded him its first ever honorary doctorate (2001). In 2005, he was acknowledged as a Professor by an independent academic panel of the Sydney College of Divinity. In 2014, he received Honorary Doctorate from the University of Crete. Archbishop Stylianos was also Dean and Founder (in 1986) of St Andrew's Greek Orthodox Theological College, Sydney, where he continually lectured in Systematic Theology.

Eternal be his memory. Αιώνια η μνήμη

The Castellorizian Association of WA Inc.

Presents

SAINTS CONSTANTINE AND HELENE LUNCHEON



Sunday 19th May 2019

12 noon

Castellorizian House

160 Anzac Road, Mount Hawthorn

A luncheon not to miss out on with the new kitchen facilities being used to provide a delicious Greek entrée and main course and then followed by an appetising dessert.

Drinks are included.

People requesting fish as a main course please advise when booking.

Adults - \$35

12 - 17 years - \$15

Children under the age of 12 - free

Group and table bookings essential by Tuesday 14th May

Contact: Helen Anastasas 0421 644 163, Jim Manifis 0433 165 601 or Tina Kyros 0418 933 306



MARKET DAY

SAT 11th MAY 2019

9 am – 3 pm

***Come, soak up the Greek atmosphere!
Meander through the stalls
and sample our wares.
Enjoy a coffee!***

**Greek Sweets
Plants & Produce
Art & Stationery
Refreshments
House & Home
Raffles**

**Mother's Day Gifts
Jams & Preserves
Children's Activities
Books, CDs & Games
Clothes & Accessories
Greek Sausage Sizzle**

FREE ENTRY

160 Anzac Rd, Mt Hawthorn

Castellorizian Association of WA

Contact : Stan 0414 271 644



GREEK AGORA

The Culture and Heritage Sub-committee are thrilled to be kicking off the first Cazzie Agora Market Day. Thanks to so many of you who have embraced and supported us thus far with the promise of sweets, preserves, bric-a-brac, some beautiful clothes, books and plants.

We are pretty well serviced with goods now and are at the stage of organising, sorting and pricing goods for the day. We will be starting this process on Wednesday 1st May.

WE WOULD WELCOME YOUR HELP ANY DAY BETWEEN WEDNESDAY 1st & FRIDAY 10th MAY.

WE ARE ALSO CALLING FOR VOLUNTEERS TO HELP ON THE DAY ON THE FOLLOWING STALLS:

House & Home	Clothes & Accessories	Children's books
Art, supplies/stationery	Refreshments	Coffee & cake

TIMES: 9.00 – 11.00 am 11.00 – 1.00 pm 1.00 – 3.00 pm

Please contact: Stephanie: 0450 609 491 or Lefki: 0439 899 010

Above all, please join us on the day for an exotic coffee and cake imagining you're on the Limani on Cazzie, treat the family to a delicious zucchini/onion or sausage/onion sizzle. Try the Nector of the Gods - freshly squeezed orange juice and taste the ancient Greek relaxant - Stan's olive leaf tea. Delicious sweets suitable for your Mother's Day table will be available. The proven cooks featured in '*from our GREEK KITCHEN to yours*' (which will be on sale) are contributing many of these delicacies.

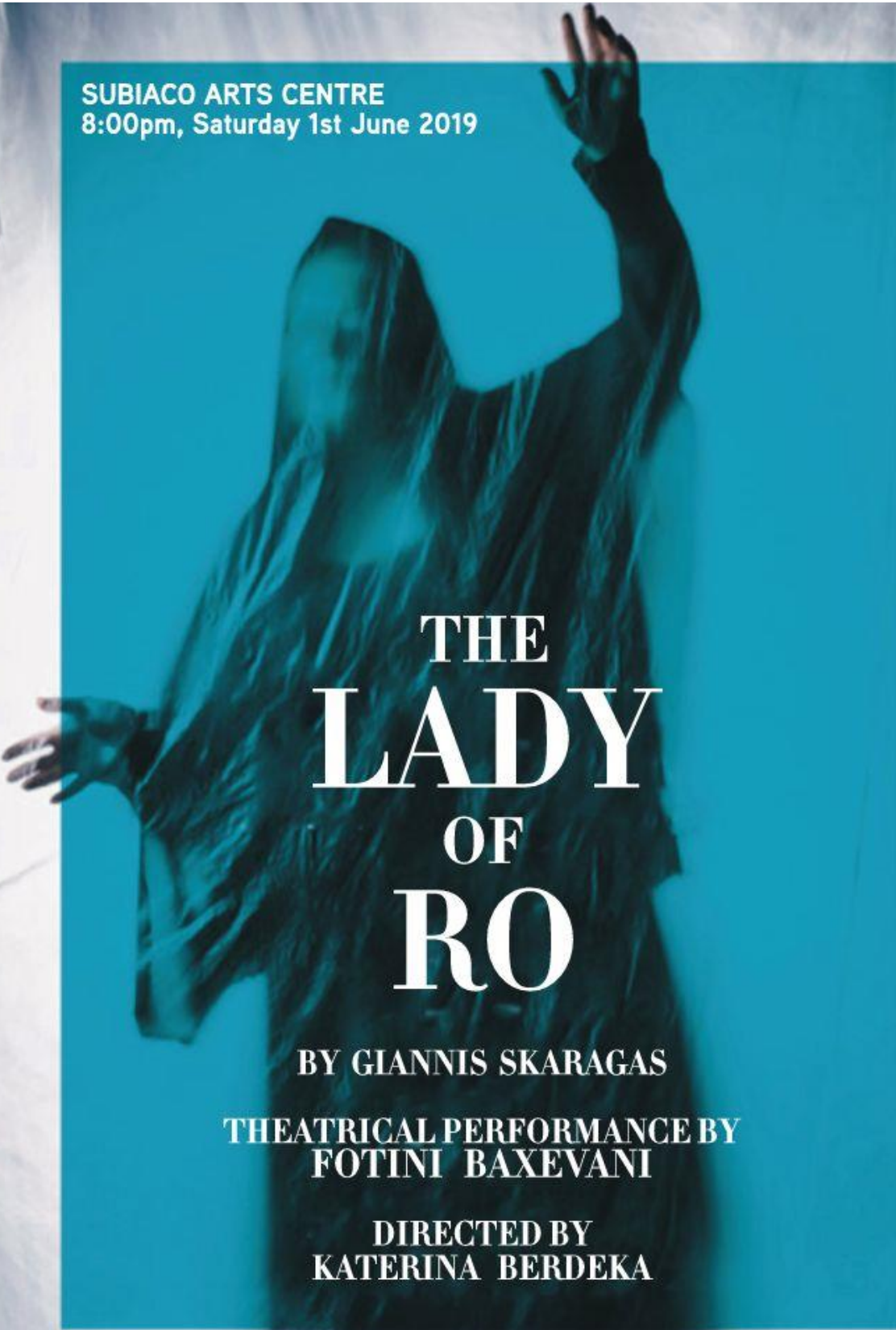
You'll be able to choose quality gifts at our beautiful Mother's Day table. The Castellorizian (Megisti) Ladies Association are providing a large gift bowl of chocolates, champagne, biscuits ... to the value of \$100 that will be raffled through this stall on the day.

