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*"Just as Christ was  
raised from the dead by  
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even so we also should  
walk in newness of life."*

*(Rom. 6:4)*

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*Christos Anesti!*

Χριστός Ανέστη

*Warmest Regards,*

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and

Family



# Christos Anesti!

**BEST WISHES FOR A BLESSED PASCHA, MAY THE JOYOUS PROMISE OF THE EASTER SEASON BRING PEACE, HOPE AND HAPPINESS**

Celebrating its twentieth anniversary, FAITH continues its mission of supporting Hellenism, the Greek Orthodox faith and celebrating excellence in our community through the FAITH Scholarship for Academic Excellence program for graduating high school seniors. FAITH has proudly awarded over 2,000 scholarships as well as program grants to support the best and brightest young leaders of the Hellenic-American Greek Orthodox community. The scholarship application is available at: [thefaithendowment.org/scholarships](http://thefaithendowment.org/scholarships) and the deadline is June 28, 2024.

Founded in 2004 by a group of visionary Greek-American leaders and philanthropists, *FAITH: An Endowment for Orthodoxy and Hellenism* is an independent 501(c)(3) organization that supports the development of innovative educational, cultural, and scholarship programs that promote Hellenism, an understanding of the Greek Orthodox faith, and the relationship of the two to America's history and multicultural landscape for young people.

*Celebrating 20 years*



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[thefaithendowment.org/scholarships](http://thefaithendowment.org/scholarships)

A circular wreath on a dark blue background. The wreath is made of green vines with small blue leaves. It features several colorful Easter eggs: one with yellow and red stripes, one with red and yellow stripes and green dots, and one with red and yellow stripes and blue dots. There are also pink and yellow flowers with red centers. Two red birds with blue wings are flying, each holding a small green sprig in its beak. The background is decorated with small white and yellow dots.

*Καλό Πάσχα*  
*Happy Easter!*

The Behrakis Family



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*Καλό Πάσχα!*

Best wishes for a happy  
and blessed Easter!

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*Happy Easter*



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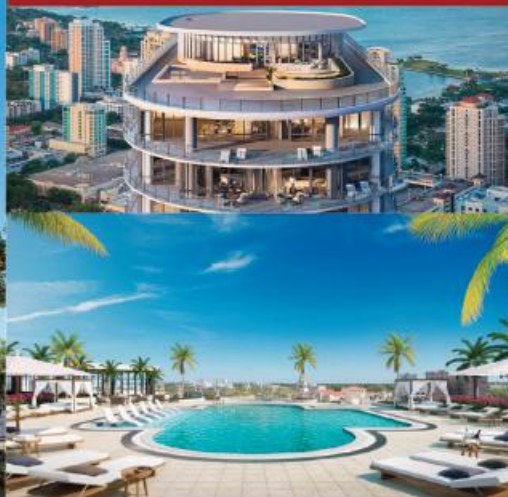
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FROM THE EDITOR



## ONE EASTER NIGHT

When I was a kid living on Chios island, in Greece, I remember one night on Holy Week we had to go to our little church just off the dry riverbed that wound between the fields. Only it was a stormy night, flashing with lightning, with the riverbed churning with rainwater, the sky turning blue and black, the trees swirling like giant feather dusters. "Hold my hand—" my yiayia told me, so I held her hand tight as we walked to the church, on the bridge over the water tumbling below us in the river—normally bone dry. And somehow, with my Papou holding down his hat with one hand and an umbrella over us with the other hand, we managed to make it to the church and its warm and glowing colors inside of candles, icons, and people huddled together in their Easter best: men on one side, women on the other.

I stayed with my papou, in his stasidi, and I listened to the priest, and I listened to the psaltes, and I stared at all the icons on the walls, and over us at the vault of the church: which showed Christ sitting on a fluff of clouds, his feet touching them like vamvaki, only with a hand out to bless us. But then there was the icon of St. George fighting the dragon with its flaming red mouth, and St. Demetrios fighting the infidel with his dripping red sword, and John the Baptist staring at us with his hollow eyes, and Romans spearing Christians, and Christians spearing Romans, and one of the apostles hanging upside down on a cross—and Jesus on the Cross with the Virgin Mary at his feet crying and all these other women crying.

"Me tin foni tou ponou!" the bishop yelled at the lectern, cause the bishop was there with his golden kalamafki, talking about Jesus' pain on the Cross. "Patera, patera—" the bishop yelled like Jesus "—sose me!" Only the sky thundered, only the bishop thundered, only the sky thundered, only the bishop thundered, until he raised his staff to the dome of the church and held it there. "Pisomou seho Satana!" he bellowed, while it thundered, but he kept his staff there, and he wouldn't drop it, through all that thundering—until the thundering suddenly got quieter—and the bishop smiled at us. "Na o Theos mas esose!" he told us.

