

GOLDEN GATE DISTRICT NO. 21

# Ahepa Traveler



CHAPTERS THROUGHOUT NORTHERN CALIFORNIA AND WESTERN NEVADA

Volume 74, No. 1

OFFICIAL PUBLICATION OF DISTRICT 21 - EST. 1950

Spring//March 2024

# WRDC 2024

Western Regional District Convention  
June 09 – 12 RENO, NV  
[ahepa-wrdc.org](http://ahepa-wrdc.org)

Please visit  
[ahepa-wrdc.org](http://ahepa-wrdc.org)  
for Western Regional District Convention  
Information

- Event Registration Form
  - Hotel Reservations
  - Album Advertisement
- Sponsorship Opportunities



AHEPA FAMILY SUPREME CONVENTION  
**CYPRUS 2024**  
JULY 21-27, 2024 • LARNACA, CYPRUS

Please visit  
[ahepa.org](http://ahepa.org)  
for Supreme Convention information

- Schedule of Events
- Hotel Information
- Member and Corporate Sponsorships

## In this issue . . .

District Lodge and Chapter Presidents - page 2  
District Governors Messages - pages 3-4  
District 21 Bingo Night - page 5  
Educational Foundation Message - page 6  
History Tournament - page 6  
Scholarship Opportunities - page 7  
Journey to Greece Program - page 8  
AHEPA in Antarctica - pages 9-10  
May and Peter Kireopoulos - page 11  
Daughters of Penelope EOS Chapter - page 12  
San Jose DOP and AHEPA - pages 13- 14  
Fresno AHEPA and DOP News - page s15-16  
Fresno DOP Chapter Mardi Gras Event - page 17

Bicentennial Greek Revolution Lecture - page 18  
Greek Heritage Night Chase Center - page 18  
Sacramento Chapter News - pages 19-20  
San Jose Greek Flag Raising Celebration - page 21  
San Jose Crab Feed - page 22  
Oakland AHEPA Chapter News - page 23  
2024 AHEPA Congressional Banquet - page 24  
WRDC 20024 - page 25  
Supreme Convention 2024 - page 26  
Supreme Convention Schedule - page 27  
National Projects - page 28  
Nemea 2024 - page 29  
Mediterranean Diet - page 30 - 33  
Ads and Sponsorships - page 34

"AHEPA TRAVELER (Est. 1950) is published quarterly, four times a year March, June, September and December by Order of AHEPA, 3327 Lake Albano Circle, San Jose, CA 95135."

AHEPA TRAVELER is the official publication of Golden Gate District 21 Order of AHEPA (American-Hellenic-Educational-Progressive-Association). It is published and distributed to members and friends. There are thirty Ahepa, Daughters, Sons and Maids Chapters in Northern California and Western Nevada.

**Article III – This Order shall be non-partisan in politics and non sectarian in religion. All partisan political and all sectarian religious discussions are prohibited in any official deliberations thereof.**

#### EDITORIAL STAFF - AHEPA TRAVELER

BILL CHRISTIE, Editor  
Editorial Staff for  
AHEPA and AUXILIARIES  
408 891-9225  
Email: billchristie1@mac.com

*Traveler Ads Manager*  
Constantine Davlantes  
Cell: 805 895-4345  
Email: constantine.davlantes@gmail.com

*Daughters of Penelope Traveler Editor*  
Maria Karapanos  
209 559-5101  
Email: maria@karapanos.com

**ARTICLES FOR  
SUMMER/JUNE ISSUE  
DUE MAY 25, 2024**

**PUBLISHING SCHEDULE  
JUNE 1, 2024**

Have Ritual Manual . . .  
Will Travel



**Can Do:**  
Installations  
Initiations  
**Seminars:**  
Chapter Duties  
Membership Drives  
Charity Raffles  
Rituals

"YOUR FULL SERVICE . . .  
DISTRICT 21 LODGE"

Call: 650 868-2402

**ARTICLES FOR  
SUMMER/JUNE ISSUE  
DUE MAY 25, 2024**

## 2023-2024 - AHEPA DISTRICT LODGE - ahepa21.org

#### DISTRICT GOVERNOR

Chris Frangos

#### DISTRICT LT. GOVERNOR

Mark Hallock

#### DISTRICT SECRETARY

Constantine Davlantes

#### DISTRICT TREASURER

Vassilis Zarifis

#### DISTRICT WARDEN

John Lagios

#### DISTRICT MARSHAL

George C. Buck

#### DISTRICT CHAPLIN

Steve Miller, PDG

#### DISTRICT ADVISOR

Alex Mallas, PSG

#### DISTRICT ATHLETIC DIRECTOR

Stamus Cocoles

#### DISTRICT SONS ADVISOR

Ioannis Kokkinidis

## - CHAPTER PRESIDENTS -

#### GOLDEN GATE CHAPTER 150

Peter Kireopoulos

#### FRESNO CHAPTER 151

Jim Tousounis

#### SACRAMENTO CHAPTER 153

Nick G. Alexander

#### OAKLAND CHAPTER 171

Pete N. Stathakos

#### STOCKTON CHAPTER 212

Tom S. Chiarchianis

#### MODESTO CHAPTER 248

Stamus Cocoles

#### SILICON VALLEY CHAPTER 251

George Zioulas

#### CONTRA COSTA CHAPTER 259

Petros Priftis

#### RENO CHAPTER 281

George N. Pauls

#### SAN MATEO CHAPTER 392

Leonidas H. Maherias

## 2023-2024

## - DOP DISTRICT LODGE - dop21.org

#### DISTRICT GOVERNOR

Alicia Frangos

#### DISTRICT LT. GOVERNOR

Maria Karapanos

#### DISTRICT SECRETARY

Laurie Sahines

#### DISTRICT TREASURER

Athena Hallock

#### DISTRICT MARSHAL

Angie Legakis

#### DISTRICT ADVISOR

Kathy Leles

#### DISTRICT MAIDS ADVISOR

Kathy Leles

## - CHAPTER PRESIDENTS -

#### SAN FRANCISCO EOS 1

Andrea Skoufis

#### OAKLAND ECHO 4

Emilene Fearne

#### SACRAMENTO ARTEMIS 5

Diane Petersen, PGS

#### STOCKTON SPARTA 18

Katherine Leles

#### SAN JOSE DAPHNE 29

Joanna Dunn

#### MODESTO PHAEDRA 64

Aliki Alexander

#### FRESNO LETO 71

Madelyn Jones

#### RENO ELIS 89

Yurie Pauls

#### SAN MATEO URANIA 290

Claire M. Gagas

#### WALNUT CREEK HARMONIA 357

Margo Drosos

## AHEPA District 21 Governor's Message



Dear AHEPA Family,

As we get ready for the season of Great Lent and Pascha, I look forward to celebrating with you the Resurrection of Jesus once again. Our Greek Orthodox roots are deep in AHEPA and we are there to support our Church in whatever is needed. I did attend the Folk Dance Festival in Anaheim in February and found the Greek youth in full bloom of Greek Heritage of Song and Dance. The attendance was record breaking as churches from our District won many awards for their hard work and dedication to learning their Greek Dance heritage. Hopefully, we can tap into this youth to revitalize our Sons of Pericles and Maids of Athena and bring AHEPA its future.

I did attend a few chapter meetings this quarter. With the Daughters' District Governor, I visited San Jose and Fresno chapters and I attended an Oakland meeting via Zoom. I found that the meetings were well run by their officers. We are doing well initiating new Brothers and having new chapter offices installed to keep our District fresh and vital. I was invited to attend the Modesto crab feed which was a successful event chaired by Brother Stamus Cocoles.

I'm looking forward to hearing about our District's chapter's Greek Independence days celebration and hope to attend when I can.

I hope each chapter was able to put on an event this year to attract new members. Please publicize your events and take lots of pictures for the traveler and website.

This year we are hosting the WRDC (Western

Regional District Convention) with Districts 20 & 22. We will have our Supreme President attending and I hope to see many of you there as it should be a wonderful event. This will be our third one in Reno and the previous two were lots of fun and entertaining. All the information can be found in the links provided in the convention section of the traveler and the AHEPA21.org website. It is important for all chapters submit an ad featuring a picture of their chapter for posterity in the ad book. Future generations will look at these ad books and enjoy seeing us in action. We are also looking for sponsorships for our events.

Scholarship applications are due April 1st. Students should be getting their letters of recommendation now as teachers write many of them and need time to get them out.

Look forward to seeing everyone in Reno.