There will be readings from the famous fables of Aesop in the 'Kid's Korner' and the little ones will be able to paint facemasks, have their faces decorated and colour-in. All the while our young Greek Philosophers will be circulating, dispensing wise sayings.

It's going to be a fun communal get-together.

**CASTELLORIZIAN HOUSE IS THE PLACE TO BE ON SATURDAY 11 MAY 2019
9.00 am to 3.00 pm**

SUBIACO ARTS CENTRE
8:00pm, Saturday 1st June 2019



THE LADY OF RO

BY GIANNIS SKARAGAS

THEATRICAL PERFORMANCE BY
FOTINI BAXEVANI

DIRECTED BY
KATERINA BERDEKA

Surtitles displayed for translation from Greek to English.

Tickets: Online ptt.wa.gov.au Phone 6212 9292 In person Perth Theatre Trust Box Offices

SUPPORTED BY



CONSULATE OF GREECE IN PERTH

AND THE CASTELLORIZIAN ASSOCIATION OF WA INC.

THE LADY OF RO

A stirring, lyrical story about things that touch and test our human core. The Lady of Ro captures the essence of life that, in its very unfolding, seems to be slipping away before our grasp. It is about what happens to the dreams we hold close during war time, the ties that bind daughters and mothers, husbands and wives, folk legends and madwomen to one another and to the places they call home. And how every story - of love or mourning - is about fighting our way through history and back into what makes us human.

The Lady of Ro invites us into the ascetic world of a woman who lives alone on a small island questioning the values she once held true. Through heartbreak, grief and courage, she becomes one of her country's best-loved icons. The story is inspired by the life of Despina Achladioti, the Greek widow known as the Lady of Ro, after the deserted island where she took refuge during the two World Wars.

For Despina opening her eyes to how the world is changing meant being an outlier. She was born on the island of Kastellorizo, but sailed with her husband to the nearby deserted island of Ro, a stone's throw from Turkey's southern coastline. Despina watched from her island as Kastellorizo was invaded by Italians, bombed by Germans and all the island's residents were evacuated from their homes by British forces to then Palestine and Egypt.

Achladioti's fame rests on her persistence, from the time she arrived on the island until her death on May 13, 1982 at the age of 92, to raise the Greek flag. When Greece and Turkey went to war over Cyprus in the mid-1970s, the Lady of Ro became a hero and folk legend. The Lady of Ro celebrates the will to survive in the most desperate of circumstance, weaving together a stunning mosaic of human experience and dramatic scenes from Greek history during the first half of the 20th century. Her vision of Greece is infused by a powerful understanding of human beings and touched with the fierce beauty of the wounds we bear and the light that radiates from us all.

The Lady of Ro will break and mend your heart.

Dr Stan's Mediterranean Corner

stan.kailis@y7mail.com

Mobile 0414271644

Fish and the Mediterranean Diet

Fish is an identifiable cultural and religious icon for Greeks. Fish is not only an important source of nutrition but the act of catching, preparing, and eating fish is integral to cultural and family practices.

Fish is a traditional regularly eaten food for Greeks and especially those that lived on one of the many Greek islands including Kastellorizo, Rhodes, Ithaca, Lefkada, Kythera, Samos, Mytilene, Crete, Cyprus and many others. Even those on the mainland were only a few kilometres from the sea. Fish also remind me of the days our family and relations used to handline fish in the Swan River, Fremantle, Robbs Jetty and Busselton. Occasionally when a friend had a row boat we fished off Blackwall Reach and Safety Bay. When we had a successful day, as we came to the front door we, would sing the Kazzie ditty:

Έχουμε ψαράδες, ψάρια, αστακούς και καλαμάρια

We the fishermen have fish, lobsters and kalamari

This was only symbolic of course. Our catch of whiting, herring and trumpeters was nothing like the more eclectic seafood indicated above. What we did not realise was that the small size fish that we had caught from the then pristine waters, were the healthiest of seafoods.



Red mullet similar to Greek Barbounia

Nutritional Value of Fish: Fish is a relatively low-fat high-quality protein food. In addition, it provides healthy fats such as: omega-3 fatty acids; vitamins D and B₂ (riboflavin); calcium phosphorus and minerals. As part of the Mediterranean diet, it is recommended that fish be eaten once or a twice week in conjunction with low red meat consumption to maximise the health benefits.

