

GOLDEN GATE DISTRICT NO. 21

Ahepa Traveler

CHAPTERS THROUGHOUT NORTHERN CALIFORNIA AND WESTERN NEVADA

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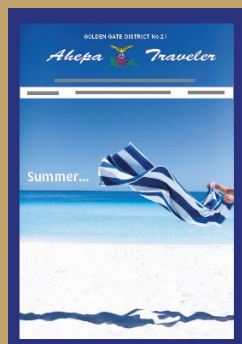
Fall...



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DECEMBER 1, 2026

A quarterly magazine
highlighting significant
events, achievements,
ideas & perspectives
from the Greek-American
community.



Across Generations, Across Continents...

In this issue, the Traveler celebrates the pulse, achievements and shared spirit of our AHEPA Family. From community milestones to national initiatives, and from cultural reflections to stories that travel across continents, each page carries the energy of people who shape and honor Hellenism every day.

Our journey begins in **Philadelphia**, where the AHEPA Family gathered for the 2026 Supreme Convention, a week of purpose, tradition and unity. There, the Traveler received the **First Place Award**, a distinction shared by every reader, contributor and supporter. This edition also includes **a tribute for October 28**, revisiting the **story of the cruiser Elli** through archival material presented publicly for the first time, offering new clarity to a defining moment of national memory.

Alongside this feature, we explore the Mediterranean diet, Maria Callas, natural disasters, Hellenism beyond boundaries, and the landscapes that connect Greece and America. Enjoy this issue's reflections and discoveries, a reminder of how our shared heritage continues to inspire, unite and move us forward.

The editorial team





TO
AHEPA TRAVELER
District 21
FIRST PLACE



In recognition as the Outstanding
Electronic News-Letter publication within the
Order of AHEPA domain.

Presented at the Supreme Convention,
July 26, 2026, Philadelphia. PA

Awarded by
The National Publication Board Committee

AHEPA Traveler. A First Place Award That Belongs to All of You.

To those who write.

To those who share stories.

To those who await every new issue.

To those who keep the heart of AHEPA alive
through participation, ideas, and generosity.

This award is the reflection of your voice,
your passion, your presence.

You are the soul of the Traveler.

Thank you for giving this magazine its
character, its warmth, and its purpose.

This first-place award is yours.

And it is only the beginning.

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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 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 sectarian religious discussions are prohibited in any official deliberations thereof.

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District Governor's Message



Dear Brothers and Sisters of the AHEPA Family,

On behalf of the District Lodge of the Golden Gate District 21 I wish you a happy summer season and look forward to an exciting National Convention in Philadelphia!

As we celebrate the 250th anniversary of our great democracy it is important to remember the contributions of our forefathers and the necessary sacrifices that are required to keep and grow such a dynamic and unique institution. Let us never forget that the blueprint for America's last 250 years would not have been possible without the contributions of our Hellenic ancestors!

I look forward to working with our new District Officers. We have the right combination of knowledge, talent and strong work ethic to evolve and grow our family for the good of the order. We remain dedicated to honoring the values and virtues that have kept our family vibrant for nearly 100 years.

I am particularly proud of our ever-expanding Philanthropic efforts. We continue to donate service dogs for our veteran community, provide scholarships for our youth, we continue to be active leaders within our respective churches and much more. I am very proud of the good will and comradery that continues to make all this possible.

Fraternally,

Golden Gate D21 District Governor



District Governor's Message



Celebrating America's 250th Birthday at the 2026 AHEPA Supreme Convention in Philadelphia, Pennsylvania was well organized and orchestrated events with the DOP business sessions being very constructive. The events included receptions at the Philadelphia Art Museum, Liberty View Center Independence Hall, Battleship New Jersey AHEPA Family Athletic luncheon, AHEPA Family Awards Brunch DOP Salute to Women and the Supreme/Grand Lodges installation was held at the Union League club of Philadelphia. If you're not aware, the Order of AHEPA subsidizes a portion of each AHEPA Family paid delegate registrations. Congratulations to the D21 AHEPA Traveler for being awarded the "1st Place Best District Electronic Publication". AHEPA D21 DG Dennis Davis, and I accepted the award on behalf of our district. The Daughters business session included legislation changes to eliminate the Board of Governors positions and establish an Internal Audit Committee consisting of three (3) elected chapter members. This committee has been added to the Chapter Standing Committees, and its three (3) members will be elected yearly. DOP Headquarters did email to all on August 11, 2026, about this change and provided a link to the additional 2026 Legislation changes which include National obligations, and Supreme Convention Delegate Election forms submission dates have changed. I will be attending the District Governor Seminar in DC on September 19, 2026.

District Fall Conference: Will be held hosted by the San Jose AHEPA Family on Saturday, October 24 at St Nicholas Church. The DOP Lodge will be conducting a chapter officer's forum. All members are welcome and encourage the chapter officers to attend.

2026 WRDC: Even though it was continuously stated the 2026 WRDC was being held in Arizona, the destination has yet been determined.

Chapter Visitation schedule is forthcoming.

EOS #1 Founders Day Luncheon has been scheduled a bit earlier than usual. Mark your calendar for Saturday, November 7, 2026, at the Basque Cultural Center, South San Francisco, CA. 94080.

Past District Governor's League has scheduled a Scholarship Fundraiser Cruise between October 3-10, 2027. Flyer will provide all the information needed to join this enjoyable trip.

Joanne Booras, PCP
Golden Gate D21 District Governor

The Community pulse





In Philadelphia, the city where the pulse of American democracy beats strongest, the AHEPA Family gathered from July 21 to 27, 2026 for a convention that brought together history, tradition, and the modern Hellenic presence. Between the stone paths of Independence Hall and the timeless silence of the Liberty Bell, the city offers a sense of dignity and steadiness. A place where the values of freedom regain meaning through collective action.

The Supreme Convention unfolded as a week filled with institutional work, culture, and heartfelt moments. From the America the Beautiful Reception at the Philadelphia Art Museum to the Bouzoukia on the Battleship aboard the historic **USS New Jersey**, AHEPA members honored veterans, elevated new leaders, celebrated excellence, and gave space to the younger generation to showcase its work.

At the center of the week stood the major recognitions of the Grand Banquet, along with the elections that reaffirmed the continuity of leadership: **Supreme President E. Chris Kaitson was re-elected**, as was the **Grand President of the Daughters of Penelope, Antoinette Marousis-Zachariades**, offering stability and a clear direction for the year ahead.

The **104th Supreme Convention** was a vivid reminder that Hellenic heritage remains an active force at the heart of American democracy.

In the video that follows, you can enjoy moments from the convention, the rhythm, the joy, the encounters, and the energy that filled Philadelphia for an entire week.





District 21 Governors Joanne Booras and Dennis Davis receive the award

At the AHEPA Supreme Convention in Philadelphia, AHEPA Traveler, received the **First Place Award**. An honor that celebrates its long history and its contribution to the Hellenic community of the West Coast.

Since 1950, the Traveler has been published continuously, capturing the life, activities, and stories of Greeks who built a vibrant community across the region.

Each issue serves as a bridge between generations, highlighting people, memories, culture, and moments that shape the mosaic of Hellenism in America.

The recognition in Philadelphia affirms the value of this journey and the dedication of everyone who works to keep the Traveler a living, evolving institution of the AHEPA Family.