Chris Frangos

AHEPA District 21 Governor



*District Governors Chris and Alicia Frangos with their son, Anthony, at the Folk Dance Festival*

# Daughters of Penelope District 21 Governor's Message



Dear AHEPA Family,

I hope you are all doing well as we enter this spring season and enjoy the warmer weather, though I know we are in for some more storms.

It has been wonderful visiting our Sisters in the various chapters and learning what they are doing in terms of their projects and their social activities. Many chapters are initiating new members, which is exciting and vital for our Sisterhood. I also attended the Folk Dance Festival (FDF) in Anaheim where there was such great kefi 😊. Being part of this is a reminder that to keep our youth close to Orthodoxy and the Greek culture, they need to be involved. One way to accomplish this is to revitalize the Sons of Pericles and Maids of Athena – our future Daughters and AHEPANS.

*I have several important things to highlight:*

**Our DOP District 21 Scholarship application is due April 1st.** You can find the application on the dop21.org website, so please notify any eligible students you know of. We have a number of scholarships for high school seniors, college students, and graduate students. We also have a scholarship specifically for a woman who is going back to college in order to earn a new degree or prepare for a new career. Please see the application for full eligibility rules, and remember that there must be affiliation with Daughters or AHEPA or Sons or Maids.

In order to raise needed funds for our Scholarships, we will be having a very fun event on Thursday, April 11th – our District 21 Zoom Bingo Tournament! Special thanks to Sisters Kathy Leles, PDG and Stephanie Leles Bryant for putting this together for the District. They did it last year also, and it was great fun. We raised \$500 last year, and we need to raise more this year, so please join us for community and to help our Scholarship fund! See the flyer in this Traveler issue to sign up and invite friends and family! Also, congrats to Stephanie on her recent marriage!

**On Monday, March 25th at 5pm,** San José City Councilmember Pam Foley and in partnership with

the San Jose AHEPA and Daughters of Penelope Daphne 29, the City of San José will host a **Greek Flag Raising Ceremony** in honor of Greek Independence Day, commemorating the start of the War of Greek Independence in 1821.

The ceremony will be held at the **San José City Hall West Plaza** and the San Jose City Hall Tower and Rotunda will honor Greek Independence Day by lighting the Tower white and blue and the Rotunda blue and raising the Greek Flag for seven days. A reception on the 17th floor of the City Hall Tower will take place immediately following the ceremony. Please see the flyer in this Traveler for details.

**Districts 20, 21 and 22 will be holding the WRDC (Western Regional District Convention) from June 9th to 12th at the Grand Sierra Resort in Reno.**

Our Grand President Marianthi Treppiedi, and our Grand Governors Christi Finch (District 21 Liaison) and Linda Belba will be joining us along with AHEPA Supreme President, Savas Tsivicos.

I encourage you to attend the WRDC for the fellowship and to participate in important decisions for our organization. I hope to see many of you at this wonderful event!

**Registration information is in this Traveler.**

It is also vital for all chapters to submit an ad featuring a picture of their chapter so we can have a memorable ad book, and also to help support our convention. We also need sponsorships for our events, so please spread the work. Your help with this will be greatly appreciated.

I wish you a wonderful spring, leading into the Great Lent and Pascha.

I look forward to seeing everyone at the WRDC.

Love in ΘΠ,

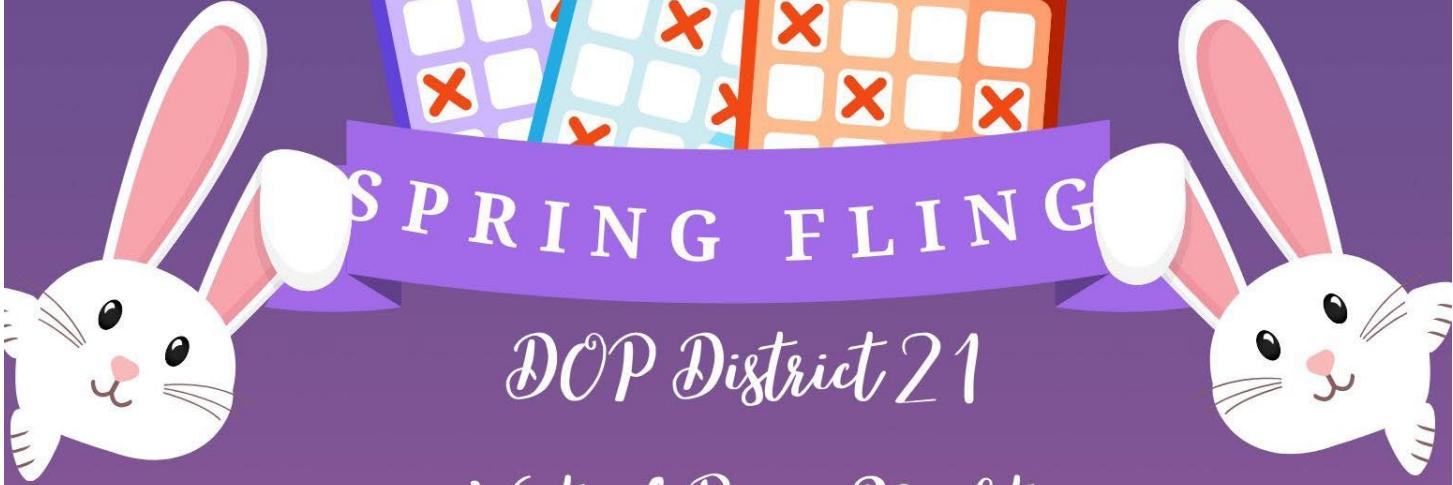
Alicia Frangos

DOP District 21 Governor





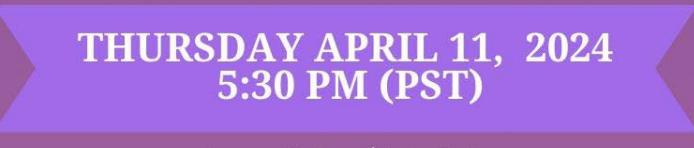
## SPRING FLING



### DOP District 21

### *Virtual Bingo Night*

Prepare your rabbit ears for our Spring Bingo Night! Invite your family and friends for a fun-filled evening of Bingo and exciting prizes. All proceeds to benefit scholarship program.



THURSDAY APRIL 11, 2024  
5:30 PM (PST)

1 card for \$10.00

3 cards for \$25.00

Payment is collected by Zelle, Venmo or by check payable to DOP D21. Contact Stephanie Leles by April 3 at 209-814-7364 or [sleles91@gmail.com](mailto:sleles91@gmail.com).

A link to your Bingo cards will be emailed to you along with the ZOOM link.



## GOLDEN GATE DISTRICT 21 EDUCATIONAL FOUNDATION

Dear AHEPA Family of District #21,

Please consider a donation to our AHEPA District 21 Educational Foundation and receive a tax deduction as we are a 501(c)(3) tax exempt organization.

Also we would like to ask you to consider bequeathing to our Foundation as part of your estate planning. We would like to increase our Scholarship Awards as costs for students have skyrocketed.

Consult your tax consultant for the benefits of a donation and/or a bequeath to our Foundation.

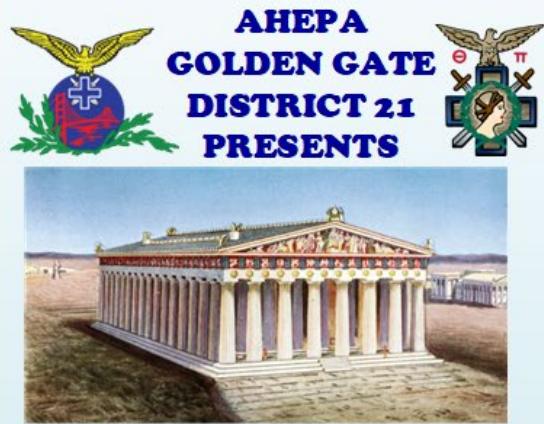
Additional projects to be considered with addition of donated funds . . .

- Sponsor the AHEPA Journey to Greece program for our District youth.
- A Hellenic History Tournament financed through our Foundation.

