

GOLDEN GATE DISTRICT NO. 21

Ahepa Traveler

CHAPTERS THROUGHOUT NORTHERN CALIFORNIA AND WESTERN NEVADA

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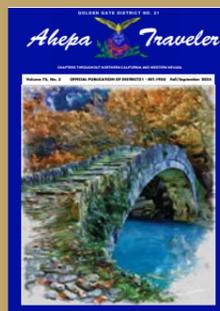
FALL....



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



Cover
"Autumn
stone bridge
in Greece"
Artwork by
Selana Sirra

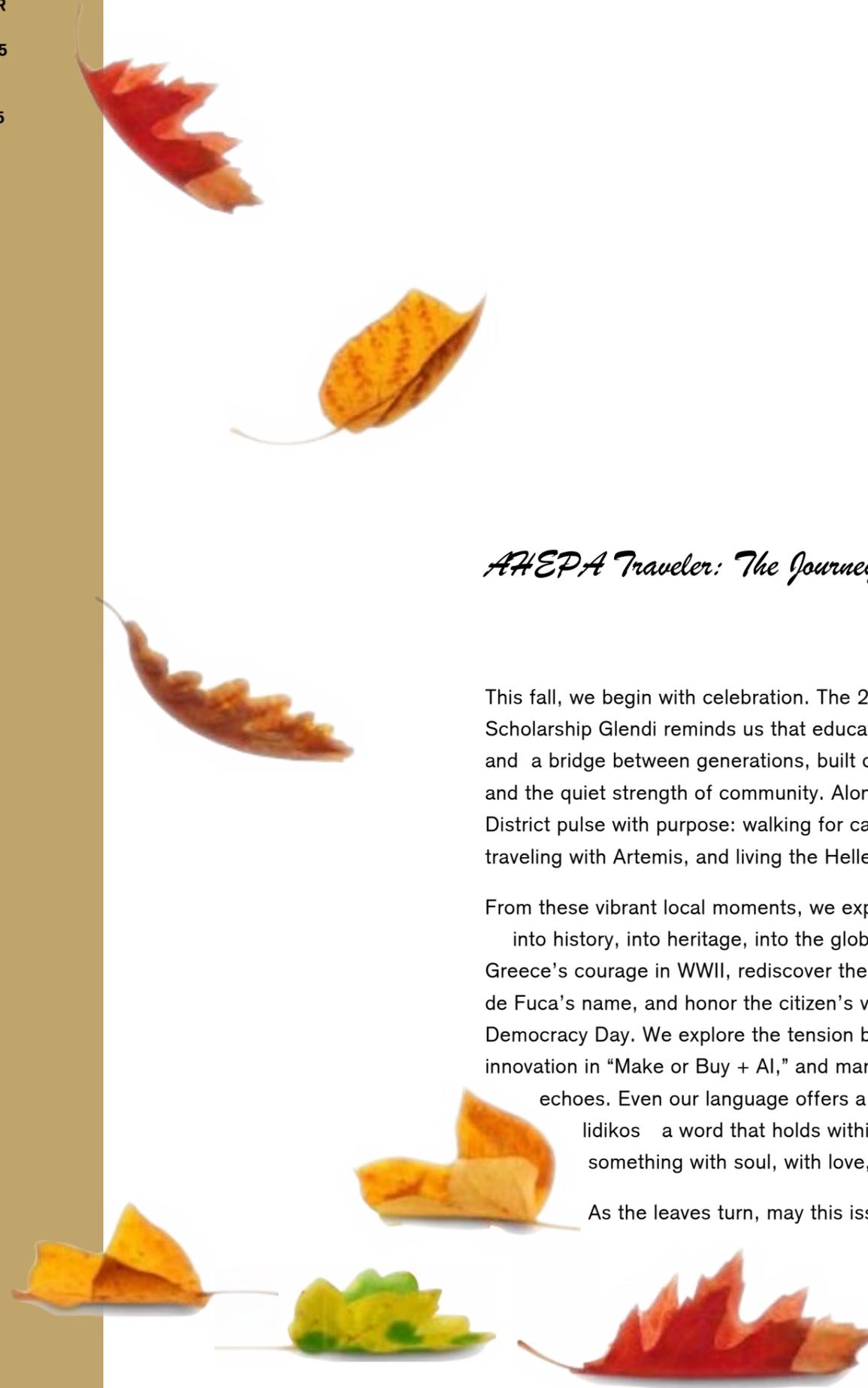
AHEPA Traveler: The Journey Connects Us

This fall, we begin with celebration. The 2025 District 21 Scholarship Glendi reminds us that education is a path forward and a bridge between generations, built on dreams, dedication, and the quiet strength of community. Alongside it, stories from our District pulse with purpose: walking for causes that matter, traveling with Artemis, and living the Hellenic spirit in motion.

From these vibrant local moments, we expand outward into history, into heritage, into the global stage. We reflect on Greece's courage in WWII, rediscover the Greek soul behind Juan de Fuca's name, and honor the citizen's voice on International Democracy Day. We explore the tension between tradition and innovation in "Make or Buy + AI," and marvel at NASA's Hellenic echoes. Even our language offers a gift this season: merakidikos a word that holds within it the essence of doing something with soul, with love, with passion.

As the leaves turn, may this issue stir your own meraki.

The editorial team



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AHEPA TRAVELER

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 all sectarian religious discussions are prohibited in any official deliberations thereof.

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Messages from Governor & DOV Governor District 21



Governor's Update August 2025

Brothers:

Now that summer is ending, here are a few items to bring everyone up to speed. Following District 21's tradition of lodge members holding office for two years, there were no changes in the District Lodge Officer positions. Our new Region 8 Supreme Governor is Dr. George McClure from District 22. Many of you already know our new Supreme President, Chris Kaitson, as he has been a frequent guest at our District Conventions. For those that did not attend our District Convention, the following Awards were given:

Chapter of the Year – San Francisco, Chapter 150

Chapter President of the Year – Dennis Davis, Oakland Chapter 171

AHEPAN of the Year – No applications were submitted by the Chapters

AHEPA National Hero Awards presented by then Supreme Vice President, Chris Kaitson:

George Booras, PST, Oakland Chapter 171

Tom Chiarchanis, PDG, Stockton Chapter 212

I will be contacting each of the chapters to coordinate the Lodge Visitations. The goal is to visit each chapter before the end of the year.

Check your calendar:

Saturday, October 4th – Historic AHEPA Reunion Banquet to be held at the Basque Cultural Center in S. San Francisco. This reunion of all past Sons of Pericles and Maids of Athena will also recognize past Basketball tournament participants. We will also honor two inductees into the Northern California Hall of Fame. See Stamus Cocolos or Chris Frangos for more info.

Saturday, October 18th – Fall District Conference. The Conference will be hosted by Sacramento AHEPA and DOP Chapters. It will be held at St. Katherine's church hall.

May 1st to 3rd – District Convention. Location TBD. We are holding the convention earlier this year to avoid the many conflicts that occur in June.