Foula Vasilogiorgis, PDG



Foula Vasilogiorgis, PDG



George Booras, PST - Joanne Booras, DG/PGP - Helen Sexton, PDG - Bob Sexton PSG



Dennis Davis, DG - Bob Sexton, PSG - George Booras, PST



AHEPA and DOP delegates



Dr George McClure, SG - Wynn Storton, PSG

Honoring William “Bill” Christie

by the AHEPA Traveler Editorial Team

Bill Christie left behind work that endures and light that continues to guide our community. For decades, his presence shaped the Greek community of the West Coast, the AHEPA family, and the AHEPA Traveler, which he served with devotion, grace, and a rare quality of character.

Bill passed away on June 16, 2026, surrounded by the love of family and friends. Until his final day, he held in his hands the newly refreshed Traveler, **the publication that had been part of his life** for more than twenty years. He read it with the same care and curiosity he had when he edited it, as if wanting to make sure that the flame he ignited would continue to shine.

Born in November 1930 in Spokane, Washington, Bill grew up in a large, close-knit Greek family. The youngest of six children, he learned early the value of hard work, service, and unity. In Modesto, where the family settled, he worked in the family grocery stores, excelled in athletics, and continued his studies at UC Berkeley, earning his degree in biochemistry in 1953. He then served in the U.S. Army at the Presidio in San Francisco, followed by a successful professional career in industry and entrepreneurship, founding his own printing business.



His personal life was a story of love and steadfastness. With Georgia, his childhood friend, he built a family filled with warmth, joy, and a deep sense of belonging. Their three children and three granddaughters were his greatest pride. Family gatherings, travels, reunions, these were moments that filled Bill’s heart.

In the San Jose community, Bill was a pillar. His presence at St. Nicholas Greek Orthodox Church was transformative: he supported the growth of the parish, helped establish the beloved food festival, and founded the Father Berris Memorial Golf Tournament, a tradition that continues to cultivate brotherhood and friendship. He also served AHEPA with consistency and integrity, taking on leadership roles and offering time, knowledge, and heart.

Above all, he was the Editor of the AHEPA Traveler.

For more than twenty years, Bill edited every issue with care, humility, and a quiet strength that defined his life. The magazine was, for him, an act of service — a way to unite people and highlight the best of our community.

Those who knew him speak of a man with a warm smile, steady words, and a generous heart. A man who supported without seeking recognition, who helped without expecting anything in return, who gave time, thought, and love in ways that left a lasting imprint.

Bill Christie’s legacy lives in the pages of the Traveler, in the work he created, in the people he touched, in the communities he strengthened, in the families he supported, and in the moments he made brighter with his presence. It lives in the belief that service is an act of culture, and that virtue finds its meaning when it serves the common good.

And this is how we remember him: with gratitude, with respect, and with the sense that his life was a quiet force that connected people and left behind light.

In the presentation that follow, you can explore photographs and moments from Bill Christie’s life. Images that complete the imprint of a journey defined by service and a luminous presence. Click the two links to view the collections.

Presentation

May his memory be eternal.

Journey to Greece 2026

The Energy, The Joy, The Experience

The Journey to Greece 2026 program concluded with vibrancy and heartfelt excitement, leaving participants with experiences they will carry for a lifetime. From the road trips across the Peloponnese to the warm evenings in Athens, students immersed themselves in Greece through its history, art, gastronomy, and contemporary culture. They explored Mystras and Ancient Olympia, walked streets where centuries meet, attended theatrical performances with the Acropolis as their backdrop, and discovered Greek hospitality through authentic local communities.

Once again, Journey to Greece proved **that experience is the most powerful form of learning**. A living bridge between knowledge and the Greece that breathes, inspires, and welcomes.

Watch the video below to feel the pulse, joy, and energy of the students, captured through moments that speak for themselves.



DAUGHTERS OF PENELOPE ELIS 89

Celebrating Sisterhood Service Hellenism

by Caroline Moassessi, Secretary ELIS 89

Throughout the year, our Daughters of Penelope found many wonderful reasons to gather, serve, and celebrate together. From working side by side in the kitchen to sharing tea, mezze, cocktails, and a summer picnic, each activity strengthened the friendships, traditions, and spirit of fellowship that make our community so special.

DOP Bake Sale: Stronger together

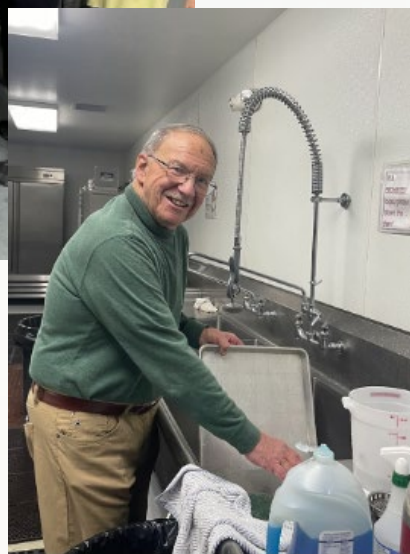
ELIS 89 celebrated its best Christmas Bake Sale yet! Orders rolled in steadily, and in just two-and-a-half days sisters, mothers, daughters, friends and a few AHEPANs, turned teamwork into trays of beloved Greek sweets. From baklava and kourabiethes to melomakarona and baklava cookies, we proved once again: *we are stronger together! We hope our next bake sale will be even better!*



Andrey and Vicky, our mother-daughter dough masters



Marilyn, Valerie, Olga and Athena cupping baklava



Dr. John taking on KP duty

Photo credit: Yurie Pauls

A Greek High Tea with Heart

Our 6th Annual Greek High Tea welcomed 60 sisters, family members, and friends for an intimate afternoon of connection and Greek hospitality. Homemade Greek favorites filled the tables while our AHEPAN brothers graciously served tea and plates—a lovely celebration of fellowship, friendship, and philoxenia.



V. Mathew, L. Eliopoulos, A. Dallas, Guest 1, Guest 2 and Maria Alexandridou



Maria Alexandridou and Dr. Yiota Matsukas



Dr. Yiota Matsukas (Left end), Stephanie Tsanas and Nikki Feister, Stelani Wood, Maria Hatjopoulos (Table head) – remaining are guests of Nikki Feister.

Photo credit: Yurie Pauls

Mezze, Cocktails & Greek Spirit

Linda and George Eliopolous welcomed a packed house of Daughters and AHEPAns to their beautiful garden for mezze, cocktails, homemade wine, laughter, and fellowship. Gatherings like this keep the Greek diaspora vibrant—bringing generations together through food, friendship, tradition, and the Hellenic spirit we proudly carry forward.



AHEPA Family Picnic: Summer, Served Greek-Style

Dr. John and Joan Lagios graciously hosted our annual AHEPA Family Picnic, where Dr. John fired up the grill and guests brought delicious sides and desserts to share. Great food, laughter, and fellowship made for a perfect summer afternoon filled with AHEPA family spirit!