Donations to the Foundation can be mailed to:

AHEPA DISTRICT 21 FOUNDATION  
 % Chris Frangos  
 P.O. Box 447  
 Millbrae , CA. 94030

Thank you for your consideration,  
 Chris Frangos  
 AHEPA Educational Foundation Chairman



## HELLENIC HISTORY TOURNAMENT

*Jeopardy-style tournament  
for High School students  
(8<sup>th</sup> - 12<sup>th</sup> Grade)*

3-member teams compete in  
a double-elimination format

### PRIZES

**Winning team: \$1000\***  
**Runner-up team: \$500\***  
**\* per team member**

1<sup>st</sup> & 2<sup>nd</sup> teams go to the National tournament for higher prizes

*Questions are from the 'Hellenika'  
book by Peter Limber  
Topics cover all periods  
from antiquity to modern times  
Book provided upon registration*

*Students can participate for multiple years*

***email: ahepadistrict21@gmail.com***

# SCHOLARSHIP SEASON HAS ARRIVED

## AHEPA District Scholarship Foundation

Applications/Information are available from your chapter and on the District website:  
[ahepa21.org/scholarships](http://ahepa21.org/scholarships)

## Daughters of Penelope District Scholarship

Applications/Information are available from your chapter and on the District website:  
[dop21.org/scholarships](http://dop21.org/scholarships)

## National AHEPA and Daughters of Penelope Scholarships

Scholarship applications will be available starting January 2024 on their  
respective websites: [ahepa.org](http://ahepa.org) and [daughtersofpenelope.org](http://daughtersofpenelope.org)

### **Scholarship applicants consider the following:**

**Qualities we admire in students.** We strongly recommend all students to take one or more courses in the “classics” in order to understand their historical context as they relate to current events.

**Academic Excellence.** Higher grades help show us that you’re taking your future seriously and putting in the effort.

**Cultural Appreciation.** It is our organization’s belief, that the Hellenic or Classical Studies programs on college campuses are of great value.

**Extracurricular Activity.** Having a “work-life” balance during your professional career is important which is why balancing responsibilities outside of school shows us you’re on the right track.

**Volunteerism.** Philanthropy and self sacrifice are attributes in the lives of those who leave well respected legacies.

**“We Are What We Repeatedly Do. Excellence Then, Is Not An Act, But A Habit.” - Aristotle**

## AHEPA STUDENT PROGRAMS

Visit [ahepa.org](http://ahepa.org) for more information about these student programs.

### **Washington Mentorship AHEPAcademy**

Professional development program that educates, mentors, and networks exceptional Greek-American high school students as they progress through their high academic and professional careers.

### **Summer Excursion Journey To Greece**

Immersive summer program that takes young students on excursions throughout Greece in order to learn about, appreciate, and celebrate Greek society and culture.

### **Study Abroad Odyssey In Athens**

Students choose to spend either a semester or full year studying abroad in Athens Greece. The school and apartments are located in the Plaka area at the base of the Acropolis.

### **Master's Program MBA Program**

Webster University, through its Athens campus, is proud to offer for one time only its Higher Learning Commission [HLC], USA accredited Master of Business Administration in collaboration with AHEPA.

## AHEPA Journey to Greece

More students will be able to participate in AHEPA's Journey to Greece program thanks to \$70,000 raised at a fundraiser held at The Graycliff, Moonachie, N.J., Dec. 17, 2023, announced Supreme President Savas C. Tsivicos. More than 200 people attended.



According to Tsivicos, all the funds raised will go directly to the program to help defray tuition and program costs for participants thanks to event sponsor, Anthony Papamarkos, who owns The Graycliff. AHEPA Board of Trustees Vice Chairman George G. Horiates, PSP, chaired the event.

"This is outstanding news as more participants will be able to experience Greece and earn valuable college credit at the same time," Tsivicos said. "We are deeply grateful for Mr. Papamarkos' generosity. We could not have achieved this successful level of fundraising without his charitable sponsorship. We thank the Papamarkos family and their team at The Graycliff, and Event Chairman George Horiates, for a remarkable evening."

AHEPA's National Educational Foundation administers the Journey to Greece program, which is held in conjunction with Webster University Athens.

The event's speaking program featured Journey to Greece alumni who shared testimonials. They thanked AHEPA and Webster University

for offering an exceptional and "life-changing" program.

Educational Foundation Chairman George Vorkas announced to the audience that the Foundation's goal is to raise \$125,000, which is the amount needed to enroll 25 students in the program.

"Education is a key element of AHEPA's mission, and we're pleased to be fulfilling it through this unique, longstanding program," Tsivicos said.

The fundraiser enjoyed the support of several Supreme Lodge and Board of Trustees officers in attendance.

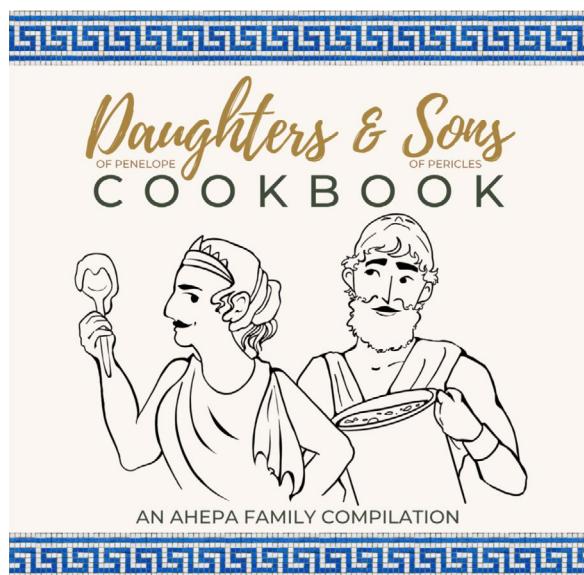
The AHEPA Journey to Greece program offers students the opportunity to earn six transferable college credits by studying about ancient and modern Greece. The courses incorporated visits to the archaeological sites and museums. Further, academic credit is transferred to a student's home institution by an official transcript issued by Webster University, an accredited institution since 1925.

The 18th Annual Journey to Greece will be held June 16 to July 12, 2024.

The original Journey to Greece program began in 1968 and prospered until the early 1990s. The program relaunched in 2006.

To learn more about the 2024 Journey to Greece program, highlights from the 2023 and 2022 Journey to Greece sessions and participant testimonials click link below . . .

<https://ahepa.org/wp-content/uploads/2023/10/ahepa-JTG-2024-Program-information-flyer.pdf>



## AHEPA in Antarctica by George Zioulas, PDG



We started our journey from Punta Arenas in early December. Punta Arenas is the most southern city in Chile, located at the Strait of Magellan. After a 3-hour flight we landed on King George Island where we joined our expedition at the Chilean Antarctic base.



From the early age of discovery to the modern era of scientific research, the history of expeditions in Antarctica is a compelling tale of human curiosity, perseverance, and the relentless pursuit of knowledge. People have long suspected there may be some kind of land at the bottom of the world. The Greeks (Aristotle, Book Μετεωρολογία vol II) believed in Antarctica saying, with the

peculiar logic of philosophy, that there must be a far southern continent to balance out the land in the north. Until the 1800s Antarctica was nothing more than a myth and even when they discovered it was real, it retained mythic status.

Antarctica is a land of unparalleled beauty and extreme conditions. As we entered the Bransfield Strait we saw stunning views of the mountainous landscape. In Pleneau bay we saw the so-called “iceberg graveyard” where bits of large tabular icebergs and older, rolled icebergs have run aground.



Icebergs created from pure, fresh water and snow are floating all around Antarctica. As they gradually melt away to nothing, icebergs take on forms we wish could last forever. Their impermanence is partly why they're so captivating. They are chunks of frozen freshwater broken, or calved, from glaciers that have hit the ocean. The average is about the size of a 15-storey 2 building. Their shapes are works of art. The beautiful and rare blue color is due to light refraction and the compression of pure snow that changes the iceberg's density.





The penguin is Antarctica's "national" animal. We saw large colonies of Gentoo, Adelie and Chinstrap penguins, Weddell seals, orcas, and humpback whales. There is also a large population of birds, such as imperial cormorants, snowy sheathbills, petrels, and albatrosses.



Antarctica is the coldest, windiest, and driest place on earth. It has no trees or bushes. The only plants that can survive the extreme cold are lichens, mosses, and algae. Our trip was during the southern summer, where the temperatures were around mid-20s. However, winds gusting to 30-40 mph made it feel much colder. The night lasted about 5 hours.

Antarctica's purity lies in the absence of permanent human habitation, making it a crucial hub for scientific research and a symbol of environmental conservation. The Antarctic Treaty, signed by 54 countries, tries to preserve purity, and protect the environment. We were provided with boots which we had to clean and disinfect every time we went ashore from our ship. We vacuumed our clothes

to make sure no foreign seeds were brought to Antarctica. Sitting or kneeling was not allowed to avoid contamination. Even with the strict rules, the Avian flu has made it to the continent, killing large populations of penguins and birds.



On the way back, we visited the Holy Trinity Church in the Bellingshausen Russian station in King George Island. This is the southernmost Orthodox church in the world. The 50ft-high wooden structure was built in Russia, then dismantled, and shipped to King George Island in 2004. The Church serves the spiritual needs of the staff and researchers of nearby stations.