There are other upcoming activities in the works. Scholarship Board meetings, Hellenic History Tournament and Chapter Crab Feeds to name a few. To maximize participation for a Chapter activity please inform myself and our District Secretary, Vassilis Zarifis early so that we can promote all Chapter events to the entire District.

Respectfully,
Mark Hallock
Governor
AHEPA Golden Gate District 21



Greetings from the DOP Governor's Desk:

We had our LAST Disney National Convention. Our new liaison is Grand Governor Helen Santire from Zone 3. Helen is from the Houston, TX DOP chapter and knows quite a few of our members.

I am requesting all DOP chapters to please reach out to your AHEPA counterparts & then to the Governors to schedule your visitations as soon as possible.

Reno- you need to hold yours before the Fall Conference due to weather....

Here is the latest schedule for upcoming events for our District: September 3rd - EOS & AHEPA San Francisco chapters' visitation

October 4th – Historic AHEPA Reunion Banquet recognizing all past Sons and Maids and AHEPA Athletes. See the AHEPA Website for more information.

October 5th to 10th – PDG's Alaska Cruise.

October 18th (Saturday)- The District Fall Conference will be hosted by DOP Artemis #5 & AHEPA Sacramento Chapter 153. The Conference will be held at Elk Grove's St. Katherine's church hall.

November 15th – Founder's Day will be at the Crown Plaza Hotel in Foster City. EOS & DOP will be celebrating their 96th birthday! Our Liaison Grand Governor Helen Santire and Grand Vice President Gretchen Holsinger will be attending! EOS chapter Vice President Anastasia Zotalis is the point of contact.

May 1st - 3rd – District Convention. Unless a chapter volunteers, it will be hosted by the District Lodges.

I don't have the dates for the National Convention yet, but it will be in PHILLY & celebrating the USA 250 birthday!

In Theta Pi,
Athena Hallock, District Governor



The annual Convention of AHEPA District 21 was a celebration of unity, collaboration, and shared vision. Held in a spirit of friendship and mutual respect, the event brought together members from across the district who shared their commitment to Hellenism, philanthropy, and civic engagement.

From the very first moments, the atmosphere was warm and welcoming. Delegates exchanged ideas, reflected on the year's achievements, and laid the groundwork for future initiatives. The discussions were lively, constructive, and infused with a genuine desire to uplift and support one another.

What stood out most was the spirit of cooperation. Chapters worked hand in hand, sharing best practices and strengthening bonds that transcend geography. Whether addressing community outreach, youth engagement, or cultural preservation, the tone was consistently optimistic and positive.

In recognition of their dedicated service and leadership, all District Lodge officers were reelected to serve for another year, ensuring continuity and reinforcing the trust placed in them by the membership.

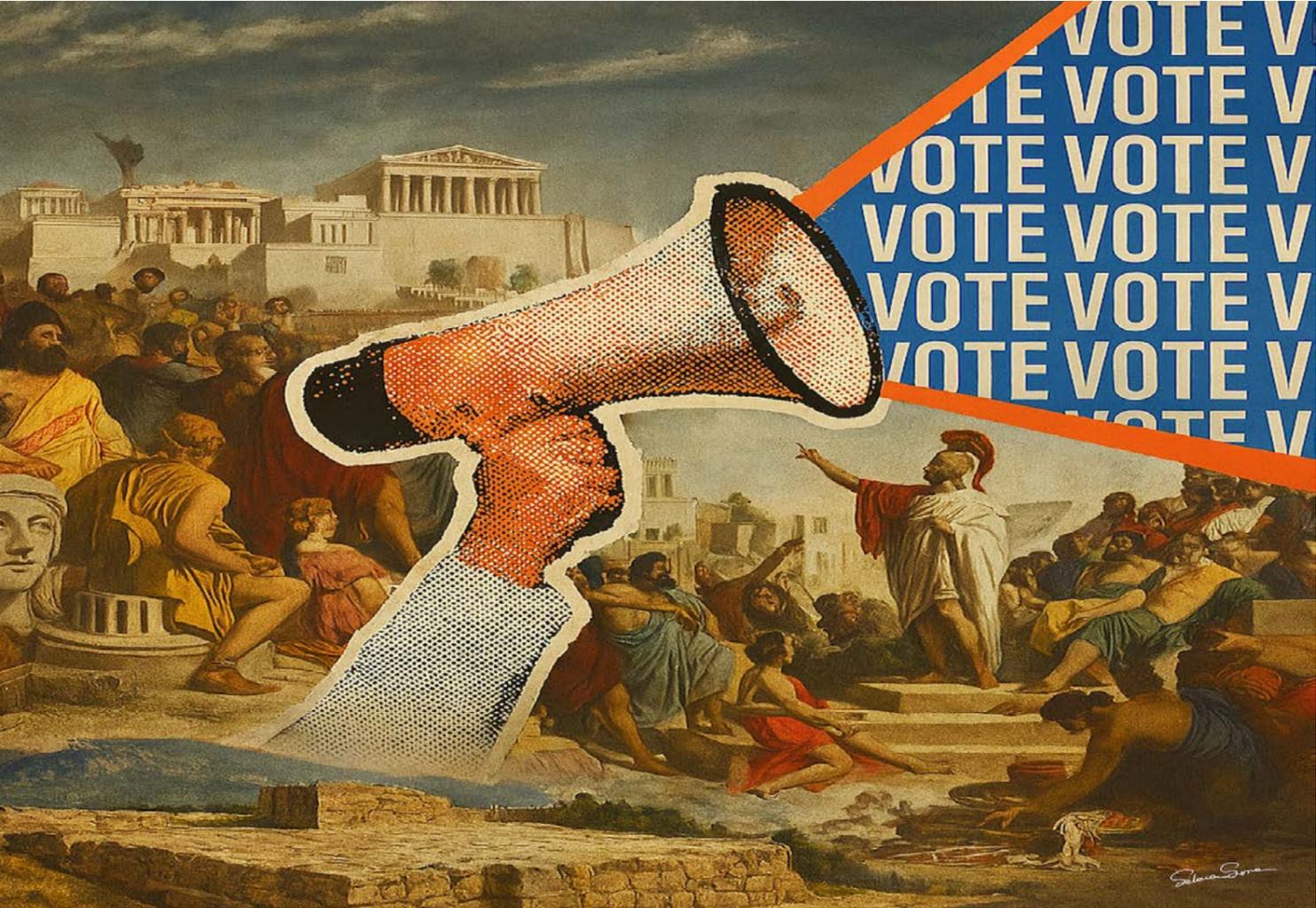
Beyond the formal agenda, attendees enjoyed warm and joyful moments, sharing meals, engaging in spontaneous conversations, and reconnecting with old friends. It was a reminder that AHEPA is not just an organization, but a family. As District 21 looks ahead, the energy and unity displayed at this year's meeting will undoubtedly inspire continued growth and impact.

AHEPA District 21 Annual Convention: A Celebration of Unity and Purpose



“The future is bright and together, we rise.”





Every year, on September 15, the world celebrates the International Day of Democracy a day dedicated to the values of freedom, participation, and equality. The initiative began in 1997 through the Inter-Parliamentary Union (IPU), and in 2007, the United Nations General Assembly officially designated it as a global day of reflection and action. It is not merely a commemorative date; it is a universal call for all nations and citizens to reconsider the importance of dialogue, political accountability, and responsible leadership.