John Copoulos sporting his dad's AHEPA Fez cap

Photo credit: Yurie Pauls



Camille and Angelo Sakelaris; Strati Tsanas; Dr. John Lagios; George Pauls; John Copoulos



Nancy Otis; Sam and Athena Dallas; Dr. John Lagios; Stelani Woods; Stella Pappas

The Insight



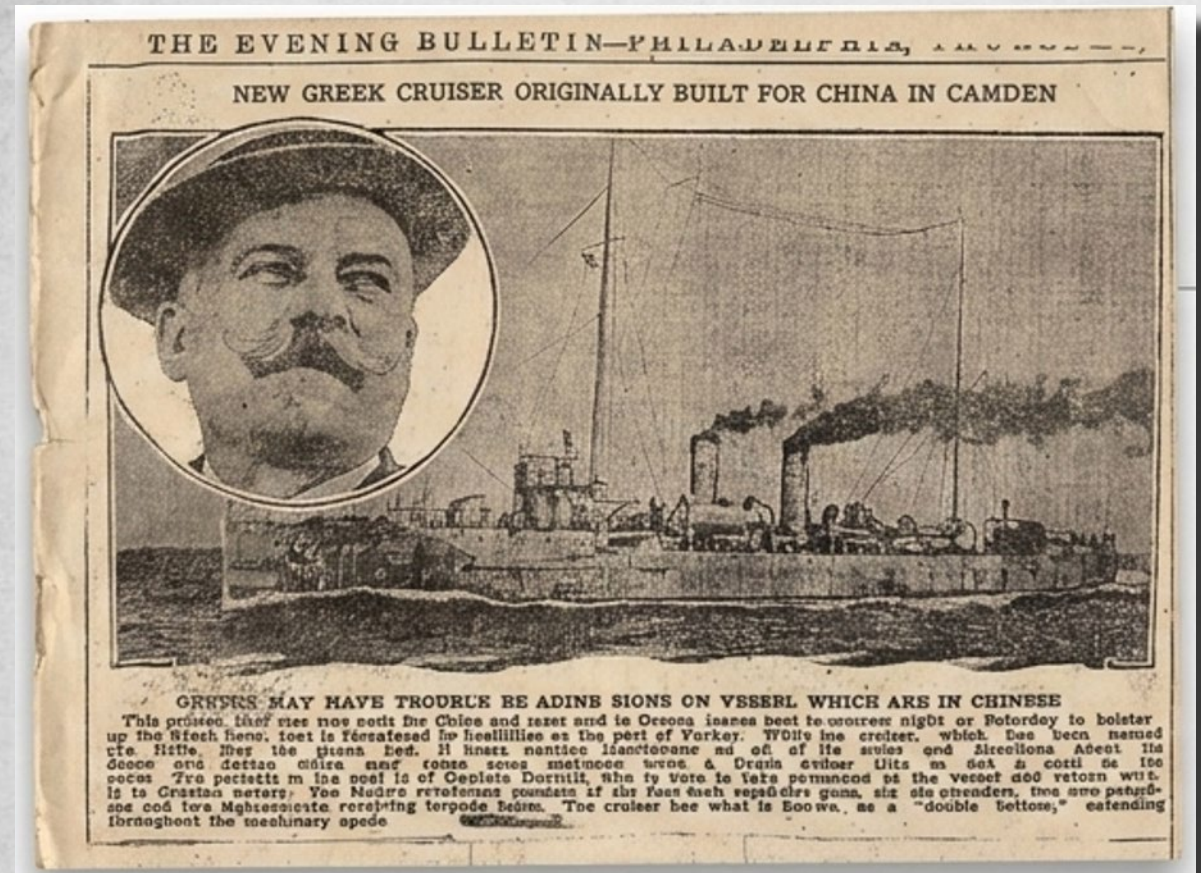
The Greek Ship “Elli”

by Dr. George Zioulas, PSG



From Camden to the Soul of Greece

In **1914**, at the shipyards of **Camden, New Jersey**, a vessel built for China found her true destiny under the Greek flag. The **cruiser Elli**, originally the Fei Hung, the graceful “Flying Swan”, was acquired by Greece in a moment of strategic clarity and national determination. Under the command of **Captain Alexandros Douroutis**, she crossed the Atlantic carrying the strength of her steel and the hopes of a nation.



When the Greek crew arrived in America, they discovered every sign on board written in **Chinese**, a vivid reminder of the ship’s extraordinary journey from East to West. **Guided by Douroutis’s discipline, humanity and unwavering devotion to his sailors**, the Elli quickly transformed into a living academy of seamanship and leadership.

Her decks shaped officers who would go on to serve Greece with honor, reflecting the captain’s belief that a ship is a place where character is forged.

Her departure from Camden was marked by a deeply moving ceremony. The Greek-American community immigrants who had crossed oceans seeking opportunity, presented Captain Douroutis with a magnificent silken Greek flag. For them, the Elli symbolized the rebirth of their homeland and the pride of a diaspora that never forgot its roots. ***"A symbol of loyalty and love for our Motherland,"*** they wrote, as the flag rose above the cruiser's gleaming hull.

The Evening Bulletin.

Pres. Vic. Be. H.L. THE EVENING BULLETIN, JUNE 18, 1914. Printed at the Bulletin Office, 1000 Baitlo.

NEW GREEK CRUISER ORIGINALLY BUILT FOR CHINA IN CAMDEN

CAMDEN, THAT WAS FIRST BUILT FOR CHINA N CHINESE

This Signs Is Bice Pas Blaned To Gamen in Greece.

This cruiser, that was first built for China and later sold to Greece, leaves here tomorrow night at midnight. . . It leaves Camden tomorrow on all of its days and sometimes about its docks and piers, which was once more crowded when a Greek officer tried, almost from a water boat in the water, to get a shot at the vessel. The picture is the one of Captain Durutti.

On arrival in the port of Greece, the vessel was met by a large number of people, and the captain was received with great honors. The vessel was then taken to the harbor, and the captain was allowed to go ashore. The vessel was then taken to the harbor, and the captain was allowed to go ashore.

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CAPTAIN GREEK DURUTTI



CAPTAIN DURUTTI.

GREEKS MAY HAVE TROUBLE READING SIGNS ON VESSEL

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For decades, the Elli sailed proudly, embodying courage, unity and national dignity. On **August 15, 1940**, while anchored in Tinos for the Feast of the Virgin Mary, she was struck by an Italian submarine. The moment transformed her into a sacred emblem of faith and resilience, inspiring Greece's collective resolve in the days that followed.



In the following video, you can watch the ship's history unfold through original records and century-old photographs. An evocative journey into the world of the Elli, from the shipyards of Camden to the seabed of Tinos.

The Cruiser That Became a Legend

An archival video of the Greek Cruiser 'Elli' (1912-1940)

The Elli remains a timeless testament to Greece's unbreakable spirit and to the enduring bond between the homeland and its children across the ocean.

The history of the Elli is documented through the preserved private archive of **Christos Zioulas**. The archive includes original correspondence, press clippings, technical notes and photographic material related to the cruiser. This collection, maintained over several decades, is presented publicly for the first time.

HELLENISM BEYOND BOUNDARIES

by Peter Arvan Manos, AHEPA Mother Lodge, Chapter #1, Atlanta

Shortly after a four-day stay at Mount Athos, I watched [The Odyssey](#) at a packed movie theater in a suburb of Athens. Advice from a monk about the importance of staying focused on our spiritual life helped me avoid getting wrapped up in all the arguments related to the Christopher Nolan's casting of [Lupita Nyong'o](#), an actress of Kenyan ancestry, as Helen of Troy.

Interestingly, ethnicity was, for me, irrelevant, when it comes to the sources of my deepest insights into Hellenism: My greatest debts in this regard are to two writers from the West Indies: Derek Walcott and C.L.R. James.