Antarctica has much, much more than just ice and penguins. It is like walking on Mars, it is a unique window into space. After time there, it's an experience, a memory. It's a living breathing place both epic and fragile. Antarctica isn't the end of the world. It's the start of Earth's last great adventure.

*Use this QR Code for more  
Information, photos and videos.*



## May and Peter Kireopoulos

May and Peter Kireopoulos are love in action. They are walking, talking, breathing examples of how to build community, how to support people in deepening their faith, and how to provide an authentic welcome to all. We are honored to name them *Antonios Kounalakis Award* recipients.

As founding members of Holy Trinity Greek Orthodox Church on Brotherhood Way in San Francisco, Peter and May epitomize the very idea of brother- and sisterhood. Whenever they see a new face at church they offer an enthusiastic welcome, and eventually most of these guests become parishioners, no doubt in large part thanks to the warm and genuinely caring welcome they receive from May and Peter. Several adult converts to Greek Orthodoxy have felt so authentically valued by Peter and May that they have asked May and Peter to be their godparents. How many godchildren do Peter and May have to date? More than a dozen, with their oldest godchild so far being in his 70s when they baptized him.

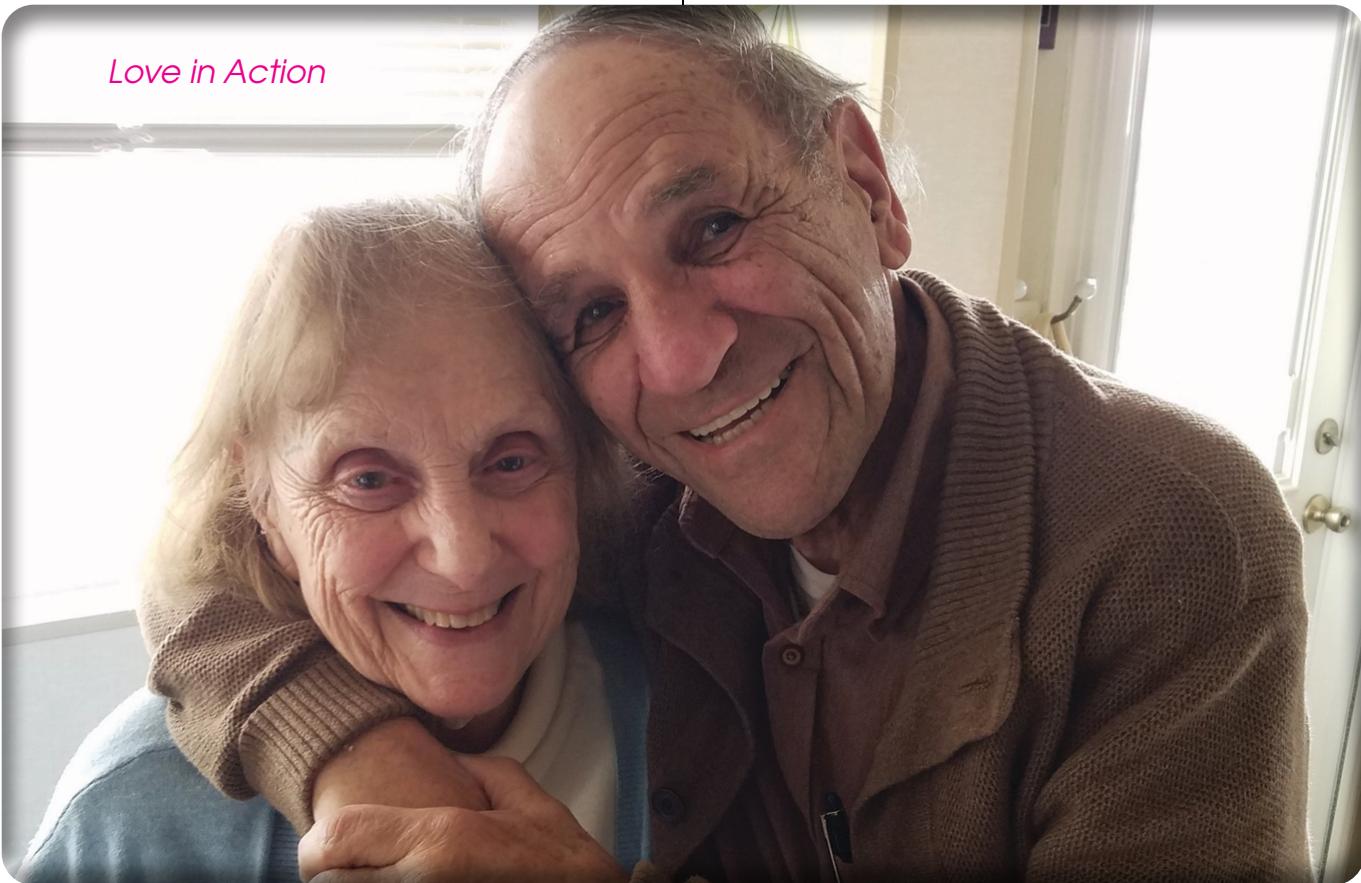
According to May and Peter's nominator, "Pete

is the first person everyone sees as they enter the church on a Sunday. It is also known that he makes the best coffee. Pete has helped the church over the past several decades in various capacities, including as a member of the board. May is a friendly face at Holy Trinity and as a result has acted as sponsor to several converts to Orthodoxy. She also co-founded the Agapi Stitchers, a group of knitters who donate the clothes they knit to charity."

May and Peter actively participate in AHEPA and Daughters of Penelope, as well, giving generously of their time and energy through these groups' uplifting efforts. Peter is president of the local chapter of AHEPA, and May has initiated and led numerous projects by the Daughters of Penelope to serve the larger community. It is impossible to calculate the sum total of May's and Peter's impacts on their community, but there is no doubt that their positively loving influence has created and will continue to create powerful ripple effects for generations to come.

*Lifted from "Peter Daskarolis, Greece is the Word" Newsletter.*

*Love in Action*



## Daughters of Penelope EOS Chapter 1 Initiation

The photos were captured during our EOS #1 gathering on Wednesday, February 7th. We kicked off the event with refreshments and appetizers before moving on to the initiation ceremony. Following that, we conducted our usual standing meeting, which included the participation of the new sisters. The photographs were snapped to celebrate the initiation of new members and mark the successful conclusion of the meeting. Below - Initiates: Sofia Makris, Theodora Pappas, Panagiota (Toula) Prountzos, Dimitra (Toula) Balakas, and me, Andrea Skoufis, President





## San Jose AHEPA and Daughters of Penelope Share Vasilopita

The San Jose AHEPA Family had their Vasilopita event on January 20.

Pictured AHEPA Silicon Valley Chapter 251 President George Zioulas and Daughters of Penelope Daphne 29 President Joanna Dunn cutting the Vasilopita.

Everyone was a lucky winner this year, since the coin fell in the middle. Happy New Year!

Pictured below (l to r) sitting - Nick Pries, Spiros Kalogeropoulos, Vassilis Zarifis, Carmen Christie. Standing - George Pries, George Kasolas, Steve Sabanovich, Kenn Christie, George Zioulas, Joanna Dunn and John Kardaris.



## San Jose Daughters of Penelope Daphne Chapter News

### Valentine's Day

On January 17th, the Daughters of Penelope were hosted by Linda Belba, at her home, to write Valentine's cards that will be distributed to home-bound seniors with Meals on Wheels of Santa Clara County - an initiative with collaboration with the non-profit, senior resource organization, Sourcewise. They completed 238 cards.



*Worker Bees L to R - Cathy Photopoulos, Laurie Sahines, Linda Belba, Ioanna Dunn, Sofia Kotsiri and Angie Legakis*



### District 21 Lodge Visitation

DOP Daphne #29 San Jose hosted our D21 Lodge members District Governor Alicia Frangos, District Secretary Laurie Sahines and District Marshal Angie Legakis for their official visitation on January 9. We had a hybrid meeting and there were 12 in attendance.

Thank you Alicia, Laurie and Angie for attending!



*Visitation with Chapter Secretary Anthea Antoniou, Chapter President Joanna Dunn, District Marshall Angie Legakis, District Governor Alicia Frangos, Cathy Photopoulos and Grand Governor Linda Belba.*

## Fresno AHEPA Chapter and Leto Chapter News *submitted by Kathy Angelos*

Early 2024 has been an active time for Daughters of Penelope Leto Chapter #71 and AHEPA Chapter #151 in Fresno.