International Democracy Day: A Global Reminder That the Voice of the Citizen Can Shape History

In Ancient Athens, during the 6th and 5th centuries BCE, Democracy took shape as a political and social revolution. From the Ecclesia of the Demos and the Council of Five Hundred to the theatre and philosophy, citizens were not bystanders in public life they were its active agents. Reformers like Solon, Cleisthenes, and Pericles served a vision where power belonged to the many, not the few. These institutions laid the foundations for isonomy (equality under the law) and isopolity (equal political rights) principles that continue to form the core of every democratic system.

Democracy is both a historical memory and a living reality. It is not static it is vibrant. It does not reside in museums it lives in parliaments, public squares, and the voices of citizens. It is the ongoing pursuit of balance between power and virtue, between rights and responsibility.

Because Democracy is not given it is earned. Through action, through passion, through accountability. And the voice of the citizen, from the marble steps of the Pnyx to the ballot boxes of today, continues to echo. Loud. Free. Human.

Supreme Convention 2025



“

Our future is bright, and
there's no doubt about that

Chris Kaitson

”

The Order of AHEPA held the 103rd annual Supreme Convention in Lake Buena Vista, Florida, at Disney's Coronado Springs Resort.

During the convention, Brother E. Chris Kaitson of Houston, Texas, was elected by the AHEPA delegation to serve as the Supreme President. “Our future is bright, and there's no doubt about that” said Kaitson.

The Supreme President was elected unanimously for the 2025-26 year, as were other members of his lodge.

The 2025-26 Supreme Lodge officers for AHEPA are:

Supreme Vice President: Dr. Zenon Christodoulou

Canadian President: Anastasios Moussas

Supreme Secretary: Themistocles P. Frangos

Supreme Treasurer: Marshall Monsell III

Supreme Counselor: Ted Stamas

Supreme Athletic Director: Chris Atsaves

Sons Advisor: Theodore Vittas

Supreme Governors:

- Region 1: Steve A. Nickolson
- Region 2: Alex Barlamas
- Region 3: Dean Moskos
- Region 4: Gregory Simones
- Region 5: Craig Theros
- Region 6: Thomas Clemons
- Region 7: Mark Bullock
- Region 8: George McClure
- Region 10 (Appointed): Stathis Kefalidis

The Daughters of Penelope elected Sister Antoinette Marousis Zachariades of Brick, NJ, as Grand President. The Sons of Pericles elected Brother Basili Ronstadt of Chicago, IL as Supreme President, and The Maids of Athena reelected Sister Stephanie Owens of Chicago, IL to serve as Grand President.





**Golden Gate District 21
AHEPA Family
2025 Scholarship Awards**

**Saturday, June 21, 2025
St. Basil Greek Orthodox Church
Stockton, California**



Program

Welcome

Opening Prayer

Father Panayotis Sotiras
Father Gabriel Cupsa

Buffet Dinner

Provided by Papapavlo's Bistro of Stockton

Scholarship Speakers

Gretchen Holtzinger, DOP Grand Secretary
and
Emmanuel Chris Kaitson, AHEPA Supreme
Vice President

Presentation of Scholarships

Alicia Frangos, DOP District Advisor
Chair, DOP District 21 Scholarship Program

Chris Frangos, AHEPA District Advisor
Chairman, AHEPA Scholarship Foundation



**Nicholas Affholter- Endorsed by AHEPA #246, Modesto
AHEPA Scholarship**

Nicholas is pursuing his Bachelor of Science in Electrical Engineering at the University of the Pacific, fueled by his curiosity about the inner workings of things and the complexity of design. Nicholas has always had a strong connection to his Orthodox church and the Greek community. He participated in Greek dance, served through organizations such as Gospel mission, Blessings in a Backpack and GOYA service days. He is also an athlete, excelling in basketball and has earned excellent grades in his first year at University of the Pacific.

**Katarina Alexandratos - Endorsed by AHEPA #153, Sacramento
AHEPA Graduate Scholarship
DOP Ekaterini Tsakopoulos memorial- \$2000**

Katarina is currently at the University of St. Augustine for Health Science pursuing a Doctorate in Physical Therapy. Growing up in the Sacramento Greek community, she was an active member in youth ministries, Sunday school, GOYA and Greek dance and continues to dance. Katarina really began to appreciate her Greek heritage and values as she grew up and she says “Philotimo encompasses qualities such as honor, dignity, pride, self-sacrifice, respect, gratitude and love”. Watching the physical hardships her yiayia faced inspired Katarina to pursue physical therapy in order to help others and save lives.

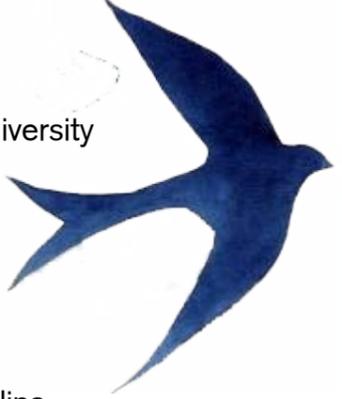
**Foti Armeniakos - Endorsed by AHEPA #251, Silicon Valley
AHEPA Scholarship**

Foti will be a freshman Finance major at Loyola Marymount University. He is a committed, hard working, shining example of the Hellenic Spirit and a dedicated member of the church. He speaks of the Orthodox Church as his foundation that has shaped his values and commitment to bettering the world. Being the Captain in Altar Servers ministry is a role he takes very seriously. Through this, Foti has shown his leadership skills and love for God while guiding the younger boys in understanding the sacred traditions of the Church. He has enjoyed participating in Greek Dance and church basketball and is a 4-year scholar athlete at his high school, competing in basketball and golf.

**Michael Armeniakos - Endorsed by AHEPA #251, Silicon Valley
AHEPA Scholarship**

Michael is pursuing a Bachelor's degree in Accounting at Loyola Marymount University and strives to make positive changes in the world by combining his academics and business knowledge with his faith and core values to promote fairness and equality in the world of business and finance. Michael is committed to his faith and demonstrated excellent leadership skills while serving at the altar at St. Nicholas Greek

Orthodox Church. He is involved in a number of activities at his university including the Accounting and Entrepreneurship Societies and the Hellenic Culture Club.



**Angelina Frangides Endorsed by DOP Daphne #29, San Jose
AHEPA Scholarship**

Angelina is excelling as an undergraduate Health Science major with an interest in nursing at CSU Sacramento. Growing up, Angelina participated in G.O.Y.A, Greek Dance Ministry and Maids of Athena. She consistently volunteered at the San Jose Greek Festival and attended Sunday School. Her priest says “she has the ability to care for others through her Philanthropia and her welcoming spirit of Philoxenia” Angelina's goal is to become a pediatric nurse because she loves working with kids and learning how to better communicate with them. Her Orthodox faith is paramount and has formed her into the person she is and allows her to be open to the feelings and needs of others.