So I felt so much better. Only then we had to go home after the service, but the river had swollen and spilled over the bridge and we couldn't cross. Except then one of our neighbors picked me up, the truck driver with the gold teeth, and he put me on his shoulders and plowed across the river with me, like the shepherd in the icon carrying the lamb. And he carried my yiayia on his back, and helped my papou, and everybody else, until we were all safely across and then he flashed his gold teeth at us: "Kai tora nahoume Kali Anastasi!"

And he was drenched, but he looked happy, and we were drenched, but we looked happy, because he seemed like the agios that had come down from the sky just to rescue us.

Hristos Anesti

DIMITRI C. MICHALAKIS

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**Happy Easter  
- Καλό Πάσχα!**

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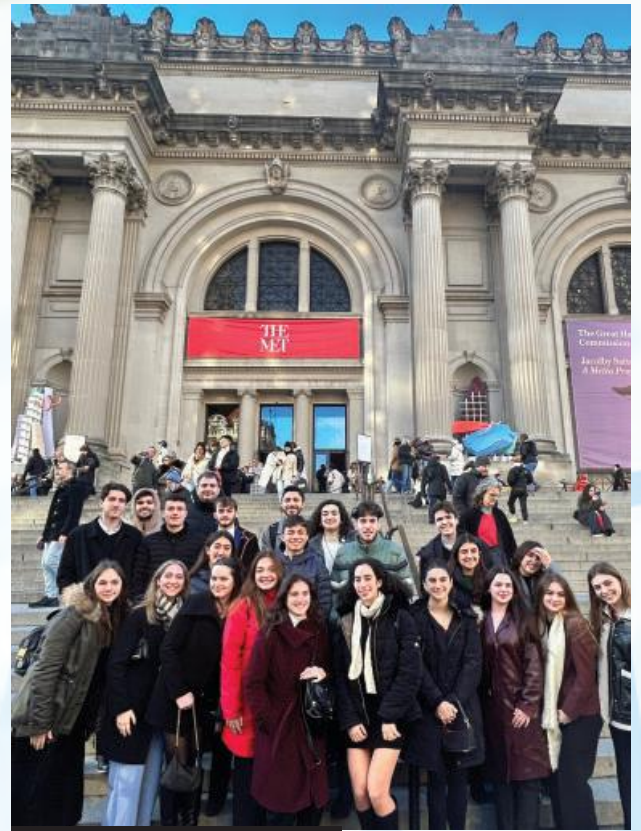
# 2024 FAITH Scholarships for Academic Excellence Application Now Available

As high school seniors celebrate college acceptances and finalize their plans for the fall, the FAITH Endowment is pleased to announce more good news! In its twentieth year supporting young Greek American leaders, FAITH has launched the application for the 2024 FAITH Scholarships for Academic Excellence which is now available to download at [thefaithendowment.org/scholarships](https://thefaithendowment.org/scholarships). This merit-based scholarship opportunity is available to graduating high school seniors of Hellenic descent and/or Greek Orthodox faith who are enrolling in a 4-year accredited U.S. university this fall. Deadline for submission is June 28, 2024. Scholarship recipients will join the FAITH Scholar network, which has grown to include over 850 of the Greek community's brightest and most promising young leaders. The FAITH Scholar network provides a place for mentorship, connection and support.

"Maintaining close ties with the Greek community is very important to me, and I was very excited to join a network of scholars who

Founders of FAITH to uniting the Greek American community and innovatively contributing to various professions from healthcare to business," shares Adamantia M., a 2022 FAITH Scholar majoring in chemical engineering at Princeton University.

Through their shared identity and collective efforts to address rising issues facing their generation and make a difference in their communities and world, FAITH Scholars embody the scholarly intellect and academic achievement lauded by their Hellenic ancestors and the spirit of good citizenship found at the core of their Greek Orthodox values. Graduating within the top of their classes, FAITH Scholars continue their educational goals in universities across the



FAITH Scholars visiting MET

Scholarships are awarded on a merit basis with applicants given the option to be considered for additional financial need-based allocations. Applicants must be U.S. citizens. For full list of criteria and eligibility, please visit [thefaithendowment.org/scholarships](https://thefaithendowment.org/scholarships). For any questions or inquiries, email [info@thefaithendowment.org](mailto:info@thefaithendowment.org) or call (212) 803-9363.

Since its inception with additional support from its members, FAITH has supported the Greek community by awarding over 2,000 grants and scholarships to the best and brightest young leaders of the Hellenic American and Greek Orthodox community through its prestigious FAITH Scholarships for Academic Excellence, FAITH-STEM scholarships, Fulbright-FAITH Scholarship collaboration and more.