In his [1992 Nobel Prize acceptance speech](#), Walcott said:

*"Break a vase, and the love that reassembles
the fragments is stronger than that love
which took its symmetry
for granted when it was whole."*

Walcott did not view Homer's Greek epics as an exclusive fortress reserved for native Greeks; he saw in them a living language capable of giving voice to his experience. In his poem [Sea Grapes](#), a Caribbean schooner sailing home becomes Odysseus on the Aegean, proving that the ancient struggle between obsession and duty belongs to all humanity.

His poem pointedly concludes with the line:
"The classics can console. But not enough."



Derek Walcott Winner of the 1992 Nobel Prize for Literature
(Photo courtesy of Michiel van Kempen, secretary and thesaurier of the Werkgroep Caraibische Letteren; and the photographer Usha Marhé)

The Trinidadian historian C.L.R. James, in [Beyond a Boundary](#), wrote masterfully about how ancient Greek civic values and athletics laid the foundation for modern human expression.

"The Greek lamp burns today as steadily as ever,"
he wrote.

I highly recommend readers look at C.L.R. James' wonderful descriptions of Olympic Games ([Link: See pages 153-155](#)). James understood that the core of the Greek genius was not tribal lineage, but the public celebration of human excellence, democracy, and open competition.

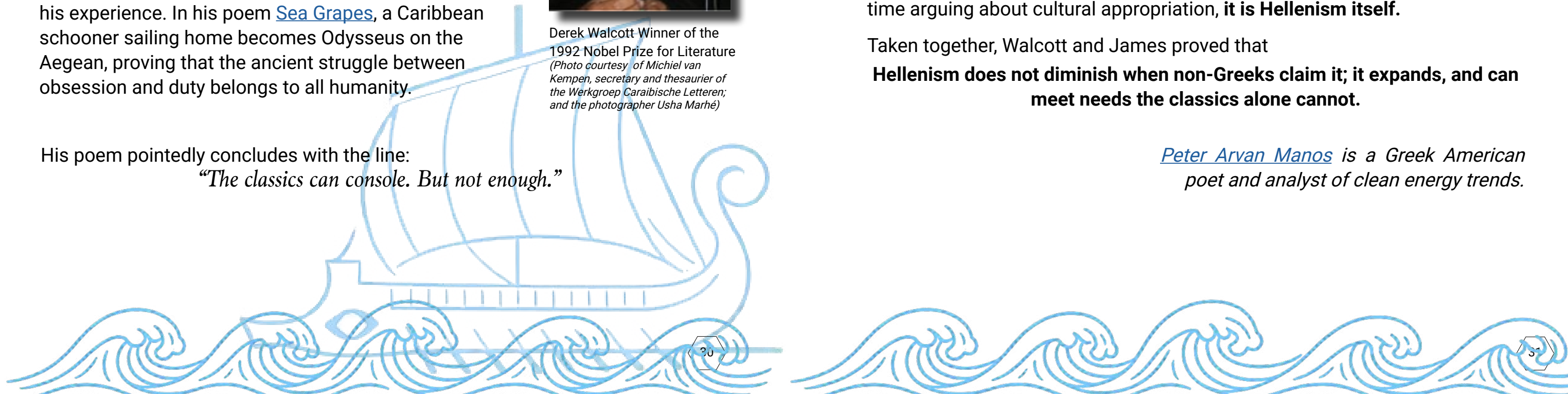


C.L.R. James, Author of the book "Beyond the Boundary"
(Photo by Val Wilmer)

If there is anything in the world that is an antidote to tribalism or to wasting time arguing about cultural appropriation, **it is Hellenism itself.**

Taken together, Walcott and James proved that
Hellenism does not diminish when non-Greeks claim it; it expands, and can meet needs the classics alone cannot.

[Peter Arvan Manos](#) is a Greek American poet and analyst of clean energy trends.



THE ODYSSEY OF WATER

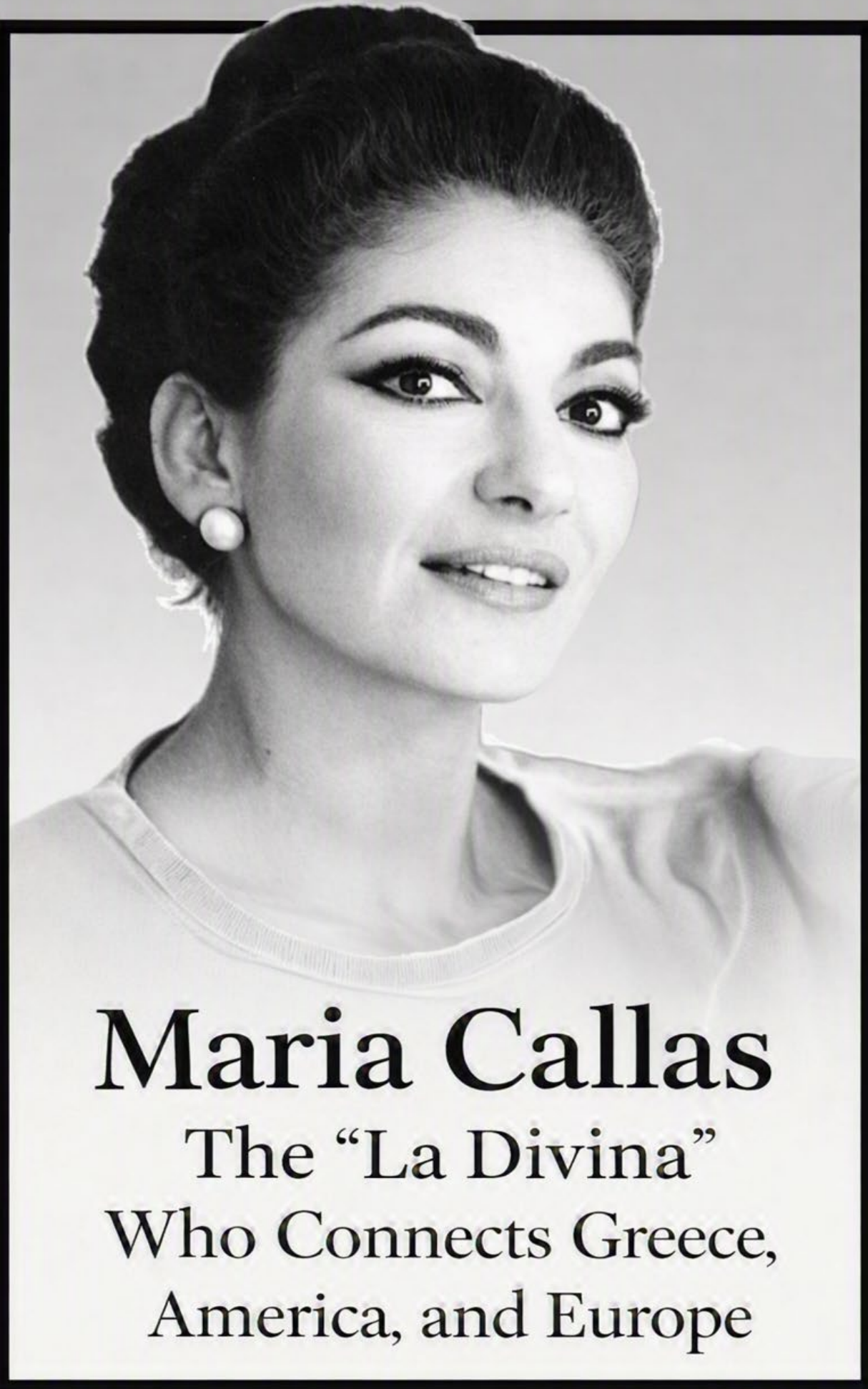
From the Colorado River to the Memory of Ancient Greece

By Elena Mourelatou

Water accompanies humanity the way the sea accompanies Odysseus: a living force that shapes journeys, tests endurance, and reveals deeper truths about nature. In Homer's *Odyssey*, Poseidon's storm, «*τάραξε δὲ πόντον*», "he stirred the sea", expresses the ancient Greek idea that water carries its own rhythm and memory. Charybdis, who "three times a day swallows and three times releases," becomes a poetic image of a hydrological cycle in perpetual motion, while the spring of Ithaca symbolizes return and belonging. These motifs resonate today, in an era when climate change reshapes the world's water balance. Even Christopher Nolan's recent film *Odyssey* reflects this timeless relationship, portraying water as a force that stores memory and guides human destiny.