**Marianna Frangides - Endorsed by DOP Daphne #29, San Jose
AHEPA Scholarship**

Marianna is pursuing her Bachelor of Science degree in Dental Hygiene at the University of Pacific in Stockton. She was president of her Maids of Athena chapter Ismene #163 and was involved with GOYA, organizing philanthropic projects including hygiene kits for Ukraine, local foster children and unhoused communities in San Jose. Her faith and dedication to her church have led her to be a constant volunteer. At UOP, she is a member of College Corp where she has dedicated many hours to develop and implement nutrition curriculum to help local schools, all while maintaining a high GPA.

**Jeanine Kaileh - Endorsed by DOP Leto #71, Fresno
AHEPA Scholarship**

DOP Angela Mouroufas Memorial Scholarship - \$2000

Jeanine is in a Masters of Public Health in Epidemiology and Biostatistics program at Tufts University. In addition to her love of science, she is very committed to her Greek community and her Orthodox faith. She grew up participating in Greek school, G.O.Y.A and Greek dance, and later became a leader in G.O.Y.A. She was Girls Director at St. Nicholas Ranch and Chairwoman of the Orthodox Christian Fellowship's Student Leadership Board. Jeanine has interned at the Mayo Clinic coordinating data for clinical trials and finds her calling in Public Health. She learned through Orthodoxy that service is sacred and aims to dedicate her life and research to helping others and making the world better for all.

**Christos Koumpotis- Endorsed by AHEPA #150, San Francisco
AHEPA Graduate Scholarship**

Christos is pursuing a Masters of Science in Management at Wake Forest University. Christos' professor says “he embodies the spirit of Hellenic





ideals in both academic and extracurricular pursuits”. Due to his academic excellence, he was inducted into the Beta Gamma Sigma Society, recognized by business schools internationally.

Christos’ commitment to serving others led him to teach financial literacy for local foster-care teens. He is building a start-up, OurODC, that leverages AI to empower individuals and small businesses to navigate their modern-day Odyssey by enabling them to define their mission and achieve their strategic goals for growth. He wants to use his knowledge and skills to drive economic growth in Greece and contribute to a more interconnected and prosperous world.

Theodoros Maheras – Endorsed by AHEPA #392 San Mateo AHEPA Scholarship

Theo is a sophomore at Loyola University in Chicago. He is working to obtain his Bachelor of Arts degree in Business Administration. Growing up, he volunteered at the Church of the Holy Cross, Belmont Greek Festival. Theo values his Greek heritage and appreciates the Greek culture which is rich in philosophy, art and communal values. Theo has recently held a social media fellowship at Loyola University and has supported Loyola Chicago athletics. One of his professors speaks of his academic excellence and class contributions and the athletic director speaks highly of him for his diligence and attitude.

Zoe Maheras - Endorsed by AHEPA #392 San Mateo AHEPA Scholarship

DOP District 21 Scholarship - \$1000

Zoe is an Engineering Major at Cal Poly. She is a very resourceful student that learns effectively. She has a proactive attitude and ability to connect with others positively contributing to her communities. Greek dancing at Church of the Holy Cross gave her the opportunity to feel unity and connection with other kids who share her heritage to dance in celebration of Greek culture. She says unity and supporting her community through heritage is how she can contribute to society. Zoe is also a talented and dedicated student, having done undergraduate research in Chemistry and being involved on campus volunteering as a Welcome Orientation Leader.

Luke Skoskieiwcz - Endorsed by DOP Urania #290, San Mateo DOP District 21 Scholarship - \$2000

Luke is pursuing his Bachelor of Arts in History at Grinnell College. He is an intellectually curious person with a desire to learn for his own self enrichment. Luke was always fascinated by Greek myths introduced to him in Greek school and Ancient Greek philosophers. These interests really drove his curiosity to explore his Hellenic heritage through church, Sunday school and as an altar boy. He is always re-

searching events and accomplishments by the Greeks, and he desires to become a History professor that focuses on the Cold War. **Zsa Zsa Constantina Sperow - Endorsed by DOP Urania #290, San Mateo**

DOP District 21 Scholarship - \$1000

Zsa Zsa is pursuing her Associate of Arts in Music Technology and plans to transfer to an international university to pursue a Bachelor of Arts in Music Technology. She has a strong passion for music and is very dedicated to mastering the clarinet and sharpening her music ability. She traveled to Greece this past Summer and explored her heritage in Loutraki, Athens, the Parthenon, museums and monasteries. She also loves to cook traditional Greek food with her yiayia while hearing stories about her life.

Lulu Demetra Sperow - Endorsed by DOP Urania #290, San Mateo DOP District 21 Scholarship - \$1000

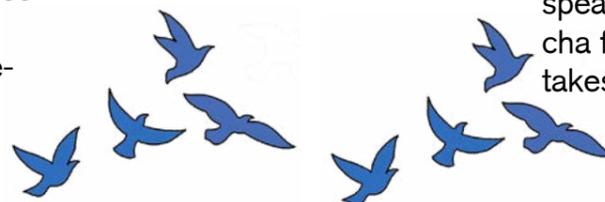
Lulu is a freshman at Foothill College pursuing an Associate degree in Business Administration. Being fascinated by the human mind and mental health, she is also preparing to transfer to a university to study Psychology. Lulu is interested in transferring to a University of California campus, possibly UC Santa Cruz. Also, having traveled in Europe and Greece, and having studied French and German, she is considering attending a university abroad. She values her Hellenic heritage and loves sharing her name day with her Yiayia Demetra.

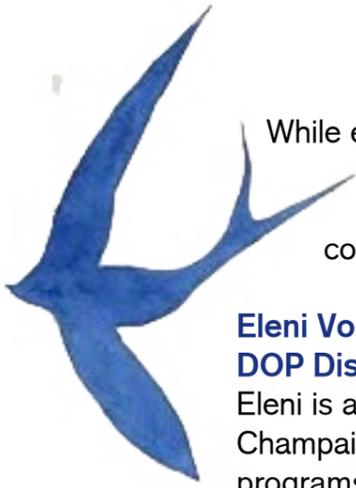
Christina Tsapouklis - Endorsed by AHEPA #259 Concord AHEPA Graduate Scholarship

Christina is pursuing graduate studies in Strategic Communications at National University. She has a glowing recommendation from one of her professors saying she is an intellectually curious critical thinker who demonstrates a continual commitment to excellence. She hopes to amplify voices, strengthen communities and foster meaningful dialogue that bridges cultural and social divides through her Master program in communications. She takes great pride in her Greek culture and heritage taught by her grandparents and parents and has been very involved in her parish and as a member of the management team for the Greek Orthodox Folk Dance Festival.

Penelope Tsiopos - Endorsed by AHEPA #281, Reno AHEPA Scholarship

Penelope is pursuing her Masters Strategic Communication and PR at the American College of Greece. Being born in Greece, she experienced the Greek sense of community and caring for one another. This led her to spearhead initiatives including organizing a Christmas toy drive and Pascha food drive to support local charities. Penelope’s favorite quote is “It takes a village to...” because she truly believes we thrive in community.