Dr Stan's Mediterranean Corner - Continued

Health Aspects of Fish: While consuming fish with the above nutrients, your blood pressure can fall as well as the risk of heart attacks or strokes. Other potential benefits of eating fish, often related to the omega-3-fats include; ameliorating age-related intellectual and perceptive decline including dementia; depression; sleep disorders; degenerative diseases; auto-immune diseases; diabetes; childhood asthma; and macular degeneration. Also, during pregnancy consuming fish is essential for growth and development of the foetus especially the eyes and brain.

Which Seafood is Best: Some small fish are better than others, with fatty types, like mullet, salmon, trout, sardines, tuna, unsalted anchovies (unsalted), and mackerel the healthiest and more sustainable environmentally. It is safe to eat a serve a week of other seafood but these may not have the positive health benefits given above.

Some Caveats: Some large fish at the upper end of the food chain may have high mercury levels that have been linked to developmental problems of the brain. For this reason, pregnant women should only eat fish that are low in the food chain such as those listed above. Pregnant women should also avoid raw and uncooked fish, including sushi, because it may contain microorganisms that can harm the fetus.

Cooking fish

In general, to avoid food poisoning fish should be cooked to a minimum internal temperature around 65°C or until the meat is opaque that is the fish meat and it no longer looks clear and shiny, and separates easily with a fork. The general cooking time for baking, poaching, broiling, frying or grilling fish is about 10 minutes for every 2.5cm of thickness. For frozen, unthawed fish, the cooking time should be doubled. Microwaving fish can significantly reduce cooking time.

My mother Anastasia and Grandmother Kostantinia would prepare our fish meals several ways. But before preparing and cooking the fish they would always sing the Kazzie lines:

η κεφαλή βραστεί, τη μέση πλακί, και την ουρά τηγανητεί

The head boiled, the middle baked and the tail fried.

In our household, the fish heads were boiled with salt, pepper and Greek herbs and eaten as aspic or the broth was used to make either *tsouza* a Turkish soup with rice and lemon juice, vegetable soup, or egg and lemon soup (*αυγολέμονο*). The middle of the fish, filleted or not, was placed in a baking dish with freshly crushed tomatoes, whole white onions, garlic, Greek herbs, sliced garlic, sliced lemons, extra virgin olive oil and baked in a wood fired oven (*πλακί*). The tails were dipped in plain flour then placed in a fry pan with hot extra virgin olive oil. Before placing the fish tails in the hot oil its temperature was tested by placing a piece of wet bread until it sizzled. Then the fish tails were added. While in the pan oregano or rosemary, salt and pepper were sprinkled over the fish. When the fish were brown and ready, before removing from the hot pan, fresh lemon juice was squeezed over the fried fish.

Is extra virgin olive oil safe to use in cooking? : Yes, very safe – As part of the Mediterranean diet Greeks have fried food with extra virgin olive oil for millennia without adverse effects. Also, scientific investigations have revealed that extra virgin olive oil is safe to eat as part of cooked food. This year an Australian scientific study with Australian Extra Virgin Olive Oil confirmed these findings.

All information supplied on a non-liability basis

For further information Contact Professor Stan Kailis 0414 27 1644 stan.kailis@y7mail.com



GREEK SPECIALTY NIGHTS

For Your Calendar

Three different Friday nights will be coming up over the winter months and we look forward to you joining us for a relaxing after-work evening of something special. The first will be looking at Greek Cheeses, the second on Greek Rembetika Music and the third on Greek Wines. As catering is involved, RSVP is desired.

FOCUS ON GREEK CHEESES

A casual evening of talk and tastings where you can learn about Greek cheeses available here in Perth, and what to try when overseas in Greece. An expert in the field will explain some of the finer features of the cheeses and what wines to pair with each cheese.

A few Greek dishes highlighting cheese, along with other Mezethes will be presented to snack upon. Sparkling water will be provided - BYO drinks.

WHEN: Friday 14th June, 6 – 8pm

WHERE: Castellorizo House – 160 Anzac Rd, Mt Hawthorn

COST: \$15

**RSVP/ TICKETS: Contact Pippen Parissis 0420 301 244 OR
Anita Verne 0407 922 783 / anita@halmac.com.au**

2. FOCUS ON GREEK REMBETIKA MUSIC

Tonight will bring a speaker who will delight us with his passion for a special type of Greek music – Rembetika - sometimes described as Greek urban blues, Greek folk music or Greek music from the underground. But it is in a class of its own. Discover the history and influences that created this music. Further details coming - Save the date.

WHEN: Friday 5th July, 6.30pm

WHERE: Castellorizo House – 160 Anzac Rd, Mt Hawthorn

3. FOCUS ON GREEK WINE

Another Friday evening of talk and tastings where you can learn about the modern style Greek wines available here in Perth. Currently there is a lot of excitement across the globe in relation to Greek wine – be amongst the first to discover its secrets. Further details coming.

WHEN: August

WHERE: Castellorizo House – 160 Anzac Rd, Mt Hawthorn

Kastellorizian Council of Australia Conference 2019

hosted by Kastellorizian Association of NSW

The Kastellorizian Association of NSW hosted the KCA Conference for 2019. The conference was held over three days with Kastellorizians from all over Australia attending various seminars and social events. Attendees were delighted with the variety of presentations during the conference days which included presentations covering the following topics:

- **Kastellorizo in the 19th and 20th Century:**
An experience through unpublished photos and documents by Dr Nicholas Pappas AM.
- **‘My Little Kastellorizo’** - screening of documentary film
- **Kastellorizian Migration Stories:**
An insight into Kastellorizian families of Sydney - Book Launch by Mrs Victoria Kazaglis-Gallagher.
- **Farewell to Anatolia, Exile from Livissi and presentation of documentary film – ‘Sorrow - Homeland of Separateness’** by Ms Anna Koutsis
- **‘It's All Greek to Me’:**
Presentation of the artworks of Maud Guterstam on the Greek islands and specifically Kastellorizo by Ms Patricia Sechos.
- **Celebrating the Artwork of Mother and Daughter:**
Exhibition by artists Karen Barbouttis and Antoinette Barbouttis by Mr John Barbouttis.
- **Greek Property Law** by Ms Michele Kiosoglous
- **Kastellorizo in the Greek Economic Zone** by Mr Costa Vertzayias
- **Youth Representatives:**
‘My Kastellorizian Heritage’ by Konnor Panselinos & George Peter Calopedos.
- **A musical tribute to our migration history** by Despina Lucas and the Cazzie Koukles of Sydney
- **Kastellorizian Heroes and Characters** by Ms Victoria Kazaglis-Gallagher
- **Ms Marilyn Tsolakis** gave an insight into the activities and achievements of the Friends of Kastellorizo

The organising committee would like to thank all the presenters for their interesting insights into our history and future.

Victoria Kazaglis-Gallagher - Conference Co-ordinator

KCA CONFERENCE 2019 PHOTOS



WESTERN AUSTRALIAN ATTENDEES AT KCA CONFERENCE



KCA CONFERENCE 2019 PHOTOS



KCA CONFERENCE ORGANISING COMMITTEE

ENews Update

Members! Make sure you have sent in your email address to the secretary Christina Kyros (tinakyros@gmail.com) or the Cazzie Association (cazziewa@outlook.com) so that you don't miss our eNews articles. We will be using these from time to time between Megisti Messengers, to inform you of the latest events.

OUR RESOURCE CENTRE – BOOK PROFILE

Green, Neville & Yiannakis, John (2003) *Vlase Zanalis: a Greek-Australian artist*. National Centre for Hellenic Studies and Research, La Trobe University.

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

April 2019



An ecclesiastical chant fills the Nave of the Church, the spicy aroma of frankincense pervades, a swirl of smoke from the θυμιατήρι wafts over and I drift into reverie. The Iconostasis comes into focus, its golden surrounds giving fullness and homogeneity to each small painting that is beautifully defined, telling its own story. The gold leaf paintings are two-dimensional, decorative rather than art-like, all working as a whole.

The gaze moves to the murals - they are completely different – on one wall an artist's interpretation of *The Last Supper* on the other *The Raising of Lazarus*. Admirable the way they've been painted onto the arched wall. I ponder the dedication and drive of our forebears, those who paid six pence or more a week for years to raise money to build the first Greek Orthodox Cathedral in Perth Western Australia – Saint Constantine and Helene.

In our oral history we have always been told that in the early 1920s well before the cathedral was built our yiayia Lefki Mathewdakakis commissioned a Western Australian Greek artist Vlase Zanalis to create a painting of *The Last Supper*. In the St Constantine and Helene Cathedral *Golden Jubilee 50th Anniversary Book* there's a photo of a group of young people posing with Father Manessis and teachers after an Easter Service at the Hellenic Hall in 1934 and there's the painting hanging on the wall on the right. If you look up as you enter the upstairs gallery in the church you will see it today hanging above the door.

I know that Vlase Zanalis painted the Iconostasis replicating through modern interpretation, prescribed images that have been handed down through the centuries. My mind turns to John Yiannakis who with Neville Green has written a biography of this complex and paradoxical man.

The book explores thoroughly Zanalis' origins in Castellorizo, (b. 12 January 1902 d. 8 November 1973, Perth) his difficult early life, his strong desire to become an artist and his fortunate connections with the Michelides and Auguste families.

The biography follows his career from the time he initially sets himself up as a portrait painter through his transition to landscape painting, his documentation of the production process at the Western Australian newspaper, his capture of the underground mining activities at the Yellowdine Gold Development mine, religious decoration and how as a mature artist he follows a drive to meld his spiritual and artistic urges in outback Australia. Zanalis' communion with Aboriginal people and his intent to memorialise what he believed to be a "vanishing race" is one of his significant legacies as is his pioneering recording of miners at work.

In Vlase's early years he was well connected with the Greek community. He was a member of the Castellorizian Brotherhood and sang in the church choir at the Hellenic Hall. According to Michael Kakulas he "...had a beautiful voice". He often performed at charity functions, fundraising activities and choir performances. He socialised with the Michelides, Verios, Auguste and other Greek families.

Zanalis' religious upbringing on Castellorizo prepared him to launch into iconography. He was a deeply religious man searching for truth through his art. It is said that he fasted and removed himself from society before beginning his ecclesiastical paintings. He was commissioned by church communities in Sydney, Perth (Saint Constantine and Evangelismos), Adelaide, Geraldton, Bunbury & Innisfail. His painting of Christ is kept in the sanctuary of Saint Constantine and brought out on special occasions.

Zanalis studied under the well-known artist and teacher J.W. Linton at Perth Technical College, initially setting himself up as a portrait painter. Many of his works exist today in private collections e.g studies of Peter Michelides, Arthur Auguste, Bianca Kailis and Eve Mirmikidis, other paintings are held by UWA, Curtin, Parliament House, WA Museum and Royal Perth Hospital. His self-portrait 'The awakening' is displayed in the National Gallery in Canberra. Sadly many including his most ambitious work 'The Birth of a Nation' have been lost or destroyed.

Not motivated by money many of his works were given to the subject, he was a generous man. The remuneration even for his commission to create the Iconostasis for St. Constantine and Helene was "... likely to have been a very small amount." Yet from an early age he was charged with the economic support of his mother, his stepfather and his wife.

An eye accident hindered Vlase's opportunities and he often ended up in the back kitchen of restaurants and tearooms washing dishes. Hard work of different kinds was the result for Vlase but he gained skills and later built extensions and pergolas in the much loved home he and his wife Molly settled in in Kalamunda, Western Australia later on in their lives.