Founded in 2004 by a group of visionary Greek American leaders and philanthropists, FAITH: An Endowment for Orthodoxy and Hellenism is an independent 501(c)(3) organization that supports the development of innovative educational, cultural, and scholarship programs that promote Hellenism, an understanding of the Greek Orthodox faith, and the relationship of the two to America's history and multicultural landscape for young people.



FAITH Scholars at the awards' luncheon

are dedicated students like myself. The FAITH Endowment is admirable in its dedication to supporting the academic pursuits of young Greek Americans, and it is an honor to be bestowed such an award by such prominent Greek Americans in our community. I am deeply impressed by the commitment of the

U.S. while maintaining integral roles inside and outside the classroom as leaders in their churches, communities and campuses. Over the years, FAITH Scholars have gone on to study and work as leaders in their fields including medical school, research labs, biotech, education and the arts.

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# Annual PSEKA Conference in DC to Commemorate the 50th Dark Anniversary of the Occupation and Division of Cyprus by Turkey



(L-R) PSEKA President Philip Christopher, Cyprus Ambassador Marios Lysiotis, Congressman Chris Pappas, Cyprus Government Spokesman Konstantinos Letymbiotis, Mike Manatos, AHEPA Board Chair Nick Karacostas

Over 100 Greek-American and Cypriot-America leaders from across the country will be coming to Washington, DC June 11-13 for the 39th Annual PSEKA (International Coordinating Committee Justice for Cyprus) Cyprus Conference.

Conference participants will again be meeting with over 40 top-level officials who formulate US policy toward Cyprus, Turkey and Greece in the US Congress, the White House and State Department.

Meetings will begin on Tuesday, June 11 at 12 noon at the Willard InterContinental Hotel and end with a lunch on Thursday, June 14.

## New highlights planned for this special year include:

- A meeting at the White House complex
- A candlelight vigil on the steps of the US Congress
- An opening reception in the US Congress

## To secure one of our reduced-rate rooms:

- at the Willard call 800.424.6835 and ask to secure a room under the PSEKA Conference block.
- The 'Cut-Off' date is May 10th.
- at the Marriott [click here](#).
- The 'Cut-Off' date is May 14th.
- As in previous years, the conference will be hosted by the International Coordinating Committee - Justice for Cyprus (PSEKA) and will involve the participation of the Federation of Cypriot American Organizations (FCAO), the American Hellenic Educational Progressive Association (AHEPA), the American Hellenic Institute (AHI), the Hellenic American Leadership Council (HALC), Hellenic American National Council (HANC), the Cyprus US Chamber of Commerce, and the Coordinated Effort of Hellenes (CEH).



Ranking Member James Risch joined by U.S. Ambassador to Greece George Tsunis and Tom Katsilometes of Idaho

## The conference program is as follows:

*Tuesday, June 11th, 2024*

- 12:00 - 4:00pm Briefings sessions [Willard Hotel]
- 6:30 - 8:00pm Welcoming reception [US Congress]
- 8:00pm Candlelight Vigil [US Capitol Steps]

*Wednesday, June 12, 2024*

- 8:30 - 11:30am Breakfast and meetings with Members of Congress
- 1:00 - 3:00pm Lunch and meetings with Senators
- 6:00pm Cocktails
- 7:00pm Conference Banquet [Willard Hotel]

*Thursday, June 13, 2024*

- 8:30am Breakfast [Willard Hotel]
- 10:00am Meetings at White House Complex
- 12:00pm Closing Lunch [Willard Hotel]



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# ΠΡΩΤΗ ΑΝΑΣΤΑΣΗ (First Resurrection)

by Dean Kalimniou\*

"Did you bring it?" the old man rasped earnestly from his bed.

I looked down at him. Emaciated and yellowing, he forced a grin, as he painfully raised a withered arm as if to confer a stunted benediction. "Look at all these tubes. Truly I am being trussed and seasoned for sacrifice,



just like the Pascal lamb."

Pushing aside the multitude of tubes attached to various parts of his person, he asked again: "Did you bring it?"

Slowly, I revealed the box of chocolates I was hiding behind my back and tried to balance it on the bedside table, between a desultory vase of nonchalant flowers and a rather large leather bound tome, open at the centre and almost completely covered with pencil notations.

"Oh joy," he exclaimed, licking his lips. "By your Passion we were set free from our passions, O Christ, and by your resurrection we were redeemed from corruption." Steadily, his fingers enclosed a truffle and looking furtively at the door, quickly enveloped it with his mouth. "Bliss. Take one."