In our time, the Colorado River stands as one of the clearest examples of a water system under profound pressure. According to the U.S. Bureau of Reclamation's Colorado River Basin August 2023 24-Month Study, prolonged drought and rising demand have significantly reduced the river's levels, prompting discussions about limiting water deliveries to states that depend on it for drinking water and agriculture. The shrinking river becomes a contemporary Charybdis, revealing the sensitivity of the hydrological cycle and urging new practices of conservation, recycling, and adaptive management. Just as Odysseus sought a river in Scheria to regain strength, modern societies seek new sources of hydrological resilience.

The allegory between Homer's epic and today's water reality offers a powerful message: water is civilization's most precious resource. Every drop preserved, every river restored, every community that invests in the wisdom of water shapes a brighter future. Odysseus' journey reminds us that water writes both the first and last chapter of every era and those who honor it chart their own path toward a luminous tomorrow.



Maria Callas

The “La Divina”

Who Connects Greece, America, and Europe

The **European Central Bank** is preparing the **new generation of euro banknotes**, selecting in the Portraits category a series of emblematic figures, among whom Maria Callas stands out. This decision brings to the forefront a personality who connects three worlds in a uniquely meaningful way: Greece, America, and Europe.

Callas, born in New York to Greek parents, represents a vivid example of how Hellenism travels, creates, and shines across borders. Her journey from the American metropolis to the great European stages, such as La Scala in Milan, reflects a life devoted to art and to the pursuit of expressive truth.

Her talent combined vocal mastery with deep dramatic intensity. Every performance had the power to transform the space, uniting audience and stage in a shared moment of emotion. “La Divina” became a symbol of lyrical art, as well as a cultural bridge linking Greek heritage with American creativity and European artistic tradition.

With her presence on the new banknotes, Europe honors a woman who brought Greece to the global spotlight while also highlighting the story of Greeks in America. Each banknote will carry a message:

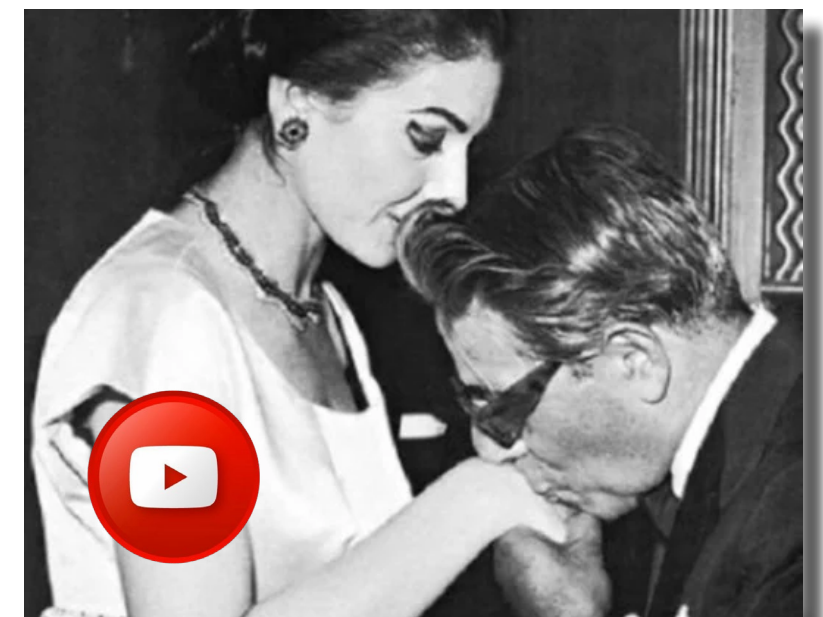
Hellenism travels, inspires, and connects.

You can explore the full set of banknotes on the official website of the European Central Bank, where the complete visual series is available for viewing.

European Central Bank.
New Euro Banknotes



We also recommend this remarkable video that sheds light on lesser-known aspects of Maria Callas’s life through rare photographs and archival material. The film explores how love, betrayal, and personal renewal shaped the journey of a woman who transformed opera and left an enduring mark on global culture.



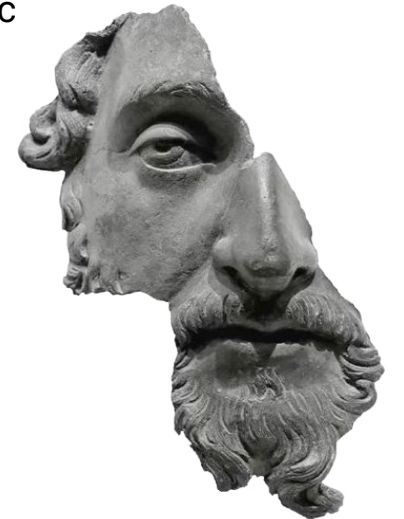
The power



of “us”

The **International Day of Charity (September 5)**, established by the United Nations in 2012, serves as an annual reminder that giving is a universal language that brings people and communities together. Philanthropy is a profoundly **Greek word**, “**φίλος & ανθρωπος**” (friend and human), an idea that, since antiquity, expresses love for one’s fellow human as a way of life.

In **Aeschylus**, Prometheus is described as philanthropic because he offers fire to humanity, gifting knowledge, hope, and possibility. For **Plato**, philanthropy is a form of wisdom, the ability to see the other as an extension of oneself. **Aristotle** connects it with kindness and justice, believing that virtue gains meaning when it serves the common good. In **Byzantium**, philanthropy evolves into an organized institution, with hospitals, orphanages, and schools functioning as structured expressions of care, while the title philanthropos is bestowed upon emperors as a sign of leadership devoted to the human being.



Since 1922, AHEPA has embraced Philanthropy as one of the four foundational pillars of its mission, alongside Education, Brotherhood, and Democracy. For the organization, philanthropy represents selfless offering, social responsibility, learning, and moral leadership. AHEPA supports Greece in pivotal moments, from natural disasters to social programs and scholarships, transforming the Greek virtue of giving into an international mission that travels beyond borders and connects communities across the world.

Philanthropy is a pure form of human connection.

From Prometheus to modern civic organizations, it expresses the belief that knowledge, generosity, and solidarity are forces that unite. In Hellenism, philanthropy is an act of culture, the awareness that the well-being of one is intertwined with the well-being of all. AHEPA’s global presence continues this tradition, showing that offering becomes a radiant bridge between people and cultures.

Within the International Day of Charity, the Greek word gains global strength.

The power of us, inspiring, connecting, and shaping communities with heart and vision.