When his inspiration moved to landscape, he began mixing in different circles. He believed that the Greek community saw him only as an iconographer, a decorative painter and not a true artist. He left the Greek Orthodox religion to become a Christian Scientist. This did not mean he had abandoned either his Hellenism or his orthodoxy he had the ability to operate in more than one religious sphere and this was also true of his social interactions.

He was a prolific painter, often locking himself in his studio for weeks at a time, refusing to see visitors. He travelled in the northwest and Central desert sometimes completing a painting a day. He was very comfortable alone.

Yet he is noted by the Aboriginal people he came to know so well as an 'easy to get along with', humorous man, perhaps more relaxed with them (like Alick Jackomos*) than with the Australian community who tended to discriminate against Europeans and non whites. Ahead of other artists of his time he recognised "the deep significance of icons in Aboriginal religion."

Zanali's affinity with the people of the bush was strong and it is said he was initiated at Forrest River and given the name of Kalaroogari. His ecclesiastical artist's background influenced his choice of subject - 'Madonna and child', 'ritual' and 'cultural significance' were his dominant themes. He provided the names of his aboriginal subjects, a sign of intimacy and respect, something some other artists neglected to do.

The book is rich in photographs – from cameos of the young Palassis Zanailis as he was called and pictures from his family's private collection to wonderful colour and black and white images of his existing oil paintings including portraits, landscapes and his sensitive observations of Aboriginal family and culture.

Although he did not conform with the experimentation of contemporaries like Guy Grey-Smith, William Boissevain, George Haynes, Robert Juniper, George Voudouris or Pippa Walker, Vlase Zanalis' iconography is integral to our emotional and spiritual attachment to our church, his portraits stand as true likenesses and worthy records, his studies of miners 'on the job' chronicles a past era of industrial optimism and his recording of Aboriginal cultural practices and rituals are significant. He is belatedly being recognised as a true artist.

It took John and Neville a number of years to complete the manuscript for this study. Persons who knew or had come across Vlase were interviewed, newspapers, journals and databases such as Trove were scoured and art works were tracked down. It must have been a difficult task as Vlase was the only child with no descendants.

This paperback A4 landscape publication is part of the Cazzie House Resource collection and is available for loan by arrangement. Copies are available for sale (\$30) from John Yiannakis yian@westnet.com.au who has offered all profit to CAWA.

*Refer to Megisti Messenger 21 Jan 19, 12 (1) Issue 1 for the article on Alick Jackomos : a man for all tribes.

Please contact Lefki 0439 899 010 or lkailis@yahoo.com

CAZZIE COOKING CLASSES

Photos and Article Courtesy Helen Anastasas

The first Cazzie Cooking Class for this year was on the 19 February 2019. I demonstrated date walnut biscuits, also known as Ma'amoul or Phoinkota in Cyprus. This biscuit differs from the traditional Kourabiedes recipe in the ingredients and method used. It is a biscuit not often made as very few people have the recipe. Eva Magriplis assisted during the demonstration and it was great to see other members willing to take part in helping to make these delicious date and walnut filled biscuits.



CAZZIE COOKING CLASSES

The following class was on Saturday the 6 April and Lazarakia were demonstrated by Evangelia Yiannakis. They are Lenten sweets with a fruit filling and were originally made by Orthodox Christians on Lazarus Saturday, the day before Palm Sunday. The Castellorizian's Lazarakia are traditionally made in the shape of either a man for the boys or a basket for the girls. They are made to celebrate the miracle of Jesus raising Lazarus from the dead. What a wonderful opportunity to have had Lazarakia being made by Evangelia, ensuring the tradition can be continued by the younger members coming to the classes.



Demonstrations have been the focus of recent Cazzie Cooking Classes due to the kitchen renovations. We were fortunate to have had the opportunity to use the Evangelismos Hall since December last year for three classes, while the renovations at the Castellorizian House were progressing. A special thank you to Father Emmanuel and the President of the Greek Orthodox Community of WA, Catherine Papanastasiou and her committee for making this possible.

The next class is planned to be a hands - on practical class using the brand new facilities in the kitchen – something all members are really looking forward to.



*The Castellorizian Ladies Association (Megisti)
of Western Australia Inc.*

PRESIDENT

Fay Katris
9 Bakery Lane
East Perth WA 6004
afkatris@gmail.com
Mobile: 0409 756 744

SECRETARY

Betty Palioudakis
87 Essex St
Wembley WA 6014
palios@optusnet.com.au
Mobile: 0432 429 688

The champagne breakfast held on the 19th March at ZAMIAS in Kings Park was a success again this year with 57 ladies attending. All the ladies and two gentlemen received a small gift of chocolate each and champagne. The two choices of breakfast were enjoyed by all as well as the fruit and Danish pastries, and juice. We thank Peter Venoutsos and staff for looking after us again this year. Lots of raffles were won by those attending.

Our next function is a **Pre Mother's Day Lunch** on Saturday 4th May at Market & Co at the Crown Casino. This will be a fundraiser for St Constantine & Helene Church. The tickets cost \$45. Grandmothers/grandfathers, mothers/fathers, daughters/sons, and daughters/sons-in-law are all welcome.

The following function is the **Casino Bus** on Tuesday 2nd July, cost of \$15.

Then on Tuesday 24th September we have booked a function at **AQWA Underwater World** of WA at Hillary's.

Our AGM is on Saturday. 19th October 2019

Also the **50th Christmas Lunch** on Tuesday 3rd December in the Ballroom at the Duxton - both men and woman are invited to attend.

Keep all those dates in mind and let us know if you are interested in attending any of the functions. Contact members of the committee for more information.

Kind regards

Betty Palioudakis
Secretary, Castellorizian Ladies Association (Megisti) of WA inc.