"After Easter," I responded. "We aren't there yet."

"Oh yes," he snorted. "Let all mortal flesh keep silent and stand in fear and trembling, giving no thought to things of the earth. Yet it is the flesh that betrays us in the end you see, because the soul and the flesh are interconnected. Plato was either a blithering idiot, or set out deliberately to mislead. Chrysostom on the other hand..."

"Don't get yourself excited," I murmured, grasping his hand. "It's ok."

"Well, imagine how differently Christian theology would have evolved if the Holy Fathers had access to chocolates, or for that matter, if Kierkegaard had had someone to sleep with. The whole thing would have been unrecognizably different, don't you see."

He reached over to pour himself a glass of water and became entangled in an unspeakably complicated contraption, comprised of a multitude of buttons, dials, tubes and emitting high pitched, rhythmic bleeps. "They do not know nor understand; They carry on in darkness; all the foundations of the earth shall be shaken," he grimaced, as a nurse, entering the room, silently wrested control of the water jug, helped him back into bed and fluffed his pillows for good measure.

"Bloodsucker, ἀνέραστη," he cursed. "They are not humans. They are automatons. No feelings to speak of at all except for one, some type of South East Asian. A beautiful bloom. His skin radiates jasmine and hibiscus of the East. When I was in the South East, this was before the war, you understand, I was captivated by the scent. And I told him, if there is a Paradise, this is what it will smell like. Because at that time, the whole South East smelled of him, or the other way around, I don't know. And he just smiled, the bastard. Smiled like he always did. You know we were together for forty years?"

"No, I didn't know. No one ever told me."

"I don't imagine they would have. Together ever since Cairo, my and my British Tommy. We came to Australia together. I was the first Greek your grandfather met here. That much you must know. And HE was the first non-Greek, he met here. Simply because he was wandering around the dock like a lost sheep with that frown on his face, yes, exactly like that - it's uncanny how similar yours is, it's

like I'm looking at your grandfather resurrected - and we felt sorry for him and took him home with us and helped him find a place of his own. And I remember he would always scold your grandfather for frowning and tell him: "Lift up your finger and say: Tweet Tweet, Shush Shush, Now Now, Come Come," which were the words of a popular song of the time." Your grandfather thought he was insulting him and looked like he wanted to throw him a punch. He never liked him you know. And even when he would come round, never with your grandmother, you understand, the first thing he would do, was ask gruffly: "Is your husband here, αφορισμένε? No? Good." A tremendously dry sense of humour, your progenitor had."

"Pappou is long gone," I mused.

"They all are," he spluttered. "All gone, and left me alone, in the hermitage of decrepitude, to find my pleasures turn to ash in my mouth, to face Death alone. What does it say in there?" he asked, pointing to the fat tome on the table.



I picked it up and flicked through the pages. It was an old service book for Holy Week, so well-thumbed that the corners of most pages were almost translucent. The text was so heavily annotated it was barely legible. Taking my place from a large pencil asterisk, I begin to read: "Now then, if you are ready, when you hear the sound of the trumpet, the pipe, the harp, the four-stringed instrument, the psaltery, the symphony, and every kind of music, that you shall fall down and worship the golden image I made."

"Not like that," he snapped. "Properly. Chant it, the way I've shown you. Now read this."

"I said, "You are gods, and you are all sons of the Most High. But you die like men, and like one of the rulers, you fall."

Grasping my hand so tightly that I let out a gasp, he closed his eyes and intoned: "Today, Hades groans and cries out, "It would have been better for me if I had not received the One born of Mary; for when He came here, He destroyed my power. He shattered the

gates of brass; and, as God, He resurrected the souls, which I held captive for ages..." Then, leaving off suddenly, he asked: "Will there be a resurrection, do you think? And stop frowning, boy."

I remained silent.

"Will you go to the service of the First Resurrection on Holy Saturday morning, the one that anticipates His rising?" he asked.



"Yes. I always do."

"When the priest comes out with the laurel leaves, I want you to bang your pew down hard. I want you to hammer at it. Make an almighty ruckus so I can hear it all the way down in Hades. Harrow those gates of Hell," he pronounced, almost with manic urgency. Forcing himself to sit up on the creaking hospital bed, he pleaded while his face contorted in pain:

"There has to be," I responded after a time. "Otherwise our hearts would break."

"Please, do this for me."

"But that is precisely the point, dear boy," he chortled, his eyes widening. "Down there among the mud and clay, you won't have a heart for very long will you? How long do you think it will be before it disintegrates? One month? Less? So why do you need a resurrection?"

"Yes, alright. It's only a few days away and then I will come to see you again. And next year, we will go and hammer those pews together."