While excelling academically, she is dedicated to supporting those in need and is also committed to sustainability, advocating for principles of reduce/reuse/recycle and inspiring her peers to commit likewise.

**Eleni Voudouris - Endorsed by AHEPA #153, Sacramento
DOP District 21 Scholarship \$2000**

Eleni is a Computer Science major at the University of Illinois, Urbana Champaign. Being close to her church, she has been involved in youth programs since kindergarten, participated in Greek dance, G.O.Y.A. and deeply values her Greek heritage and her Greek Orthodox faith. She was very quick to find her Greek community in Chicago through the Orthodox Christian Fellowship and Hellenic Student Association. She also founded a Greek Dance club called Illinakia. She stays close to her faith and culture throughout all aspects of her life. Academically, Eleni has a passion for healthcare and her current undergraduate research is aimed at developing computational solutions to accelerate the development of life-saving drugs.

**Sophia Voudouris - Endorsed by AHEPA #153, Sacramento
AHEPA Scholarship
DOP District 21 PDG Scholarship - \$2000**

Sophia is pursuing her Bachelors in Computer Science at the University of Michigan Ann Arbor. Earned an award for young women with entrepreneurial and leadership, aptitude award for founding the National Association of Women Business Owners program at her high school which expanded to 8 other local high schools. She really wants to apply her knowledge in computer science to the business world and launch entrepreneurial ventures. She is involved in her Hellenic heritage as an officer in the Maids of Athena, GOYA, and volunteer work. She loves expressing herself through the culture of Greek dance and she loves having the creativity and community engagement.



**Thank you for attending our
2025 District 21 Scholarship Glendi**

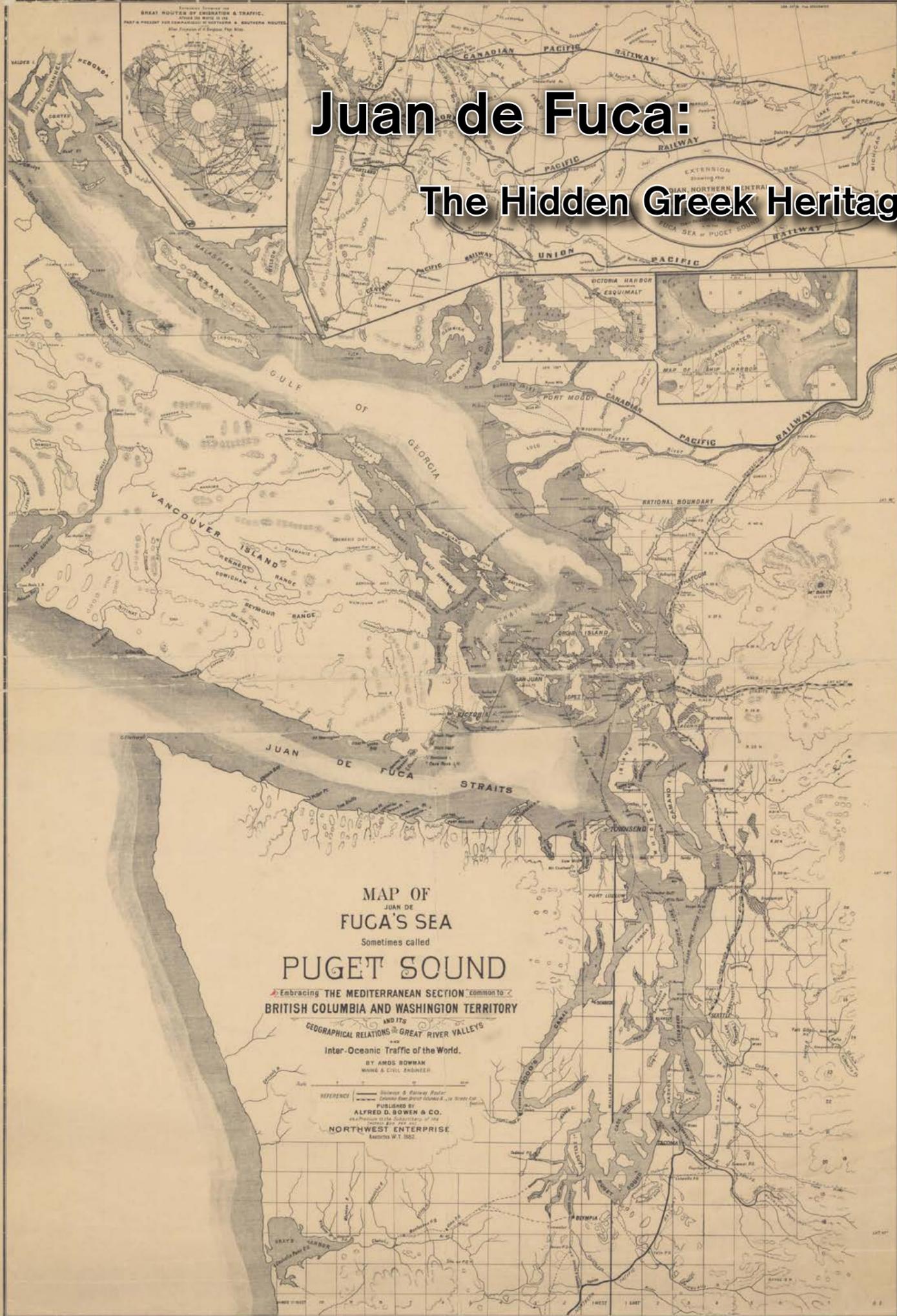
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If you would like to support our Scholarship program,
please contact:

Chris Frangos christojrangos@gmail.com
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Juan de Fuca: The Hidden Greek Heritage Behind an American Strait



At the heart of the Pacific Northwest where the ocean meets the rugged shores of British Columbia and Washington State, lies the Strait of Juan de Fuca. This maritime passage bears the name of a Greek navigator from the 16th century: Ioannis Apostolos Valerianos Phokas, internationally known as Juan de Fuca.

Ioannis Phokas was born in the village of Valeriano on the island of Kefalonia, at a time when the island was under Venetian rule. In 1592, Phokas led an expedition from Mexico northward in search of the mythical Strait of Anian, a passage thought to connect the Pacific and Atlantic Oceans. According to his account, he discovered a wide sea channel between 47° and 48° latitude—a location that corresponds to today's Strait of Juan de Fuca.

Juan de Fuca's story is a testament to the timeless maritime excellence of the Greeks. From Odysseus and the Argonaut Jason, to the naval heroes of the 1821 Revolution and today's global shipowners, seamanship is woven into the very fabric of Hellenism.

Phokas, with his boldness and perseverance, embodied the Odyssean gift of the Greek sailor: to dare, to explore, to persist—even when recognition never comes. Despite promises from the Spanish crown, he was never granted the honors he deserved. Yet the course of history affirmed his contribution.

Today, the Strait of Juan de Fuca serves as the main sea route linking the Pacific Ocean with the Salish Sea. On the American side of the strait lies Port Angeles, Washington, a picturesque harbor town with views toward Vancouver and a rich maritime legacy.