Champagne Breakfast



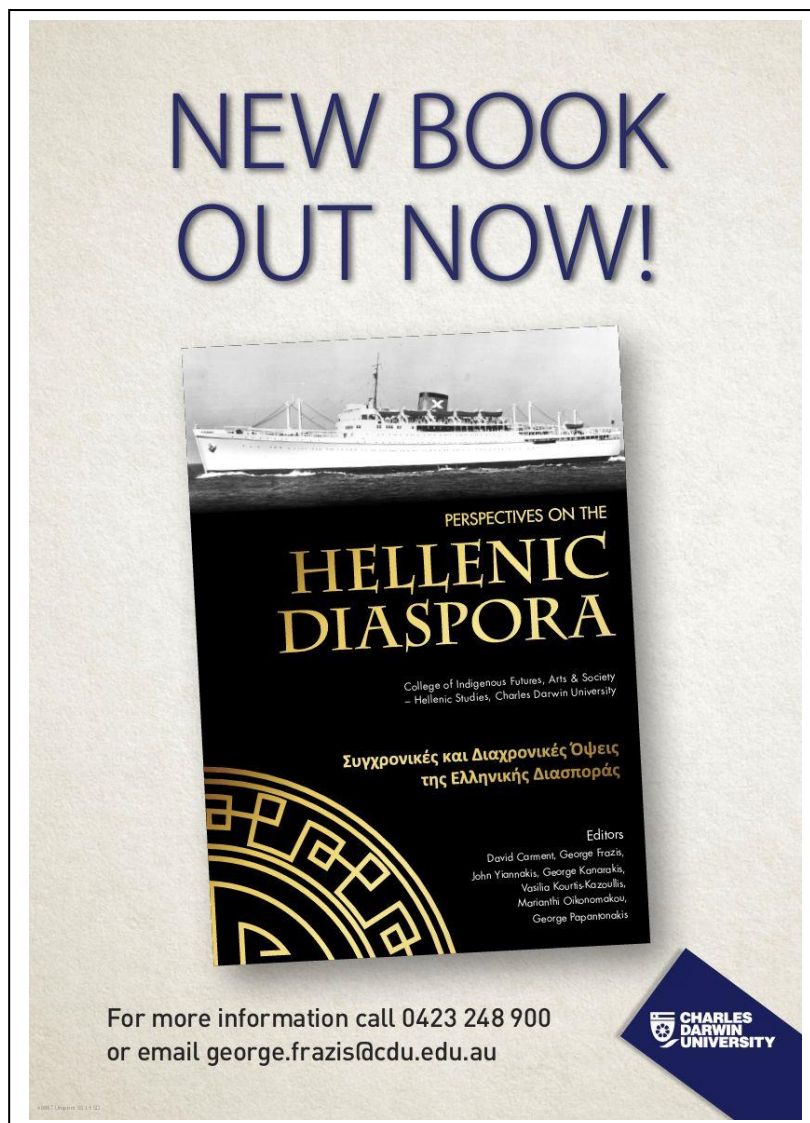
Champagne Breakfast



HIGH TEA FOR A SPECIAL LADY

Despa McDonnell 90th belated birthday on the 23rd of February 2019 was hosted by Elizabeth Mustard at the Freshwater Grille at the Duxton hotel Perth. The afternoon was attended by 25 ladies. The afternoon was enjoyed by all the Ladies with Champagne and tasty treats.
(Fay Katris)





As well as co-editing the book, Dr John Yiannakis OAM has two articles in the publication. One of them is related to Castellorizian mobility and presence in the Northern Territory prior to 1929.

IMPORTANT ANNOUNCEMENT

Submissions for future editions of the *Megisti Messenger* should be forwarded to Anita Verne who will take over the responsibility of collecting items and is the new editor of the newsletter.

Her contact details are: 0407 922 783 anita@halmac.com.au

Allan is taking a break after 12 years as the editor and is travelling around Australia with his wife Jean for the next seven months.

MEGISTI MESSENGER WRITER'S PODIUM

Our featured writer in the Writers' Podium this issue is Katherine Kalaf

THE ROAD TO KAZZIE, OUR ISLAND HOME

Katherine Kalaf owns a traditional house on the island of Castellorizo. She spends three months a year enjoying all it has to offer. Here is an excerpt from her dairy.

Tuesday 4 June

The day begins with the sound of grumbling truck engines, heading off for a days' building work. The bakery has been working before dawn preparing our breads. The smell drifts across Athina Park towards my open shutters, a church bell marks the hour and slowly the town wakes.

Today my friend and I plan a walk to Aghios Giorgios tou Vounou via the Avlonia fields, high on the mountain. Since meeting, we have shared our love of walking and history in this way exploring the island's rich holdings of ancient tombs, fortifications, wells and patiteria (the ancient grape treading bowls carved into the flat stone).

We set off at 9.00 from the Horafia making our way to a narrow rocky path leading off from the Mandraki road. We tread an arc higher and higher, through a series of goat gates, occasionally rewarding our efforts with a look back at the view across the limani: that perfect horse shoe bay of deepest blue with little clay rooftops, now quite remote and distant. We reach a walled field, open the makeshift gate and make our way across the scrubby and stony landscape till we reach an excellent example of patiteria. Adjacent is the rubble of farm settlements and vineyards, once alive with industry, now overgrown with thyme and scrappy bushes, traces all but lost but for these mute stone remnants.

My friend has learnt the location of these ancient sites and is my guide. They can be easily missed and indeed I have been frustrated, map in hand without her local knowledge.

Our walk has taken us past the twin tombs, bones and gold offerings long gone. Rock to rock, we tread in the shadow of the mountain, craggy and wind worn, till we circle our way to Aghios Giorgios tou Vounou, a Monastery, church and crypt complex, now being restored under the supervision of Athenian architect, Fotini Halvatsi.