Leto Chapter sisters gathered in early January for their first Bunco game night of the year. Several brother AHEPANS also played Bunco (but declined to be photographed.) In all, it was a fun night and the group looks forward to meeting as often as possible to play Bunco.

Most of Leto's recent meetings have revolved around the group's upcoming Mardi Gras party, which will feature good food, dancing, and a costume parade with prizes to be awarded. The event is aimed at families in the St. George Greek Orthodox Church parish with the goal of providing a fun family night out for both parents and children.

Fresno AHEPA Chapter #151 and Leto Chapter #71 hosted the last visitation of the AHEPA year on February 24th. In attendance were members of district lodges, headed by District Governors Chris Frangos and Alicia Frangos. Also attending was Supreme Governor Wynn Storton, who presented the AHEPA Veterans medal to Brother George Gianopoulos, age 96. Brother George

served in the US Army during the Korean Conflict and retired from NASA's Jet Propulsion Laboratory (JPL) in 1992, after a 37-year career as a manager of military aerospace projects. After moving to



D u r i n g

visitation, various items were discussed, including the upcoming WRDC and the Supreme Convention happening in Cyprus. Brother Chris spoke on the status of the Scholarship Foundation and possible future changes.

AHEPA Chapter #151 and Daughters of Penelope Chapter #71 look forward to more activities and service to the parish and local community in 2024.

*See visitation photos and Mardi Gras flyer on next 2 pages*



**Bunco Game Night**

Left to right: Helen Sexton, Sylvia Marks, Evelyn Boosalis, Madelyn Jones, Cindi Boukidis, Phyllis Makredes, Aida Nassar

## Fresno AHEPA and Daughters of Penelope Visitation



**AHEPA Chapter 151**

L to R Front Row: Robert Sexton, PDG PSG, George Gianopoulos, SG8 Wynn Storton, DG Chris Frangos, DT Vassili Zarifis, DLG Mark Hallock. Standing: Michael Makredes, Gus Argeres, Ted Nassar, Michael Angelos, PSG Alex Mallas, Paul Dictos, John Macris, VP Ioannis Kokkinidis, Pres. Jim Tousounis, Jim Boukidis.



**Daughters of Penelope Leto 71**

L to R: Cindy Boukidis, Helen Sexton, Phyllis Makredes, Madelyn Jones, Doris Ghattas (kneeling), Dorothea Gianopoulos, DG Alicia Frangos, DT Athena Hallock, Evelyn Boosalis, Sylvia Marks, Aida Nassar, Lorraine Bukilica, Mavra Patropulos



# A Mardi Gras Party!

Sponsored by the  
Daughters of Penelope

March 2, 2024  
St. George Social Hall

Music! Dancing! Costume Parade!  
Prizes for adults and children!

*Doors Open at 5 PM  
Dinner at 6 PM*

Dinner:

- Spaghetti with meat sauce
- Salad
- Rolls
- Dessert



Tickets

- Adults \$25
- Children 6-10 \$10
- 5 and under Free

## Lecture on the bicentennial of the Greek Revolution

Saturday March 23 2024 - 3 pm

St George Greek Orthodox Church Fresno

2219 N Orchard Street Fresno CA 93704



by Dr Ioannis Kokkinidis PhD



## Greek Heritage Night 2024

**Wed March 6 | 7pm | Chase Center**

**Warriors vs Bucks**



## Sacramento Chapter News submitted by George Koumis



**St. Katherine Gala.** The Sacramento AHEPA family Chapters donated and installed two 75" TV sets at Tsakopoulos Hall, St. Katherine Church in Elk Grove. These sets can display the same content synchronously, making the hall suitable for presentations and events with audiovisual needs. The donation was unveiled on December 2nd during the gala, celebrating 35 years since the establishment of St. Katherine Church, which was attended by Metropolitan Gerasimos.

**Christmas Luncheon.** The Sacramento AHEPA family Chapters held their joint Christmas luncheon at the Old Spaghetti Factory restaurant on December 16th. Approximately 45 Brothers, Sisters, and their guests attended the lively and delightful event. The District's lodge also participated in the luncheon. As is customary each year, the chapters contributed toys and gifts, which were delivered to the Sacramento Shriners Hospital.





During the Christmas Luncheon, District Governor Chis Frangos awarded Brother Ted Pantazis the AHEPA Life Status award certificate and the 50-year service pin. Congratulations Brother Ted.



Brother Constantino Tyke Kuchulis passed away on December 4th, 2023, at the age of 92. Brother Kuchulis joined AHEPA on December 10th, 1954, so at the time of his passing, he was ten days short of completing 69 years of service to AHEPA. The Sacramento Chapter performed the AHEPA funeral service at

the gravesite of Brother Kuchulis. May his memory be eternal.

On January 16th, 2024, two new Brothers were initiated into the Sacramento Chapter: Dr. Stavros Vougioukas and Steve Margaris. Dr. Stavros Vougioukas is a faculty member in the Department of Biological and Agricultural Engineering at UC Davis. His primary research and professional interests are in developing Robotics and Automation technologies for agriculture. Steve

Margaris was a Supervising Bridge Engineer at Caltrans and worked on the new Bay Bridge. Steve retired in 2019 and is now working part-time as a consultant for High-Speed Rail engineering services.

After the initiation, Brother Margaris gave a presentation covering the different stages of the Bay Bridge's construction and answered many questions from the attending Brothers.



During the February Chapter meeting, Brother Vougioukas gave a fascinating presentation about his work in the field of robotics in agriculture. The presentation included videos and images from robots he developed and provided an overview of future projects.





*Councilmember  
Pam Foley presents*

# **Greek Independence Day Flag Raising**

**Monday, March 25, 2024 | 5 pm**  
**San José City Hall West Plaza**  
200 E. Santa Clara St. San Jose, CA 95113

Reception on the City Hall Tower 17th floor immediately following the ceremony compliments of the Order of AHEPA & Daughters of Penelope San Jose Chapters



For more information, please contact: [district9@sanjoseca.gov](mailto:district9@sanjoseca.gov) or (408) 535-4909

# SAN JOSE A.H.E.P.A. FAMILY ANNUAL FUNDRAISER

## Featuring Live Music by Mythos

HONORING OUR SPIRITUAL LEADER  
FATHER JAMES & PRESVYTERA VASSO

**SATURDAY APRIL 13th At 6pm**  
**St. Nicholas Greek Orthodox Church**  
**Community Center**

1270 Davis Street San Jose

ADULTS \$85  
YOUTH \$40  
18 & UNDER  
EARLY BIRD SPECIAL  
\$5 OFF UNTIL 3/31/24

SALAD  
FRESH CRAB  
PASTA  
GARLIC BREAD  
DESSERT

LIVE GREEK MUSIC  
AND DANCING  
RAFFLE  
6PM COCKTAILS  
CASH BAR  
7:30PM DINNER

FOR MORE INFORMATION CONTACT

George Zioulas: [ahepa.c251@gmail.com](mailto:ahepa.c251@gmail.com) (669) 444-0251  
Or Sofia Kotsiri: [sofia.kotsiri@gmail.com](mailto:sofia.kotsiri@gmail.com)

All Proceeds to St. Nicholas Church And AHEPA Family

TICKETS AVAILABLE AT  
SUNDAY COFFEE HOURS  
AND ONLINE

<https://sites.google.com/view/ahepac251/home/annual-crab-feed-event-2024>



## Oakland AHEPA Chapter News submitted by Stephen Angelides

*Combat Veteran and Honorary Consul of Cyprus Theophanous to represent Oakland at the AHEPA Convention on the 50th Anniversary of invasion.*



Nicolaos Theophanous • Photo by Kostas Petrakos

Order of AHEPA Oakland Chapter 171 is proud to announce that Nicolaos Theophanous, a combat veteran of the invasion of Cyprus, and Honorary Consul of the Republic of Cyprus, will represent the chapter at the American Hellenic Educational Progressive Association (AHEPA) Annual Convention this year. The convention will be held in Larnaca, Cyprus on the 50th anniversary of the July 20, 1974 invasion of Cyprus.

Mr. Theophanous is a combat veteran of the invasion, has served as Honorary Consul of the Republic of Cyprus in San Francisco for 23 years, and has been a member of the Oakland AHEPA

Chapter for 22 years. He and his wife Sotira have been married for 45 years, have three adult children, and reside in Lafayette, California. Chapter members unanimously elected Mr. Theophanous to represent them at their February meeting. The text of Mr. Theophanous' acceptance address follows.