Winds of Wisdom



NATURAL DISASTERS AND HUMAN RESILIENCE

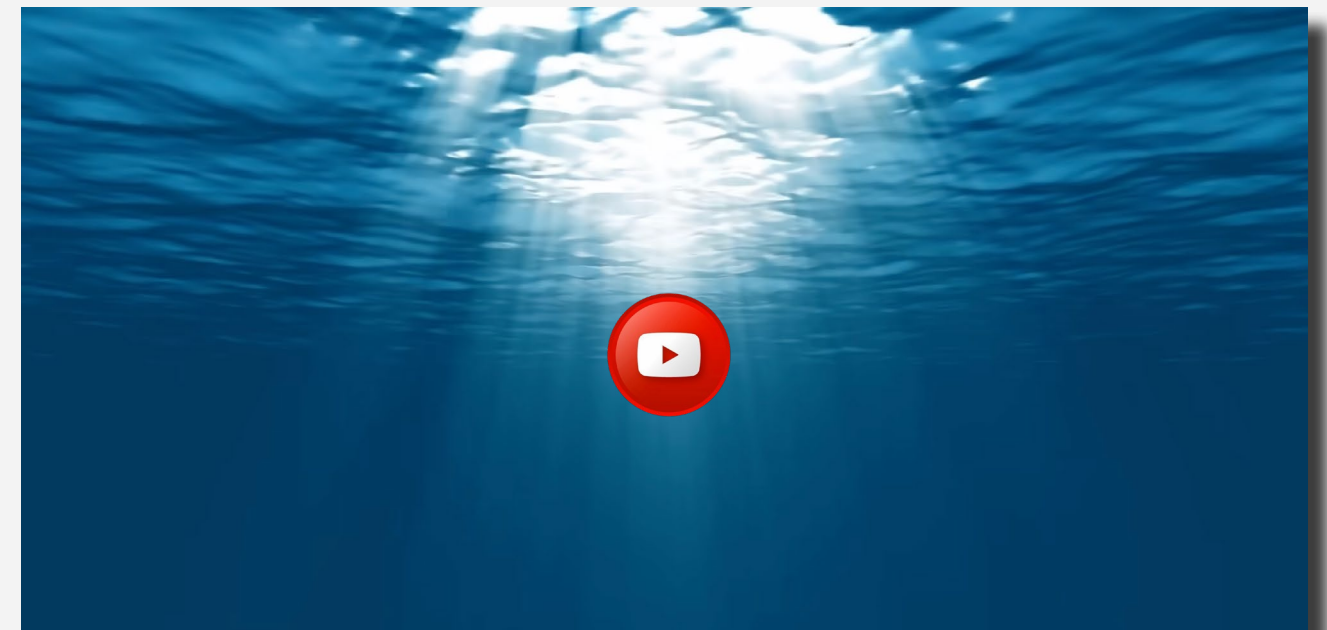
The International Day for Disaster Risk Reduction on **October 13** reminds us that societies continually refine their understanding of natural phenomena to strengthen resilience. Recent data highlight this urgency: in the United States, 2023 saw **28 natural disasters over one billion dollars, causing \$92 billion in damages and 492 fatalities**, according to NOAA, a stark indicator of intensifying climatic pressures across diverse landscapes.

Greece faces its own challenges, shaped by seismic activity, hydrological variability, and increasingly frequent wildfires, prompting new approaches to risk management and community preparedness.

Ancient Greek thought offers a unique foundation for this discussion. Plato, through the myth of Atlantis, presents one of the earliest philosophical narratives of major natural transformation. The Flood of Deucalion reflects ancient memory of catastrophic inundations, while the natural interpretations of Aristotle and Anaxagoras introduce the idea that nature's phenomena can be studied, anticipated, and understood through systematic observation.

The International Day for Disaster Risk Reduction invites us to look at the world with open eyes: to recognize the power of nature and our own capacity to listen, learn, and adapt. Resilience is culture, it is memory, it is the deeply human inclination to transform the unpredictable into a pathway toward a brighter tomorrow.

The accompanying video presents the myth of Atlantis through Plato's Critias, offering a concise visual reflection on one of humanity's earliest depictions of a great natural event.





MEDITERRANEAN DIET: *GREECE'S Timeless Wisdom*

On November 16, the international community celebrates the World Mediterranean Diet Day, a tribute to a way of life that highlights balance, simplicity, and quality. For Greece, the Mediterranean Diet represents a cultural continuum that begins in antiquity and evolves through the centuries. Texts by Hesiod, Athenaeus, and Galen reveal a culinary world filled with fresh ingredients, seasonality, and moderation, elements that continue to define modern Greek cuisine.

During the Classical period, Greeks enjoyed two daily meals: the morning *ariston*, with bread, olive oil, fruit, and wine, and the evening *deipnon*, a rich experience featuring small dishes reminiscent of today's *mezedes*: shellfish, fresh seafood, salads, vegetables, and fruit. The main course often included fine fish, salted delicacies, and meat. After dinner came the *symposion*, a ritual of taste and companionship, with honey, nuts, aromatic sweets, and wine diluted with water, a practice that inspired endless conversation.

Modern science recognizes the Mediterranean Diet as one of the most balanced nutritional models worldwide. Olive oil, vegetables, fruits, legumes, whole grains, and fish create a lifestyle that supports cardiovascular health, enhances well-being, and contributes to vibrant energy. Its philosophy celebrates shared experience, the joy of gathering around a table, and food that tells stories of landscapes and seasons.

Ancient Greece continues to inspire the modern world with a philosophy of taste that connects eras and people. From *ariston* and *deipnon* to today's Mediterranean tables, Greek tradition offers a way of life filled with harmony, quality, and joy. As the *Odyssey* recounts, "Eumaeus served Odysseus the well-roasted meat, sprinkled with white barley meal" (Book XIV), an image that reflects the warmth of hospitality and the value of simple, authentic food. This wisdom remains alive today, illuminating every contemporary expression of the Mediterranean Diet.

Watch a modern recreation of "*Odysseus's Roast Pork*":



THE VOICE THAT BUILT THE WORLD



September 15 marks the International Day of Democracy. A global celebration established by the United Nations to honor a system of governance that unites societies, encourages participation, and gives space to every citizen's voice.

Democracy was born in Athens, on a hill overlooking the Aegean Sea. At the Pnyx, citizens gathered to discuss, reason, and decide their common future. The process was open, participation was active, and responsibility was shared. The idea that a society could define itself through dialogue and vote became one of humanity's most luminous achievements.

Today, more than 100 countries operate under democratic systems, and over 4 billion people take part in elections and institutions built on the principle of popular sovereignty. Every parliament, every public debate, every vote continues a tradition that began in ancient Greece and traveled across the world.

Democracy is a living framework that empowers every citizen with the right to choose, the right to shape leadership, and the right to participate in the collective future.

This year, that principle becomes especially vivid: the United States will hold its national elections in November 2026, while Greece prepares for its next parliamentary elections, inviting citizens, including those living abroad, to exercise their democratic right.

For readers who wish to explore official information about voting procedures:

U.S. Elections (November 2026): [vote.gov](https://www.vote.gov)

Greek Parliamentary Elections Voting for Greeks Abroad: apodimoi.ypes.gov.gr

The International Day of Democracy reminds us that democracy is a living work in progress. The legacy of Athens teaches that the people's voice remains the most legitimate source of power and that active participation is the foundation of every free society.