"Oh no," he smiled, waving me away. "I'm going off to meet not one, but two

bridegrooms. I'm the luckiest person in the world."

On the third day, Holy Saturday, very early in the morning, I took the koulouria and eggs I had prepared and went to his chamber. I found the curtain drawn away from the bed, but when I entered, the bed was empty and his body was not there. While I pondered this, suddenly a nurse in white scrubs that gleamed like lightning stood beside me. In my fright I turned my face away from her but she said to me: "Why do you seek him? He is not here."

"The Lord awoke as from sleep, and He rose and saved us," I recited, as I discerned an empty chocolate box poking out of a drawer of the bedside table. As I walked away, light penetrated the four panels of the window, flooding the empty chamber. And I wept.

-----  
\*) **Dean Kalimniou (Kostas Kalymnios)** is an attorney, poet, author and journalist based in Melbourne Australia. He has published 7 poetry collections in Greek and has recently released his bi-lingual children's book: "Soumela and the Magic Kemenche." He is also the Secretary of the Panepirotic Federation of Australia.



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# PRESBYTERA ATHANASIA PAPADEMETRIOU: ON THE VIRGIN MARY AND PASCHA

by Dean Papademetriou



As Orthodox Christians celebrate Pascha, Presbytera Athanasia Papademetriou reflects on the place of the Virgin Mary at the Resurrection of her son, Jesus Christ.

Presbytera Papademetriou thought deeply about this subject while writing her book, *The Virgin Mary In Holy Icons and Stories* (Somerset Hall Press). This gorgeously-produced book with full-color icons provides details of the life of the Virgin Mary, also called the Panagia or Theotokos, and how she was present in the life of her son, Jesus Christ. It describes the variations of the icons of the Virgin Mary such as the Hodegetria and the Glykophiloussa. Moreover, it presents many well-known miracle-working icons of the Virgin Mary in Greece, Mount Athos, the United States, and around the world.

When asked why she wrote the book, Presbytera Papademetriou responded: "As I set out to write this book, I often asked

myself: How does one write about the Virgin Mary, the Panagia, the Theotokos? How does one write about the icon of human perfection? And yet, it was the Virgin Mary who strengthened me and lit the way for me to complete this book."

The book describes the place of the Panagia at the Resurrection of Jesus Christ, which is the central Feast of Christianity. As Presbytera Papademetriou explains in her book, the Church Fathers believed that the Virgin Mary was the only one who fully understood the mystery of the Resurrection. In the Paschal hymn we hear: "The angel cried to her who is full of grace: 'Rejoice! And again I say rejoice! Your son is risen from the tomb on the third day...'" By her acceptance to be the mother of God, the Virgin Mary became the vessel for our salvation.

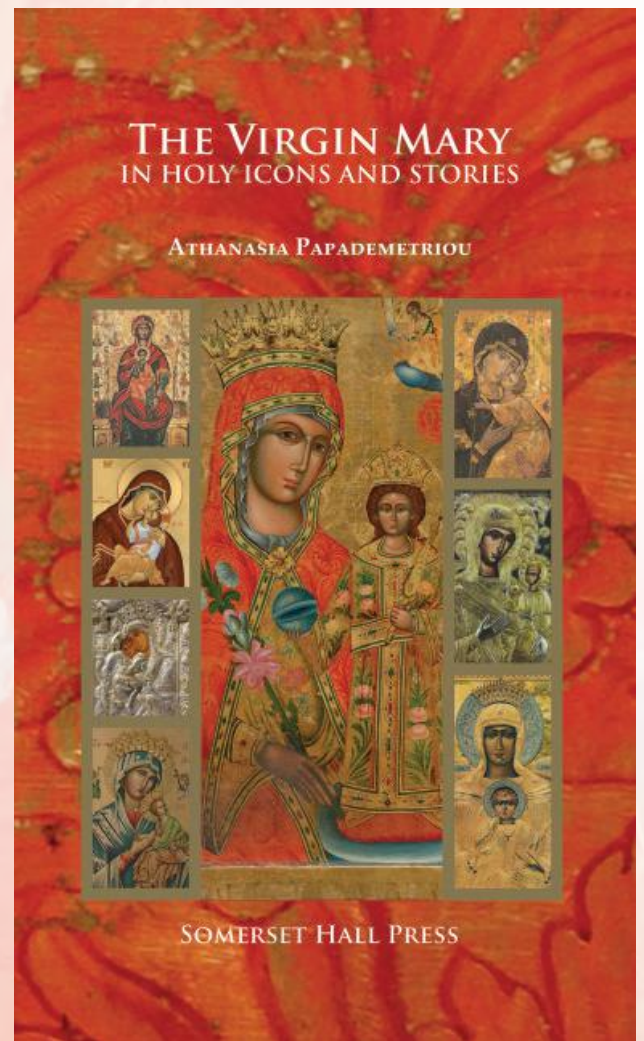
The Virgin Mary and the other Myrrh-Bearing Women were the last to leave the tomb, the first to witness the Resurrection of Jesus Christ, and the first to spread the good news. Upon receiving the news of Jesus Christ's Resurrection, Mary Magdalene was the first one to run and tell Peter and the other disciples. Women in the early Church, beginning with the Virgin Mary and the Myrrh-Bearing Women, were instrumental in spreading Christianity.