*"I will be pleased to represent our Chapter at the convention which starts on July 21, 2024. A day before the beginning of the convention, on July 20, 2024, will be 50 years since Turkey invaded Cyprus. This dark anniversary will bring to mind many unpleasant memories.*

*On that day, I was the lieutenant commander of an artillery squadron stationed near Nicosia and finishing my 2-year draft service. Early in the morning our camp was attacked from the air and unfortunately, we lost three of our soldiers. Sotira and her family became refugees a few days afterwards.*

*So, being in Cyprus in July will be an opportunity to remember the barbaric invasion, continuing occupation, people familiar and unknown who lost their lives, and to reiterate that we will not forget our ancestral homes, occupied villages, towns, churches, and our cultural heritage."*

Order of AHEPA is the largest and longest standing Hellenic nonprofit organization in the world. It was founded in 1922 in Atlanta, Georgia, and has over 400 chapters worldwide. The Oakland Chapter was founded in 1928 and has 75 members in the East Bay Area, California.





The AHEPA Educational Foundation is proud to host the  
**2024 AHEPA Congressional Banquet**

Honoring members of Congress at the historic Mayflower Hotel in Washington, DC

**Wednesday, May 22, 2024**  
**6PM Cocktails; 7PM Dinner**  
(Black Tie optional)

**2024 Pericles Award Recipients**

US Senator Richard Blumenthal\* (D-CT)

US Senator Marco Rubio\*\* (R-FL)

Congressman Chris Pappas\* (D-NH)

Congresswoman Nicole Malliotakis\* (R-NY)

**2024 Socrates Award Recipient**

Congressman John Sarbanes\*

**Sponsorships:**

\$250 per ticket if sold individually

\$2000 per table of ten

\$5000 per VIP Table (special access to head table reception for ten)

\*Accepted invitation. \*\*Acceptance pending.

AHEPA GLOBAL HEADQUARTERS • 1909 Q STREET, NW. SUITE 500, WASHINGTON, DC, 20009  
202.232.6300 • FAX: 202.232.2140 • EMAIL: EVENTS@AHEPA.ORG

# WRDC 2024

**Western Regional District Convention**



**June 09 – 12  
RENO, NV**

**AHEPA-WRDC.ORG**

---

The local chapters of the Order of AHEPA and the Daughters of Penelope are excited to be a part of the AHEPA Family Western Regional District Convention to be held on June 9-12, 2024. This year's convention will be held at the Grand Sierra Resort in Reno, Nevada and will include members of the AHEPA Family from four Districts – 17, 20, 21 & 22 – encompassing 13 western states.

Through this event we will be publishing a Convention Album to help celebrate our venture, and as a means of fundraising to support our continued philanthropic efforts, including donations to local area charities, scholarships, etc. The album will reach AHEPA members and their families throughout our Districts and beyond. The convention is expected to attract approximately 250 delegates plus family members. Related activities, including a bowling tournament and a dinner dance, open to the public, will expand exposure to 300+ individuals throughout the Reno area as well as several hundred more from nearly 80 chapters throughout the districts.

AHEPA (American Hellenic Educational Progressive Association) is the largest Greek-American organization in the world and is a registered non-profit organization. The mission of the AHEPA Family (AHEPA and The Daughters of Penelope) is to promote Education, Philanthropy, Civic Responsibility, and Family and Individual Excellence.

Throughout its history, AHEPA's commitment to education has been well documented with over \$4 million endowed at the local, district and national levels toward the use of scholarships and a half-million dollars is awarded annually. Thousands of young men and women have benefited as recipients of AHEPA scholarships in our districts and your generosity will allow others the same opportunity with your assistance.

We invite you to showcase your business as a sponsor of our upcoming convention. There are four sponsorship levels that are available which includes various complimentary incentives. In turn, your name or business will be included on a pull up banner and displayed at the 2024 convention. Please look over the sponsorship form to decide whether you would like to become a Platinum, Gold, Silver or Bronze sponsor. The deadline is May 10, 2024.

On behalf of the entire AHEPA/DOP membership within the Western Districts, we appreciate your support! Please contact us with any questions.

Sincerely,

**Tom & Kathy**

Tom Chiarchianis and Kathy Leles  
WRDC 2024 Convention Chairs

Contact Information:

Tom Chiarchianis – Email: [59tommyc@gmail.com](mailto:59tommyc@gmail.com) - Phone: (209) 401-1179  
Kathy Leles - Email: [kleles@att.net](mailto:kleles@att.net) – Phone: (209) 815-2935



**AHEPA FAMILY SUPREME CONVENTION  
LARNACA 2024**  
JULY 21-27, 2024 · LARNACA, CYPRUS

**2024 AHEPA FAMILY SUPREME CONVENTION  
Hotel Room Reservation Information  
Valid for AHEPA Family Members ONLY**

AHEPA Global Headquarters, under the leadership of our Supreme President Savas C. Tsivicos, is delighted to announce the 2024 AHEPA Supreme Convention in Larnaca, Cyprus. We have diligently prepared for this once-in-a-lifetime convention, featuring events and programs that will enable our members to explore Cyprus to the fullest!

In 1974, Cyprus was invaded by Turkish troops, leading to the country's ongoing division. It is noteworthy that Cyprus is the only EU country occupied by a NATO member. In 2024, we recognize the 50th anniversary of this illegal invasion. Since 1974, AHEPA has collaborated with various Diaspora groups to raise awareness about this often-overlooked and tragic situation, consistently striving to facilitate a resolution for the 796 Cypriots who are still missing, and a possible resolution to the Cyprus question.

We hope you will be able to join us! Details about the room booking process are as follows:

- All members, delegates, alternates and AHEPA Family members must be paid in full at the time of reservation.
- Any individual that has not paid current dues is ineligible to reserve a room.
- Only one room may be reserved per reservation form, per paid member.
- Each room reservation requires a form and a deposit.
- A **\$250** room deposit is required with every reservation. \$100 of that is a credit that will be applied to your room at the hotel and \$150 of it is the AHEPA Supreme Convention Administrative Fee. A confirmation notice will be emailed to you once your reservation has been confirmed with the hotel.

**ROOM DEPOSITS ARE NON-REFUNDABLE & MAY ONLY BE MADE BY CHECK OR MONEY ORDER**

You will be responsible for paying the balance of your stay upon hotel check-in. There are a very limited number of rooms available at the special AHEPA member rate so secure yours today!

**Hotel:** Radisson Beach Resort Larnaca (Convention HQ)

**Room Type:**

- Classic Single: 195€ - One Person, One Bed
- Classic Double: 195€ - Two People, Two Beds
- Suites: 450€/daily - Two People per room. Prepaid to AHEPA HQ

Every hotel guest will be provided complimentary full buffet breakfast daily, included in your room rate. All state & local taxes will be added upon checkout.

Please note that there will be an additional charge of 90€ daily if you have a third person in your room which requires a cot.