The workers are taking a break, smoking and drinking coffees under a makeshift covering; protection from the wind and sun. As we enter the courtyard, Fotini emerges from the church, arms stretched out in welcome. She points to a generous spreading apricot tree, now laden with fruit. 'Please try the apricots, they are ready for eating'. We take our fill of these beautiful small hard fruit.

What was a pile of stone rubble now resembles a working religious complex; the monks' quarters, rooms for reflection, rooms for eating, small arched windows facing a patterned pebble courtyard and a bell tower. We make our way to the church and climb into the crypt, a narrow opening of cold wet stone, dipping down to a series of tiny narrow carved steps, spreading into a triangular space of minute proportions, just high enough to stand, black as night. Torch held high reveals a niche, a painted saint now faded and flaked, a ghost of an image all that remains. We are well below ground level now in a place of silent reflection, a deep and stony well glistens with reflected light. You can't stay here long despite the fascinating stories this space has to offer....

APOKRIES BBQ 2019

Being right in the middle of a kitchen renovation this March, the difficult decision was made that we would hold a “small, quite BBQ” to mark the farewell of meat, as Lent approached on our religious calendar.

Little did we know that we would be stormed by wonderful Cazzies and their friends wanting to enjoy this balmy evening around the smoky BBQ under the stars. So, we called for extra help and got to work in an attempt to accommodate almost 200 people.

Thank you to more than 44 volunteers and 10 donors and sponsors who assisted in making this celebration possible. And especially to the amazing Helen Anastasas who seems to be able to wear several hats at once – a grand effort in co-ordinating her team of Cazzie Cooking Class people to make salads and sweets for the night.

The pre-dinner mingling time was a real treat as people caught up with old friends before sitting to enjoy their dinner. As promised, the ever-popular Castellorizian Sweet, Katoumari was prepared, using the limited facilities, and left people licking the cinnamon and sugar from their fingers, such is their love of this sweet and the childhood memories it evokes. Michael Anastas agreed to play Greek music for us and brought along Spiro Politis and George Mathews to add a special touch to the evening.

Thank you to all our fantastic members, the committees and helpers for making this happen.

(Anita Verne & the Social Committee: Pippen Parissis, Craig Brosnan, Jim Manifis, Voula Terzoudi, Paula Netis and Stephanie Meagher)





Castellorizian Migration Stories Book

The History and Archives Committee of the Castellorizian Association of NSW presents its first publication. The book, *Castellorizian Migration Stories- Journey to a New Land* is a series of stories and pictures of families who travelled to Australia from Castellorizo and the fortunes and misfortunes that accompanied them in their travels and early years in Australia.



JOURNEY TO A NEW LAND *Castellorizian Migration Stories*

Behind every name there is a story.
Personal and nostalgic stories that can throw light on the culture,
the times and the way Castellorizians lived.
Stories constructed from fragments of memory from family members are a bridge to an earlier era,
a time when Castellorizians left their homes and emigrated to Australia.

\$70 per book

POSTAGE AVAILABLE: Add \$20 per book for postage

Payment by direct deposit to: CASTELLORIZIAN ASSOCIATION NSW
ST. GEORGE BANK
BSB: 112 879
Acct: 441627221
REF: cms1 + your full name

Contact

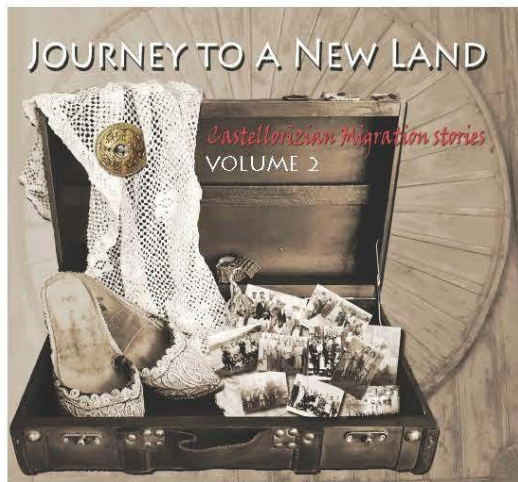
VICTORIA KAZAGLIS
IRENE ELLIOTT
PAT SECHOS

glennandvictoriagallagher@gmail.com
lelmana@hotmail.com
patatopatch8@gmail.com

0413 994 008
0421 431 593
0411 193 858

Do you have a Migration story to tell?

The NSW Castellorizian History and Archive Committee are looking for contributors from all over Australia beyond to write their migration story to be included in our next book. Would you like to be a contributor? Read the flyer for instructions or contact a committee member for assistance. We would love to include your story in our next publication.



Would you like to have your story included in
Volume 2

JOURNEY TO A NEW LAND
Castellorizian Migration stories

There are 3 simple steps

1. Gather your information - sometimes helps to ask family and friends.
2. Write the story - preferred word count 500 to 600 words - we can help compile the story for you.
3. Collect 5 or 6 old photos - take a good high resolution photo or scan your photos and make sure to label each photo very clearly.

We are happy to meet with you if you need help compiling the story or photographing the photos.

Contact anyone below to have your name added to our list.....

Despina Lucas	lucas22@bigpond.com	PH: 0438 289 699
Maria Skyllas-Kazacos	m.kazacos@unsw.edu.au	PH: 0408 204 589
Irene Elliott	lelmana@hotmail.com	PH: 0421 431 593
Pat Sechos	patatopatch8@gmail.com	PH: 0411 193 858
Victoria Kazaglis-Gallagher	glennandvictoriagallagher@gmail.com	PH: 0413 994 008
Stella Boyages	sboyages@gmail.com	PH: 0419 438 823

Membership Payments

Remember to get your membership payments in for 2018/19.