Presbytera Papademetriou explains how the idea for this book was sparked. A graduate of Hellenic College and Simmons University (Master of Library Science), Presbytera Papademetriou worked for many years as Assistant Director and cataloger at the Archbishop Iakovos Library at Hellenic College/Holy Cross Greek Orthodox School of Theology, in Brookline, Massachusetts. While she was cataloguing many titles on the Virgin Mary, she was inspired to learn more. She says, "I promised myself that someday I would read these books, cover to cover."

When she had the opportunity to go back to these books in more detail, she realized that there was no compilation of the icons of the

Virgin Mary in English. She spent several years researching these icons and writing about them. The resulting book, based on serious theological and historical scholarship, has many devotional and spiritual benefits for the clergy and lay readers. At the same time, Presbytera Papademetriou strives to present compelling and powerful stories and icons that will interest both Orthodox and non-Orthodox alike.

She expressed her fervent wish for readers of her book about the Virgin Mary: "You will soon find hesychia – serenity and peace – entering your heart." She added: "To all readers, I kindly ask you to open this book and embark on a spiritual journey that will



open your heart and mind. Look directly at the miracle-working icons and read the stories, and try to pray and contemplate."



Presbytera Papademetriou was born in Tanagra, Voiotias, Greece, to Anastasios and Evangelia (Dougekos) Antoniou. She spent her childhood in occupied Greece during World War II and the Greek Civil War. She came to the United States to continue her education, as was impressed upon her by her parents.

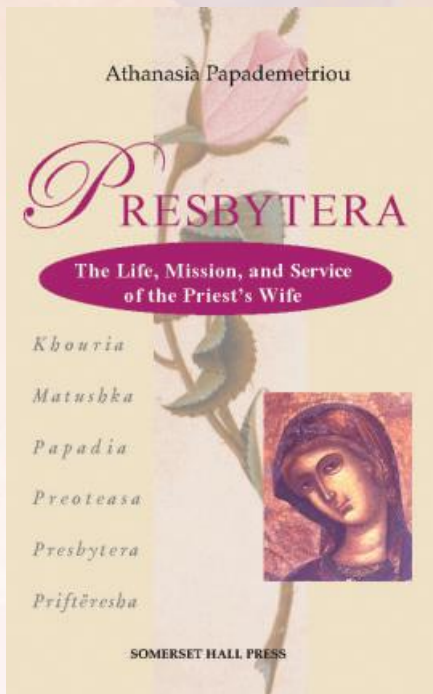
Presbytera Papademetriou is married to the Rev. Dr. George C. Papademetriou, who is Associate Professor Emeritus at Holy Cross Greek Orthodox School of Theology, and the former long-time Director of the Library. He taught many of the Greek Orthodox priests who today serve in the Greek Orthodox Archdiocese of America, and they remember him fondly as their professor. He

also served as the parish priest in the Greek Orthodox Archdiocese of America, including in Fort Worth, Texas; Elkins Park, Pennsylvania; Annapolis, Maryland; Lexington, Massachusetts; and numerous other parishes in New England. Presbytera and Father Papademetriou reside in Needham, Massachusetts in the Metropolis of Boston.

Presbytera Papademetriou is also the author of *Presbytera: The Life, Mission, and Service of the Priest's Wife*. This book is full of historical and practical information on such topics as the place of women in the Church, the history of married priests and their wives, the call to the ministry, marriage, family life, service (diakonia), spiritual growth, and parish life. It is also based on her own personal experiences of being a presbytera and sharing in the ministry of her husband.

Bartholomew I, who wrote the Foreword for the book. In addition, His Eminence Archbishop Elpidophoros of America, His Eminence Metropolitan Methodios of Boston, Bishop Anthony of Synada (formerly V. Rev. Anton C. Vrame), Rev. Alkiviadis C. Calivas, and V. Rev. Arch. Maximos Conostas each wrote Commendations.