\*Exclusive of all local taxes   \*\* **ONE ROOM PER MEMBER IN GOOD STANDING**

**102nd AHEPA Supreme Convention  
Larnaca Cyprus July 21-27, 2023  
Radisson Beach Resort Hotel**

**OFFICIAL WORKING PROGRAM – SCHEDULE SUBJECT TO CHANGE  
(Revised January 12, 2024)**

<b>Saturday July 20</b>	<b>Meeting Name</b>	<b>Room Name</b>
08:00AM -	AHEPA Staff Office	All Week
<b>Sunday July 21</b>		
10AM	AHEPA Office Bag Stuffing	
12:00pm– 05:00pm	DOP Grand Lodge Meeting	
12:00pm – 05:00pm	DOP Foundation Meeting	
01:00pm – 05:00pm	AHEPA Supreme Lodge Meeting	
01:00pm - 05:00pm	AHEPA Board of Trustees Meeting	
	<b>Free Night</b>	
<b>Monday July 22</b>		
08:00am	Buffet Breakfast Daily in Hotel Restaurant	
<b>08:00am-08:45am</b>	DOP First-Time Delegates Orientation ( <i>In General Session Room</i> )	
<b>09:00am-06:00pm</b>	<b>AHEPA General Session Begins- Swearing in of Officers</b>	
<b>09:00am- 03:00pm</b>	<b>AHEPA &amp; DOP Registration</b>	
<b>09:00am-06:00pm</b>	<b>DOP General Sessions</b>	
10:00am – 05:00pm	AHEPA Committees in General session room	
	Committee of the whole in General session room begins at 10AM	
	All Reports given to the Convention floor beginning at 12Noon	
	Legislative	Cyprus Hellenic Affairs
	Grievance	Hellenic Cultural Commission
	Resolutions Committee	National Projects Committee
	Educational Foundation	Publications Committee
	InternationalCommittee	Canadian Affairs Committee
	Athletic Committee	Cooley's Anemia Foundation
<b>08:000m-11:00pm</b>	<b>Official AHEPA Opening &amp; Welcome</b> ceremonies with remarks from President of Cyprus Nikos Christodoulides with local food and wine, at the "Kourion" theater in Limassol hosted by the Ministry of Culture. A concert and show of traditional Cyprus and Greek Music. AHEPA will honor the church of Cyprus, for over 1,978 years the Church of Cyprus has remained active on the Island, as well as a welcoming speech by the President of Cyprus!	
<b>Tuesday, July 23</b>		
08:00am	Buffet Breakfast Daily in Hotel Restaurant	
<b>08:00am</b>	<b>AHEPA Convention City Golf Tournament</b>	
09:00am-06:00pm	AHEPA Registration	
09:00am – 05:00pm	DOP Registration	
10AM	<b>AHEPA Tours-</b> The AHEPA and the Ministry of Tourism in Cyprus has worked on presenting various tours to various destinations on a daily basis. These tours will include internationally known destinations such as the tour of the Capital City of Nicosia, the Green line, the famous "Rock of Aphrodite", many churches and monasteries (Kykkos Monastery, Holy Monastery of Saint Neophytos the Recluse, Monastery of St John the Forerunner of Mesa Potamos and more) as well as golf courses and wineries.	
<b>8:00pm</b>	<b>The Tourism Ministry will host the AHEPA Family! AHEPA honorees include Ambassadors from several countries. Reception and entertainment will be provided. (depart hotel via bus)</b>	



## AHEPA VETERANS REGISTRATION

*AHEPA Medal for Military Service is awarded to all veterans in Honor of their service to the United States.*

“The Mission of the Order of AHEPA Veterans Committee is to archive and recognize all veterans of the Order and Hellenic community through sound communication and publication. Furthermore, to conduct fund raising and philanthropic outreach through a cohesive, limited, yet well defined activity that reflects well on the Order of AHEPA and brings credit to the organization at large.”

The AHEPA Medal for Military Service, approved by the 106th Congress, was presented to all AHEPA veterans present at the 34th Biennial Congressional Banquet, March 29, 2000. The Supreme Lodge then encouraged its districts and chapters to present this medal to its deserving veterans unable to attend this banquet. It is this committee’s intent to register AHEPA Veterans and have the AHEPA Medal presented at appropriate events at the District and Chapter levels. Funds collected through this effort cover medal production and other administrative costs to include shipping. Remaining proceeds will be donated to the Wounded Warrior Program annually.

Eligibility requirement for AHEPA Medal for Military Service includes Honorable Service and Discharge. Service includes Active Duty, National Guard, or Reserve status of the United States Armed Forces.

**Register online at [www.ahepaveterans.org](http://www.ahepaveterans.org).** File a copy with your chapter Secretary after registration is complete. Medals are normally shipped in the fall and in time for Veteran’s Day celebrations in November.



**Ahepa Service Dogs for Warriors**  
[ahepa-servicedogs.org](http://ahepa-servicedogs.org)

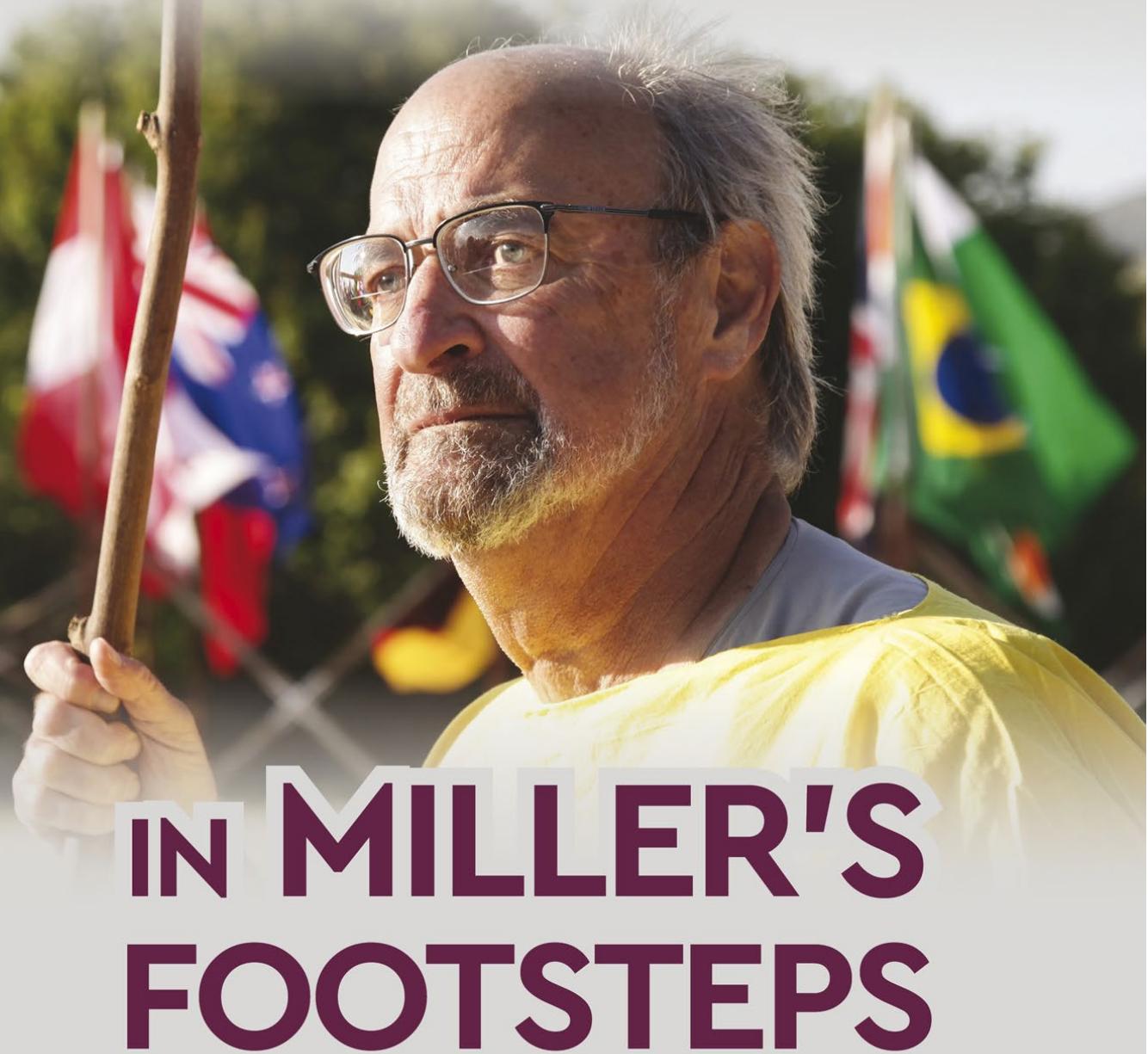


**Ahepa Veterans Affairs**  
[ahepaveterans.org](http://ahepaveterans.org)

Learn more about  
these and other  
National Projects  
by visiting  
[ahepa.org](http://ahepa.org)

# NEMEA 2024

## 28-30 JUNE



IN MILLER'S  
FOOTSTEPS

SOCIETY FOR THE REVIVAL OF NEMEAN GAMES

[www.nemeangames.org](http://www.nemeangames.org) | 2746024125

## Mediterranean Diet

Jennifer Barton - *Business Insider*

I've been following the Mediterranean diet for over a year, and I've learned ways to make it easier.



There are a few ingredients I always have on hand, including olive oil, plain yogurt, and tahini.

Planning meals ahead of time and diligently storing leftovers have helped me stick to the diet.

I've been following the Mediterranean diet for over a year and a half, and it's my favorite way to eat.

Traditionally, the diet is inspired by the countries bordering the Mediterranean sea and consists of high amounts of vegetables, fruits, legumes, whole grains, and seafood, alongside smaller portions of eggs and dairy.

Some people also include poultry and red meat, but I cut out all meat except seafood.

Before embarking on the Mediterranean diet, I was a junk-food queen. I was low on energy, bloated, and my skin managed to look both sallow and inflamed at once. Now I've completely converted, but there are still things I wish I'd done differently.

Before diving in, it's important to have a few go-to recipes at the ready

When I first decided to follow the diet, I threw myself in without really thinking about it. I didn't plan what food I'd need, prep anything in advance, or have any recipes to follow.

I wouldn't recommend this haphazard technique. In the early days of the diet, I wasn't eating balanced meals, and I was clueless as to how

interesting and varied my diet could be.