Soon it will be the July and time to renew again. Please use your membership code for bank transfers, or email your full name and address to the treasurer to inform of your payment at: cazziewa@outlook.com .

BANK DETAILS

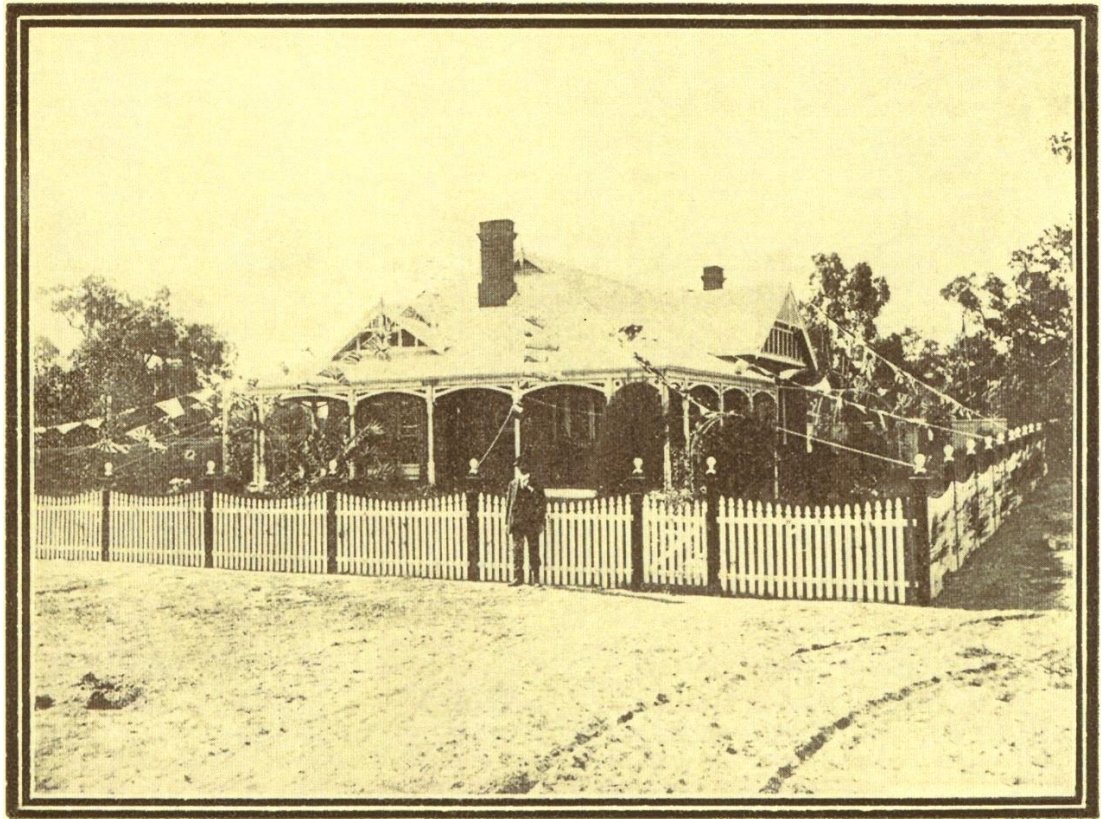
Name: Castellorizian Association of WA

Bank: Commonwealth Bank of Australia

BSB: 066 129

Account: 00800217

CASTELLORIZIAN HOUSE IN THE PAST!



Residence of Mr. J. H. Beveridge, Mount Hawthorn, decorated in honor of Anzac.

RENOVATIONS IN PROGRESS OF CAZZIE HOUSE KITCHEN



Join us for Arts Season (especially people age 55+)

The Art of EGYPTIAN MUMMY PORTRAITS and Christian Icons

with Anthropologist Libby Pappas.

The Fayum Mummy Portraits of Egypt and traditional Christian icons have much in common. More than objects of the past and symbols of faith, Mummy Portraits and icons are among some of the world's finest works of art gracing the walls of the world's prestigious museums and galleries. They are also among the most mysterious art forms known today.

Come on a journey with Anthropologist Libby Pappas and explore the origins of these fascinating interconnected art forms and discover some of their secrets.

Thursday 9 May

6 - 7.30pm

Connect Victoria Park

5 Mackie Street

Cost \$5 (includes wine and cheese)

www.connectvictoriapark.org

(see events calendar)

OR 9361 2904



Perth Bin Hire



Need A Skip Bin?

Call Perth Bin Hire – 9378 4411

2m³ 3m³ 4m³ 6m³ 8m³ 10m³ skip bins

Easy Wheelbarrow access

WA Owned & Operated

www.perthbinhire.com.au

**ADVERTISE
HERE**

**ONLY \$25 Per
Edition**

Athens Studios

3A Veikou St, Makrigyianni 117-42

Athens

+30 210 9235811

www.athensstudios.gr



Our World Travel

Shop 1/113 Royal Street,
East Perth WA 6004

t : (08) 9221 9977
f : (08) 9221 5577
e : travel@owtravel.com.au
w : owtravel.com.au
Lic. No. 9TA00049
ABN 40 838 209 524

Member of the
Independent
TRAVEL GROUP

Booking Hotels? Car Hire? Need Travel Insurance?

Then go to www.owtravel.com.au and **book** with safety and back up of one of the most experienced and **Trusted Travel Agents** in Perth, **OUR WORLD TRAVEL**

Owned and operated by one of your own, **Nick Missikos** who along with his staff will offer you some of the best holidays around including **Domestic Australia and Bali!**

But of course **Greece is high priority** so call them on **9221 9977** or email travel@owtravel.com.au

Always proud to be supporting you!

nick@owtravel.com.au

A/H Emergency 0408 912 884

For overseas travel information, visit smartraveller.gov.au site of Department of Foreign Affairs and Trade

"Without a Travel Agent you are on your own!"