Velventos :



The Heart of the Pieria Mountains

Velventos, resting at the foothills of the Pieria Mountains, unfolds like a living page of Greek nature and history. It is a place that breathes through the continuity of centuries, from the Neolithic era to today, holding the memory of human presence carved into stones, inscriptions, and post-Byzantine temples that illuminate Macedonia with their timeless harmony.

From this land comes **Stamatis Kleanthis**, the architect who shaped modern Athens, offering Velventos a distinct place in the story of Greek urban vision.

Within its natural body flow the **Aktaraktés**, the waterfalls born from the hydrological basins of the Pieria range. Water glides over schist and limestone formations, creating cool microclimates full of life. Among the broadleaf trees and shaded clusters lives the freshwater shrimp *Atyaephyra desmarestii*, small, translucent, and precious, a natural indicator of purity that reveals the clarity of the waters and the integrity of the ecosystem.

Velventos is a bond. Since the early 20th century, the people of Velventos who **journeyed to America** have carried their homeland in their hearts, building a bridge between two homelands. They return each summer, support local projects, and bring with them memory and affection, a sense of continuity that honors the history and soul of the place.

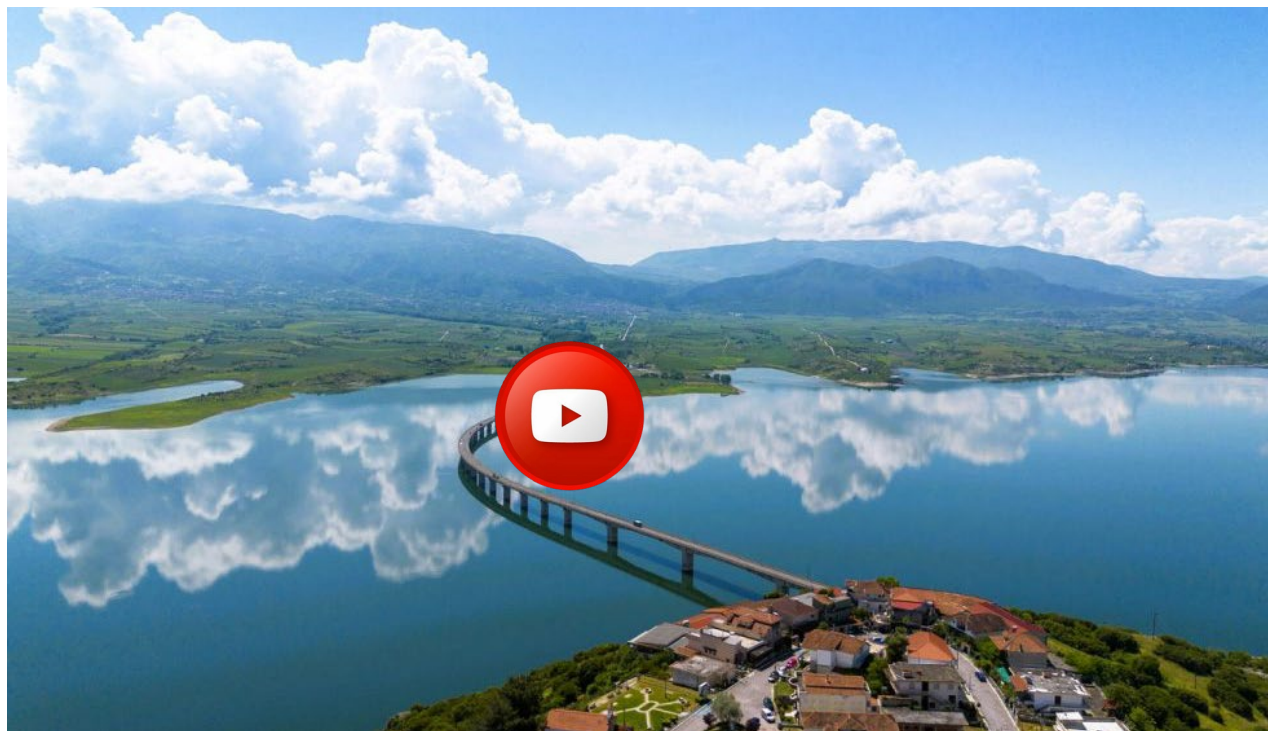




In this way, Velventos becomes a symbol of Greek beauty and continuity. A land where science, nature, and the diaspora meet in a single narrative that travels, shines, and always finds its way back to where it began:

the heart of the Pieria Mountains.

Enjoy the unique beauty, harmony, and quiet strength of Velventos through the photo-video that follows. A journey into the soul of this remarkable place.



Father Golf Berris Classic

A Tradition of Giving



With a legacy rooted in service, education, and community, the Father Berris Golf Classic continues to stand as one of the most meaningful philanthropic traditions in our Bay Area Greek community.

The Father Berris Golf Classic, Inc. is a charitable organization that honors the memory of Father John Berris through its annual golf tournament. The 37th Father Berris Golf Classic will take place on **Monday, September 21, 2026**, at the Silver Creek Valley Country Club in San Jose, California.

For 36 years, the organization has supported seminarians from the local Diocese pursuing their Master of Divinity at the Holy Cross School of Theology in Brookline, Massachusetts. Many priests in the Bay Area have benefited from these scholarships.

Half of the tournament's proceeds also strengthen the youth programs of St. Nicholas Greek Orthodox Church, funding sports activities and educational needs.

The AHEPA Silicon Valley Chapter #251 proudly and consistently supports the Father Berris Golf Classic, contributing financially and promoting its mission of faith, education, and community service, a partnership that continues to make a lasting difference in young lives.

To learn more about the organization and its mission, click [HERE](#).

The Eastern Mediterranean Gateway Act:

A New Chapter for Greece–U.S. Partnership

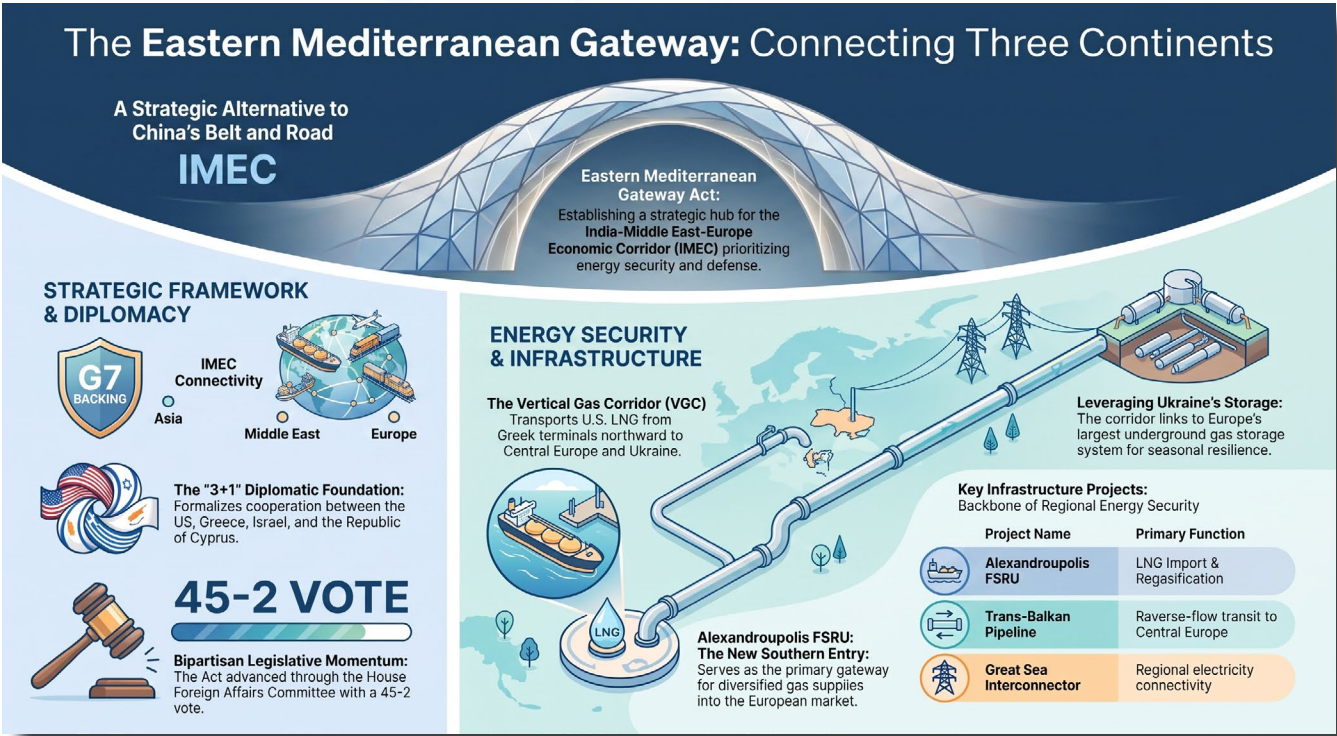
A defining moment is taking shape in the Eastern Mediterranean. The Eastern Mediterranean Gateway Act places Greece at the center of a new strategic framework that connects Asia, the Middle East, and Europe, a vision of cooperation, innovation, and shared security.

The Act recognizes key infrastructure projects that strengthen Greece’s role as a vital gateway in the India-Middle East-Europe Economic Corridor (IMEC). The Great Sea Interconnector, the GREGY Greece, Egypt electricity link, the Greece–Bulgaria natural gas interconnector, and the expansion of LNG terminals such as the Alexandroupolis FSRU form the backbone of a modern, resilient energy network. Together, they enhance Europe’s energy diversification and highlight Greece’s position as a trusted regional connector.

Beyond energy, the Gateway Act deepens the Greece–U.S. partnership through cooperation in defense, technology, and research. It promotes bilateral programs inspired by successful U.S.–Israel initiatives, opening new opportunities in cybersecurity, homeland security, and sustainable innovation. This collaboration reflects a shared commitment to long-term stability and progress.

By recognizing the Eastern Mediterranean as a strategic hub, the United States affirms Greece’s pivotal role in shaping the future of connectivity between continents. For Greece, this legislation is a strong vote of confidence elevating its diplomatic and energy presence while reinforcing its partnership with the United States. The Eastern Mediterranean is entering a new era and Greece stands proudly at its forefront.

In the illustration below, explore how the Eastern Mediterranean Gateway Act connects three continents through energy, diplomacy, and innovation.



To explore the full text of the Eastern Mediterranean Gateway Act, you may read it through the official congressional [link](#).



Blood Drive

AHEPA Silicon Valley
Chapter #251

DONATE
BLOOD

SAVE
LIFE

St. Nicholas Orthodox Church
Room: Small Hall

Date: Friday, September 11, 2026

Time: 12:00 PM – 4:00 PM

Contact : Vassilis Zarifis

Email.....: ahepa.c251@gmail.com

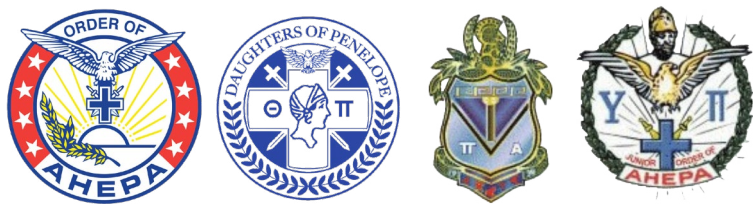


For appointment:

CLICK HERE

In collaboration with Vitalant Blood Bank, vitalant.org





AHEPA FAMILY
GOLDEN GATE DISTRICT 21

2026
FALL
CONFERENCE

Hosted by
AHEPA Silicon Valley 251
& DOP Daphne 29

Saturday October 24, 2026

Small Hall in St. Nicholas Church San Jose

Reservation required click [HERE](#).

This form is the preferred and most secure way to register

Deadline: October 15, 2026

Schedule:

Welcome / Registration/ Breakfast.....9:00 - 10:30

Combined AHEPA & DOP Meeting.....10:30 - 12:00

Luncheon and raffle12:00 -13:30

Individual AHEPA/DOP sessions.....13:30 - 15:00

Adjourn.....15:00

Daughters of Penelope EOS #1

Cordially invites you to our

97th Founder's Day Luncheon

"It's A New Dawn"

Saturday, November 7, 2026

11:30 Reception - 12:00 Luncheon

Basque Cultural Center

599 Railroad Avenue

South San Francisco, CA. 94080

\$75.00 per adult - \$15.00 per child 12 and under

Please RSVP by October 26, 2026

(only paid reservations honored at door)

Reservation Questions - Christi Tsiplakos (650) 992-9619

A portion of all proceeds will be donated to support women & children

Print Name: _____ Phone #: _____

*Breast of Chicken Chasseur "or" Salmon w/Champagne Sauce "or" Pasta Basquaise (V)
(Choice includes salad, dessert & wine)*

*Child Menu 12 and under - Chicken Nuggets w/Fries
(Choice includes Ice Cream)*

*Please print name and meal choice for each person on the back of this form
Maximum 10 people per table*

\$75.00 x _____ number of adults: \$_____

\$15.00 x _____ number of children: \$_____

Check Enclosed for Total Amount of: \$_____

*Make checks payable to DOP EOS #1 and mail to:
Christi Tsiplakos, 30 St. James Court, Daly City, CA 94015*

Word: **Kéfi (Κέφι)**

Noun, pronounced "KEH-fee"

Kéfi is the spark that rises from within, the unplanned joy that fills a moment and makes it timeless. It is the rhythm of laughter, the pulse of music, the warmth of shared presence. Kéfi blossoms when hearts align and life feels light enough to dance.

In Greek culture, kéfi lives in spontaneous gestures:

- a table that grows louder as the night deepens,
- a song that begins without warning,
- a smile that turns strangers into friends.

Used to describe:

- The surge of joy that transforms ordinary moments into celebration
- The spirit of togetherness that dissolves distance
- The energy that makes life feel vivid and free

Kéfi embodies happiness. It is the art of feeling alive, the graceful rebellion against routine, the reminder that joy itself is a form of wisdom.

surprisingly Greek

The System the World Still Uses

Democracy feels universal. A structure so familiar that it seems to belong to everyone. But its blueprint was drawn in Greece. The idea that ordinary citizens could gather, speak, disagree, vote, and shape their shared future began on a rocky hill in Athens.

The Pnyx was the first public stage where voices mattered more than titles, and where decisions were made not by rulers, but by the ruled.

Engineers build technologies, scientists map galaxies, but societies still organize themselves with a Greek invention, a civic operating system designed thousands of years ago.

Look around and you're still living in Greek architecture.

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District 21

AHEPA Traveler

A quarterly magazine highlighting
significant events & achievements
within the organization and the
Greek-American community