I've since learned that the best way to adhere to the Mediterranean diet is to allow yourself to enjoy a variety of dishes and try all kinds of new ingredients and flavor combinations.

Curating a selection of go-to recipes is really helpful for this, and I'd recommend checking out "The Complete Mediterranean Cookbook" from "America's Test Kitchen" or Yotam Ottolenghi's "Simple" for inspiration.

***Prepping food can prevent a lot of stress at mealtimes***

Though the Mediterranean diet doesn't have to be labor-intensive — store-bought hummus and pita bread with some falafel, cucumber, and tomato is a delicious lunch — I really started falling in love with this diet through cooking.

When I've made the meal myself and prepared the food in advance, I'm far less tempted to reach for something easy and junky.

This was an issue in the early days of the diet. At lunchtime, if I'd failed to prepare anything in advance, I'd end up grabbing something less healthy that I regretted later.

***I overlooked adding protein to my meals at first***



***Lentils are high in fiber, protein, and vitamins.***  
***Kate Brittle/ Getty Images***

If you're shifting over to a more plant-based diet, like I did when I started the diet, you need to be careful about getting enough nutrients, especially protein.

I didn't think about that enough in those early

months and spent the first few weeks feeling really light-headed.

But once I started consciously adding beans, lentils, eggs, and fish to my meals, I stopped feeling so hungry and dizzy all the time.

Batch-cooking meals can be time-consuming, but it gives me leftovers to enjoy later in the week

When I'm cooking my Med-diet-friendly meals, it typically takes me about half an hour to an hour to prepare a dish.

I always make a little bit extra now — something I regret not doing earlier on — because it's so easy to batch-cook and refrigerate or freeze any leftovers, which saves me a lot of time the next day.

Slowly cutting out different foods probably would've been better than overhauling my diet all at once

I underwent a rather extreme dietary change when I started the diet. From one day to the next, I cut red meat, white meat, and processed junk food.

For the first few days, I felt great, but then I had a craving for some store-bought cake — and I gave in.

On the whole, I was eating far healthier than I had a week prior, but I felt like I had failed.

Looking back, I wish I'd taken things slower at first, cutting out junk for a few weeks or months, then giving up red meat, then white. I also feel ridiculous for beating myself up over a slice of cake because it was completely natural to be craving it.

One of the best things about the Mediterranean diet is that after I followed it for a while, I stopped craving sugar so much. But that took time, and it doesn't mean I never treat myself to something more sugary or processed.

Cheese is one of the best parts of the diet, so I always have some at the ready

One of the best things about the Mediterranean diet is that I can eat cheese — in moderation, of course.

I love cheese, but I don't think I ever appreciated the value it adds to my meals before starting the diet.

I've learned that adding a sprinkling of delicious

cheeses like mozzarella, feta, or parmesan to my veggie salads makes me feel like I'm not missing out on anything, so I always have some on hand.

### Cheese



*Cheese can really elevate a veggie-based meal.*  
**Getty Images/Neilson Barnard**

To save a little hassle, I buy precooked quinoa and other whole grains

This whole journey has given me a more balanced diet, with protein, vegetables, and whole grains at every meal.

But it's not cheating if you don't cook all those things yourself. It's much more important to get them on the plate than it is to make them from scratch.

Anyone who's cooked quinoa can tell you that it's really hard to get the consistency just right. So while it might be more expensive to get precooked frozen or microwaveable pouches of whole grains, it's a lot easier for me to whip them up on busy days.

The diet can be relatively inexpensive

Starting a completely new lifestyle diet can be intimidating, especially when you start thinking about completely restocking your fridge and pantry.

But I've saved a fortune since starting on the Mediterranean diet — largely because I cut out meat and started buying more canned foods.

Chickpeas (also called garbanzo beans), butter beans, green lentils, and tuna are indispensable to my diet now, and they're usually under \$1 a tin.

**I always make sure to have plain yogurt on hand**



*I love eating yogurt as a breakfast, snack, or treat. Shutterstock*

Dairy isn't a huge part of the Mediterranean diet, but small portions of yogurt fall well within the parameters. And like cheese, it has become an indulgence that makes it easier for me to stick to the diet.

There's nothing like the combo of yogurt, honey, and pomegranate seeds for a sweet treat, and yogurt is ideal for mixing into olive-oil dressings when I want something a bit creamier.

Yogurt is also a quick and easy choice for breakfast with some fresh fruit slices and nuts.

**Herbs are essential to any good Mediterranean-diet meal**



*Using more herbs has helped me diminish my sweet tooth. Jennifer Barton for Insider*

I never knew that I could make food that was as flavorful and delicious as the meals I'd tasted on trips to Greece, Italy, and Israel. But that's because I wasn't using enough herbs in my cooking.

And as a bonus, the more kick I add to dishes with herbs like basil, oregano, bay leaf, and cilantro,

the more my sweet tooth diminishes.

Herbs can be pricey, but I've found that getting a couple of plants really helps. Snipping a few leaves saves me from having to buy fresh herbs weekly.

If you don't have a green thumb, you can also easily swap fresh for more wallet-friendly frozen or dried varieties.

Tahini has become one of my holy-grail items, so now I know to stock up on it

Tahini is one of the most versatile cupboard ingredients, and I definitely overlooked it at the start of my journey.

Made from ground sesame seeds, it can be used to make a variety of dips like hummus and baba ghanoush, dressings for salads and veggies, marinades for poultry, and even just a topping for whole-grain bread.

You can also save money by making your own tahini-based dips instead of buying supermarket varieties.

**Meals don't have to be complicated**



*This basic lunch was super easy and satisfying. Jennifer Barton for Insider*

Now that I've spent months and months following a Mediterranean diet, I realize I put too much pressure on myself to be inventive and exciting with every meal in the early days — which was exhausting and totally unnecessary.

Last week, I could find only spinach, tomatoes, and mozzarella in my fridge, and it took me about two minutes to throw them all in a bowl and toss

them with a drizzle of olive oil and some basil.

It was an ideal lunch, totally basic and delicious.

I was way too harsh on myself when it came to ‘unhealthy’ foods

I think the flexibility of the Mediterranean diet is one of my favorite aspects of it, and I wish I’d been less strict on myself in the early days and recognized that a bit more.

For example, I used to eat vast amounts of pasta, but when I first started the diet, I cut it out completely, worrying it was too unhealthy.

But now I’ve learned my lesson because the diet is so much more about versatility and moderation than it is about creating perfectly healthy meals.

I even made a Med-diet-friendly version of the popular TikTok feta pasta simply by swapping out the regular noodles for a whole-grain variety.

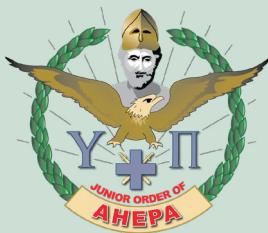
I no longer bother buying small bottles of olive oil — the bigger the better

I think the single most important ingredient in the Mediterranean diet is olive oil, which I now purchase by the bucketload.

Buying it in bulk is both cheaper and essential because I use it multiple times a day. It’s the oil I cook with, the garnish I drizzle over vegetables, and the essential ingredient in every dressing and dip.

I laugh at the old me who would spend a fortune on the tiniest bottle of olive oil because that was the only one that would fit on my shelf. Now, I’ve dropped all pretenses — my bulk-size olive oil sits on the countertop like the prized kitchen possession it’s become.





***Our Mission - To promote the ancient Greek ideals of Education, Philanthropy, Civic Responsibility, Family and Individual Excellence through community service and volunteerism.***

## ***Support Your Ahepa Traveler by being a Sponsor***

**Chapter Sponsorships**

**Individual and Group Tributes**

**Real Estate Sales and Rentals**

**Insurance - Business - Life - Health - Home - Car**

**Computer Services**

**Investment Planning**

**Retail Businesses - Restaurants - Food Markets - Home Furnishings**

**Beauty Salon - Barbershop**

**Automotive Sales and Service**

**Travel Services**

**Corporate Sponsors!**

### **AHEPA TRAVELER ADVERTISEMENT RATES**

**Quarter Page \$50 per year**

**Half Page \$100 per year**

**Full Page \$150 per year**

**Full Page Single Issue ad \$50**

**The AHEPA Traveler is published four times a year.**

**Fall/September - Winter/December - Spring/March - Summer/June**

**Mail AD (electronic version preferred) and CHECK (payable to Ahepa District 21) to:**

**Constantine Davlantes, District 21 Secretary**

**192 Kerry Drive - Santa Clara, CA 95050-6646**

**for more information call or email**

**805 895-4345 Email: constantine.davlantes@gmail.com**