Port Angeles, nestled along the strait's edge, is a living example of American hospitality and nautical spirit. With its breathtaking natural setting, engaged community, and deep connection to the sea, it remains a place where history meets adventure.

The strait named after Juan de Fuca is now an international boundary between the United States and Canada. It also stands as a symbol of Greek presence in the global history of exploration. From Kefalonia to Washington State, the story of Phokas spans continents, cultures, and centuries, with a spirit of discovery, knowledge, and connection.



Looking back at Greece in WWII

By Dr. Yiannis Kokkinidis

Fresno Chapter 151, Vice President and District Sons Advisor

Greece, dealing with the aftermath of the Asia Minor Campaign, did not want to enter WWII. Our foreign policy in the interwar years was that of neutrality. The Abyssinia crisis of 1935 though showed that neutral Greece was a bulwark of the status quo in the Mediterranean and thus hostile to Italian expansionism. While the Metaxas dictatorship did buy some weapons, such as Polish PZL P.24 fighters because Poland was happy to accept payment in tobacco rather than gold, most of our military equipment was obsolete. However neither the government nor the public had any intention of surrendering. When the Italian ambassador gave his ultimatum in the early hours of October 28 1940 it was rejected. As the sun rose on that Monday the people on the streets reacted as if a celebration had been declared rather than war. The successful defense of the Greek border surprised everyone including the Greek headquarters which had ordered the VIII th division to fall further back. Its commander Major General Haralambos Katsimitros, knew that most of his soldiers were local Epirotes fighting for their villages and refused to fall further back than the Kalamas river, where the Italian forces were spent at the battle of Elaia-Kalamas. The most dangerous infiltration came at the concurrent Battle of Pindus where the Davakis detachment, of approximately 2,000 soldiers, held against the 10,000 Alpinists of the Julia Division, until rescued by the 1st Cavalry Division. Our Army would go on and counterattack driving the invaders across the border, despite numerical disadvantage in an alpine terrain, similar to the Sierra Nevada, in the middle of one of the coldest winters of the 20th century, with both sides suffering more casualties from frostbite than enemy action. The front did stabilize eventually and in the spring the Italians counterattacked. It

was in this battle, on Hill 731, that my grandfather, whose name I proudly bear, fought, as a mortar operator of the 19th Regiment. His unit, along with the 5th Regiment earlier, faced and defeated the Italian 8th Corps. At sea the Royal Hellenic Navy kept the lines of communication open which allowed the resupply of the Greek units fighting by sea, while Suda was used as a forward base by the Royal Navy. A Greek victory could not be tolerated by Hitler, who attacked on April 6 1941 from the Bulgarian border and fell on the Metaxas line. The Forts held, but the Yugoslav Army, which was attacked on the same day, "melted like rock salt before water" and the Germans entered through the unfortified Greek-Yugoslav border. Still, it took the Germans 21 days to reach Athens, as much as it had taken them to conquer France. On May 20 the Battle of Crete followed, which led to a German pyrrhic victory. Half the Greek fleet, 5 airplanes and several army officers and soldiers managed to escape to Egypt. The Navy joined the British Mediterranean Fleet, the Air Force was reformed in Rhodesia and fought in ground support. The Greek community of Egypt welcomed those that escaped, their drafting led to the formation of the Greek Armed Forces of the Middle East. The army fought in the battle of El Alamein, in Tunisia and eventually in the battle of Rimini in the Italian campaign. The Navy was engaged mostly in convoy duty including the Battleship Averoff which patrolled the Indian Ocean, while the corvettes Kriezis and Tobazis took part in the Normandy landing. In Greece the territory had been conquered, but the people had not. However they suffered greatly during the Great Famine in the winter of 1941/2. We had the second most powerful resistance after Yugoslavia, starting with the



battle of Crete. Multiple resistance organizations formed, the biggest being ELAS, the Hellenic Popular Liberation Army, led mostly by the Communists. The most important action of the resistance was the Gorgopotamos River sabotage. In 1943 before the Invasion of Sicily, Greece rose in open rebellion. Following Italian surrender infighting broke, when the Communists decided that they were to be the only armed force in Greece after the war and turn the country into a People's Republic, which spread to the Greek forces in the Middle East. Much as after British, American and Soviet intervention a ceasefire was signed and a government of national unity followed, the differences were not overcome. The Germans left in October 1944, the govern-

ment and army in exile arrive for liberation but one month later the Dekembriana followed a battle of Greek versus Greek, and in the end this all led to the Civil War in 1946-1949. Greece paid a very heavy price for refusing to surrender to its enemies: over 300,000 Greeks died of starvation, our occupiers destroyed about 100 villages and towns in retaliation for the resistance, most of the civilian infrastructure was destroyed. But still we are very proud that our grandparents and parents chose not to do the easy thing but the right thing. Our army's resistance delayed Operation Barbarossa by 7 weeks, while 21 German divisions, needed elsewhere, were occupying the Balkans in 1944.

On The Go With Artemis

By Diane Petersen PGS



Athena Hallock DG, Jan Spanos PGP, Candace Makrakis (first time delegate), and Diane Petersen PGS were looking forward to going to the Supreme Convention at Coronado Springs Resort Disneyworld. We all stayed at the casitas not the tower. Jan roomed with another Past Grand President. Athena and I shared a room, with Candace next door. We ended up with adjoining rooms. The three of us arrived on Thursday. We were so excited about going to Disneyworld. Jan arrived over the weekend. They had a heat wave with high humidity the entire time we were in Florida so we got back to the resort earlier than we wanted. On Friday, we went to Disney Springs and bought Disney items. Athena bought a straw Minnie Mouse hat with a red bow. We went to Ghiradelli Chocolates. I bought chocolates for the District #21 table at the Supreme Convention. Athena,



being the District Governor decorated our table with Disney items. (pictures included) Saturday and Sunday we went to different parks at Disneyworld. District #21 had only 8 delegates. BUT THEY SURE HEARD US AT THE MICROPHONE!! Monday--business session, nominating the chairs and hearing from the Grand President and other officers. Then, after lunch, we went to our committees. Jan chaired The Penelope of the Year Committee and Athena helped her. Candace went to Projects Committee (being a retired R. N. she raised concerns about some issues with some of the projects). I went to the Legislation Committee (remember we sent in three legislation items passed by our District Convention in Stockton). I also raised concerns about some of the legislation. Tuesday--Thursday business sessions. Friday--voting and Grand Banquet. Tuesday night they had a Nifty 50's Dance Party which some of the daughters attended. Wednesday--AHEPA Family Athletic Luncheon and AHEPA Greek Night Dance which some of the daughters attended. Athena, Candace, and I met with Dr. Kathryn Coumanis (social worker

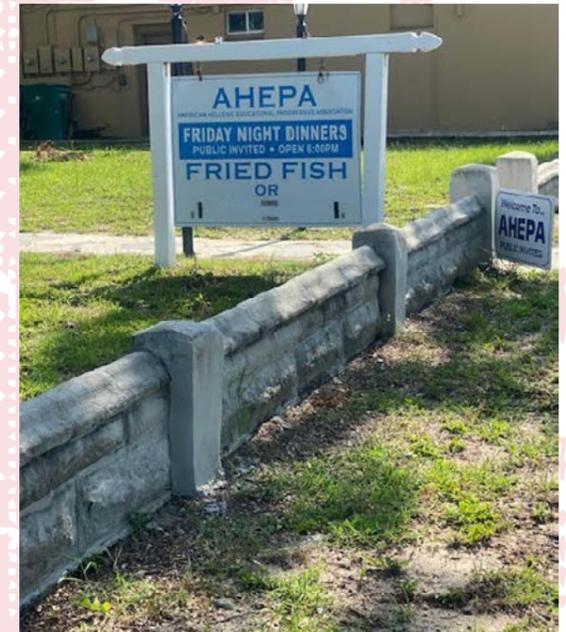
who along with the Mobile Penelope Chapter started Penelope House). She talked about Penelope House and how I went there several times while on the Grand Lodge and participated in "Kiss A Cop" and rode on a float in the Mari Gras parade. Later, her daughter Tonie Ann Coumanis-Torrans Executive Director joined us.