Bishop Anthony of Synada, author of *The Educating Icon: Teaching Wisdom and Holiness in the Orthodox Way*, gave a very perceptive explanation of the significance of the book. He wrote: "Presbytera Papademetriou has offered a comprehensive and very accessible introduction to the icons of the Virgin Mary. By focusing her attention on the many places where the Virgin Mary appears in icons, both where she is the central figure, but also where she was present at events in the life of her son, Jesus Christ, we see the interaction of Scripture and Holy Tradition, including Orthodox liturgical life, in its powerful ability to form our phronema as Orthodox Christians. By presenting the many ways the Virgin Mary is depicted, and the many miracle-working icons of her (and there are far more than most of us realize), Presbytera Papademetriou has given us a guide for our spiritual growth."



Her book about the Virgin Mary and her icons is highly recommended by His All Holiness Ecumenical Patriarch



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# strategy

στρατηγική

By Endy Zemenides

## A Tale of Two Anniversaries

In two months, we will be marking 50 years since Turkey launched its invasion of Cyprus and the beginning of a violent division that has proven over and over again to be the exception to the rule of a “Europe, whole, free and at peace.”

Turning 1/3 of the Greek-Cypriot population into refugees; violating multiple UN Security Council Resolutions; murdering thousands; desecrating historic churches; ethnically cleansing the northern part of Cyprus – there is much that Turkey has not yet been held to account for. But let’s add to the bill of indictment: Turkey has turned Cyprus into an ongoing crime scene.

Finding a new way to violate international law on Cyprus has become an annual tradition for Turkey, but here are just some ways Turkey and its puppet occupation regime keep this “frozen conflict” active:

### The Missing

Nearly 1,000 Cypriot remain missing since 1974. This situation persists despite US law requiring that Turkey locate and turn over the remains of 5 American citizens that went missing during the invasion and despite the 2001 European Court of Human Rights decision holding Turkey liable for failing to investigate the fate of/locate the remains of the missing.

### Ethnic Cleansing

Despite its insistence that its occupation presence is a “peace operation” they have enforced a regime of restrictions that ensure that the Greek Cypriot presence in the northern 37% of Cyprus will disappear with the enclaved Greek Cypriots. The most striking example of these restrictions are the consistent violations of religious freedom and suppression of Christian heritage in occupied Cyprus. Turkey – monitored as a Special Watch List country (one of the designations used by the US Commission of International Religious Freedom) – and its puppet regime in occupied Cyprus block dozens of Greek Orthodox religious services every year. This may be bloodless, but it is still evidence of ongoing ethnic cleansing.

### Varosha

The “ghost city” of Varosha has long been considered a key to facilitating a solution to the Cyprus problem and the Anastasiades government made it the centerpiece of what could have been a game changing confidence building measure. It is also the subject of its own UN Security Council resolutions. So Turkey’s partial opening of the city over the past few years is brazen: it is simultaneously a brand new

violation of Security Council resolutions and a declaration that Erdogan and Tatar are not genuinely interested in a peace process.

### Buffer Zone

Turkey has employed its occupation military force to make regular incursions in the buffer zone – in which UN Security Council Resolutions prohibit entry by forces other than UN Peacekeeping troops. These incursions culminated in the violent assault by Turkish and Turkish Cypriot forces on UN peacekeeping personnel last summer around the village of Pyla.

These are just some of the crimes Cyprus has been – and continues to be – subjected to. And although we will use this year to lament and express outrage, we must also celebrate that the last 50 years were not simply defined by victimhood.

2024 marks another anniversary for the Republic of Cyprus as well – its entry into the European Union. This achievement does not mitigate the tragedy and continuing legacy of the invasion, but nor should its significance in the history of Cyprus – and of the region – be discounted.

When he served as Foreign Minister, President Nikos Christodoulides often spoke of Cyprus as a “solution, not a problem”. The Republic of Cyprus’ economic vitality, diplomatic heft, security and future is tied more to its European Union membership than to anything else. Cyprus – scheduled to assume the EU Presidency in 2026 – has firmly established itself over the last 20 years as a frontline Western state when it comes to energy, maritime operations, humanitarian operations and in the security field. This has had a spillover effect in Washington, DC – which over the



*Endy Zemenides is the Executive Director of the Hellenic American Leadership Council (HALC), a national advocacy organization for the Greek American community. To learn more about HALC, visit [www.hellenicleaders.com](http://www.hellenicleaders.com)*

last 10 years has not only declared Cyprus a “strategic partner” but has started putting meat on the bones of that designation.

Our community must keep both anniversaries in mind when we speak about Cyprus; they are inextricably tied to one another. Cyprus’ EU membership has altered the context of Turkey’s continued occupation, and the occupation keeps the West from optimizing Cyprus’ EU membership (and other assets that it offers). The best way to mark these anniversaries is to both hold Turkey accountable (e.g., over the opening of Varosha) for its occupation while enabling Cyprus as it emerges as a key problem solver (e.g., support for the Amalthea Initiative; permanent lifting of Cyprus Arms Embargo; Cypriot membership in NATO’s Partnership for Peace Program).