Thursday--nominations for Grand Lodge Officers. Some of us went to AHEPA's Magic Kingdom Extravaganza--Athena and I went on some more rides. Friday--elections. Some of the daughters attended the DOP Foundation Inc. Symposium. Grand Banquet featuring Mickey and Minnie Mouse. Next year, the Convention will be in Philadelphia. Also going around the tables was an actor portraying Benjamin Franklin. Ask me about him at the Fall Conference on October 18th.

Saturday--Jan went home. Candace went to visit relatives on the East and West coasts of Florida. Athena and I went back to Disneyworld parks on Saturday and Sunday.

Monday--Going to Tarpon Springs. But first we did a pit stop at YES, YOU GUESSED IT --A YARN SHOP. Four Purls Yarn Shop in Winter Haven. We bought yarn. Athena and I did a lot of knitting in Florida. Stayed in Tarpon Springs until Wednesday then back to Orlando to fly home.

We walked around Tarpon Springs, drove around there and ate there. We went to St. Nicholas Church --bookstore was closed in July. NO FOOD FESTIVAL IN TARPON SPRINGS. But guess what we saw!!! AHEPA HOUSE, that's right they have an AHEPA House--Ahepans and Daughters hold their meetings there. Every Friday, they have a Fish Night (open to the public). (pictures included) Wednesday stayed at the hotel airport flied home on Thursday. I started giving out Starbucks gift cards to the flight crew during Covid going and coming. They always thank me, even coming up to me asking if I need anything just let them know. Coming home this time, the flight crew signed a thank you card (Southwest). I continued to do this little thank you to them because they still have a rough time on some of these flights. It's a small way that I let them know how much I appreciate their kindness and humor. Well, signing off until next time.





MAKE? or BUY? Plus A.I.

By Stephen Bolaris, PDG 21 Silicon Valley Chapter 251

The “E” in AHEPA stands for Education. In modern living, a glance back at history often provides valuable perspective. In the financial world, education and historical insight are also keys to success. Consider the example of “Make or Buy.” Few individuals would attempt to build a modern automobile from scratch. With over 16 million new vehicles sold annually in the U.S., the decision to “Buy” is clearly more practical than “Make.”

In financial investing, the “Make or Buy” question becomes more complex. The goal is to outperform

benchmark financial instruments: stocks, bonds, ETFs, mutual funds, private investments, real estate, and more.

For individual investors, identifying outperforming stocks is challenging. Public information is often clouded by opinion and emotion, and insider information is legally off-limits. So how can a seasoned investor compete with institutional research firms?

The answer lies in acquiring unbiased factual data and applying probability-based analysis. This requires

gathering and comparing information across thousands of sources to identify extraordinary opportunities.

Creating a private research system the “Make” option demands significant time and financial investment. Using Copilot (A.I.) on my PC, I explored this path. After extensive analysis, Copilot estimated that building a homegrown predictive model would require over two years and between \$50,000 and \$500,000.

The alternative the “Buy” option is far more accessible. Like leasing a car, subscribing to an existing investment model allows immediate use. Many data providers have invested heavily in A.I. to develop sophisticated predictive tools, far beyond the basic algorithms of the past. Large corporations succeed in this space because they invest billions in data infrastructure massive, often nuclear-powered data centers with water-cooled servers. These services are then sold to investors.

For AHEPA family members, this means a chance to improve investment outcomes. Ask your broker what predictive models they use and what fees you’re paying.

If you believe the “Buy” option is right for you, proceed wisely. Consider your investment goals, time horizon, and whether you prefer direct control or broker management.

Happy Investing,
Brother Steve Bolaris

Walking for a Cause!

Members of Daughters of Penelope Daphne #29 proudly joined the Dress for Success Virtual Power Walk, by taking part at Almaden Lake Park in San Jose. Together, we supported this inspiring initiative, which empowers women through professional attire, mentorship, and career development programs, helping them achieve economic independence.



Jacqui Argyres, Elizabeth Barrous, Olga Mavrogenes, Eleni Fkiaras, Elizabeth Fkiaras
Front row: Mary Ann Devetzis, Sofia Kotsiri, Milo

UPCOMING

EVENTS

ST. ANNA PHILOPTOCHOS
& DOP DAPHNE #29
invite you to

an
*Afternoon
Tea*

*Honoring Eight Decades of Our Parish
(1945-2025)*

SATURDAY,
SEPTEMBER

20th
11 am - 2 pm

ST. NICHOLAS
CHURCH

COMMUNITY CENTER
1260 DAVIS STREET
SAN JOSE, CA 95126

PRICE OF ADMISSION: *\$35⁰⁰*

DRESS CODE: YOUR FAVORITE DECADE (1945 - 2025)



Please RSVP by September 14th
To Stacy Panayotopoulos at:
StacyPanayotopoulos@yahoo.com or 408-440-7621



DAUGHTERS OF PENELOPE HARMONIA 367
INVITES YOU TO
Tavli Tournament & BBQ Social



*Join us for a fun afternoon!
Sunday September 28th at 2pm
Clayton Club Saloon
6096 Main St. Clayton*

Join us for an **afternoon of tavli**, food, and fun at the Clayton Club Saloon. Enjoy delicious barbecue chicken and participate in our exciting tournament on Sunday, September 128 2025 at 2pm.

Tournament admission: \$25.00
Barbecue chicken (1/2 chicken) and fixings lunch: \$25.00
Combo tavli and lunch ticket: \$40.00 (no ticket sharing)
No Host Bar. Everyone 21+ is welcome!

Buy Tickets Here!

[Click here for payment form](#)
or call Athena Kouloulis at (510) 754-3343

Play, watch, eat, have fun!



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Blood Donation

**NEW
BLOOD
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NEEDED**



Hosted by

AHEPA Silicon Valley
Chapter #251
&
Daughters of Penelope
Daphne #29



**BE A HERO: GIVE BLOOD TODAY!
BLOOD DRIVE**

**Tuesday, September 30th
1:00 PM - 5:30 PM**

**St. Nicholas Greek Orthodox Church
1260 Davis St, San Jose
Small Hall**

**Just a few minutes of your time can help save lives!
Must be at least 18 years old, weigh over 110 lbs, and be in good health**

CLICK HERE [AHEPA APPOINTMENT LINK](#) TO RESERVE YOUR SPOT!

For more info or help in making an appointment, contact Vassilis Zarifis
at ahepa.c251@gmail.com



Order of Ahepa District 21 Invites You!

~ Historic Ahepa Reunion Banquet ~



JOIN US FOR THIS HISTORIC EVENT!

ALL PAST SONS OF PERICLES, MAIDS OF ATHENA REUNION,
AND RECOGNIZING ALL PAST SONS OF PERICLES/AHEPA
BASKETBALL TOURNAMENT PARTICIPANTS..

WE WILL ALSO HONOR TWO INDUCTEES TO THE
NORTHERN CALIFORNIA ATHLETIC HALL OF FAME:
FATHER ANTHONY KOSTUROS AND NICK PETERS

SATURDAY OCTOBER 4, 2025

BASQUE CULTURAL CENTER • 599 RAILROAD AVE • S. SAN FRANCISCO

NO-HOST COCKTAILS 5:00 PM, DINNER 6:00 PM

~ \$75 PER PERSON (DISCOUNT \$10 FOR EARLY PAYMENT RECEIVED BY SEPT 6) ~

~ \$40 FOR ACTIVE SONS AND MAIDS UNDER AGE 25 ~

~ 10-PERSON TABLE RESERVED WITH SINGLE PAYMENT, DEDUCT \$50 ~

(COMPLETED RESERVATION FORM WITH ALL NAMES REQUIRED)

CHOOSE FROM THE FOLLOWING DINNER SELECTIONS:

PRIME RIB • NEW YORK STRIP • SALMON • CHICKEN • VEGETARIAN ENTREE

~ PAST SONS AND MAIDS ~

PLEASE BRING YOUR PHOTOS AND COLLECTION ITEMS TO SHOW!

BRING YOUR TROPHIES, COPIES OF SCOREBOOKS TO SHARE THE PAST!

RSVP BY SEPTEMBER 22 WITH MEAL SELECTION TO:

CHAIRMAN STAMUS COCOLES

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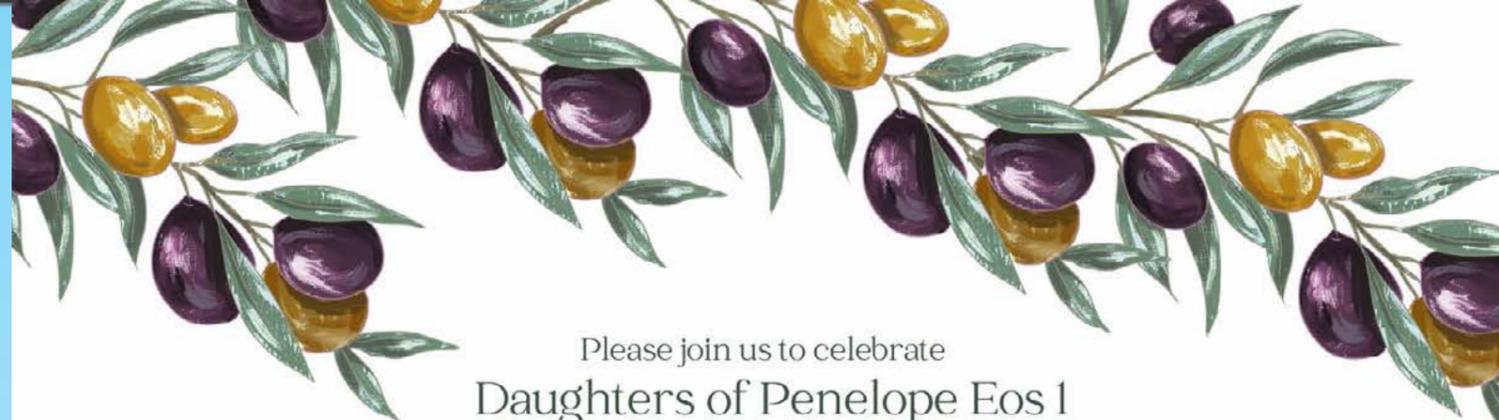
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61 SEQUOIA COURT, SAN CARLOS CA, 94070



Please join us to celebrate
Daughters of Penelope Eos 1
Founder's Day Luncheon

Harvest of Love

SATURDAY, NOVEMBER 15, 2025

CROWNE PLAZA FOSTER CITY
1221 CHESS DRIVE, FOSTER CITY, CA

11:00 RECEPTION - 12:00 LUNCHEON

DONATIONS: \$95 ADULTS | \$60 CHILDREN (AGES 4-10)

EARLY BIRD RATE OF \$80 AVAILABLE FOR CHECKS POSTMARKED BY OCT. 15

A PORTION OF ALL THE PROCEEDS WILL GO "CAMP OKIZU"

KINDLY REPLY BY NOVEMBER 8. MAKE CHECKS PAYABLE TO EOS #1
MAIL TO: ELENI TOUBANOS, 1936 GREAT HIGHWAY, SAN FRANCISCO, CA 94116
ELENITOUBANOS@GMAIL.COM

NAME: _____

PHONE: _____

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CHAPTER NUMBER:

PLEASE RESERVE _____ @ \$ ADULT _____ @ \$ CHILD TOTAL ENCLOSED \$_____

MENU CHOICES: SEARED CHICKEN BREAST _____ SEARED SALMON _____
(INCLUDES SALAD, ENTREE, DESSERT AND WINE)

FOR ADDITIONAL INFORMATION, CONTACT ANASTASIA ZOTALIS AT 415-577-4854

LIST ALL ATTENDEES NAMES ON THE BACK OF THIS FORM WITH MEAL CHOICES.



Word: **Meraklidikos** Adjective - pronounced "meh-rah-KLEE-dee-kos"
This word is practically impossible to translate. Meraklidikos refers to something crafted or enjoyed with passion, soul, and personal care. It often applies to food, music, gestures, or moments that carry emotional depth and genuine love for the process.

It comes from the Greek word meraki, meaning the act of doing something with heart pouring a part of yourself into what you're creating. It's not just "tasty" or "artisan" ... it's soulful.

"This meze is meraklidikos clearly made by someone who cooks with love!"

Used to describe:

- A dish with harmonious flavors and small loving details
- Coffee made in a briki and served with a smile and sunlight
- Music played not by perfection, but by emotion

It's one of those words that make you feel something rather than just describe it a reminder that sometimes, the simplest things shine brightest when made with heart.



NASA's Hellenic Echo

From the stars to the soul of science, Greek influence travels farther than you might think. The very word "astronaut" springs from ancient Greek astro (star) and nautes (sailor), a poetic image of humanity sailing through the cosmos.

Even NASA's robotic explorers, like the Mars rover "Argos," pay tribute to Hellenic mythology, named after the all-seeing giant of legend. Whether it's language, symbolism, or spirit....

When you reach for the stars... chances are, you're holding Greek tools.

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District 21

AHEPA Traveler

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