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# Transforming a New Generation of AHEPA with Savas Tsivicos

by Athena Efter

Savas Tsivicos is a man of devotion and determination. He is devoted to Hellenism and he is determined to preserve it. His commitment to AHEPA and his outspoken advocacy to issues pertaining to Greece and Cyprus are pervasive in his words, which reflect his big thoughts.

Savas Tsivicos has been involved with AHEPA for over 25 years, and now, as the Supreme President of the oldest association of American citizens of Greek ancestry, he is both humbled and proud to be of leadership service. He embraces the fundamental core values of what it means to be a leader. It is less about the glory and more about the action, and Savas

Tsivicos is definitely a man of action. His words resonate the tenacity of his commitment to various issues including the defense of Greece's sovereignty and the liberation of Cyprus. He recognizes that responsibility is accountability: "It is a great honor to be Supreme President after 102 years.

The responsibility is greater than the honor, and I want to leave the organization better than I found it."

Founded in Atlanta, Georgia in 1922, initially as an organization that fought for civil rights and was against bigotry, the mission of AHEPA is to promote and defend Hellenism, and the ancient Hellenic ideals of education, philanthropy, civic responsibility, family and individual excellence, through community service and volunteerism. AHEPA

recently received an anonymous gift of \$17.3 million, the largest donation ever made to the organization. It is a true testament to the work that is being

accomplished through AHEPA's mission, especially under the helm of Savas Tsivicos. AHEPA gives over \$2 million a year in scholarships to students of Greek heritage. This generous gift will allow AHEPA to increase its



With Greek Foreign Minister George Gerapetritis

education initiatives and scholarship offerings. The promotion of Hellenism, its values, language and culture remain a central focus of AHEPA's educational programming. Mr. Tsivicos travels all over the country in his role as Supreme President to continue forging collaborations that foster and provide growth to AHEPA's initiatives, as well as establishing endowments at universities.

Most recently, Mr. Tsivicos travelled to Ohio to attend the endowment ceremony of adding Greek language to the Greek Studies program at Ohio State University, a program headed by distinguished professor Brian D. Joseph. In 1968, AHEPA established "The Journey to Greece" initiative, an immersive cultural program where high school students and college undergrads have the opportunity to earn up to six college course credits while they study in Greece. After a long pause, the program reinvented itself again in 2006 in collaboration with Webster University's Athens campus, and is now in its 18th year of providing students an educational and cultural experience of their Greek heritage. As a staunch supporter of the fight to free Cyprus, Mr. Tsivicos has laid down the groundwork for expanding "The Journey to Greece Program" to Cyprus. A relationship has been established



Savas Tsivicos with Greek Prime Minister Kyriakos Mitsotakis

Visit with President of the Hellenic Republic Katerina Sakellaropoulou, Archbishop Elpidophoros, Father Alex Karloutsos, Steve Zervoudis and Annita Kartalopoulos, Vice President of National Philoptochos



Meeting with Ecumenical Patriarch Bartholomew in Constantinople



with the University of Cyprus to provide accommodations, and AHEPA has been actively fundraising for the last year. A program that takes students to Cyprus to see

Cyprus. Members will have the opportunity to see the Green Line, the demarcation line that divides the country between the illegally occupied northern part of Cyprus, which, in 1983, illegally declared itself as the pseudo "Turkish Republic of Northern Cyprus" (which

firsthand the history of a war ravaged country, hear the stories of those who experienced the brutal invasion, and of those who carry the wounds of their ancestors, represents a significant journey of the Greek diaspora.

has not been recognized by any government or institution except Turkey) and the Republic of Cyprus, the internationally recognized government. For Mr. Tsivicos, this is more than just a milestone event: "AHEPA has been the voice of the community, and a bridge between Greece, US, and Cyprus, providing educational, civic, and philanthropic support. I want AHEPA to be more relevant in the United States to promote and defend Hellenism, and continue the fight until Cyprus is liberated."

This year marks the 50th anniversary of the Turkish invasion of Cyprus. Over 2,000 members and delegates of the Order of the AHEPA will attend the Supreme Convention in July of this year in Larnaca,

AHEPA is the largest organization of individuals of Greek heritage and philhellenes outside of Greece. There are over 400 chapters in the United States, Canada, Europe and Australia. According to Mr. Tsivicos, it can

With New Jersey Metropolitan Apostolos, Ambassador Ekaterina Nafsikas & Father Nektarios



Savas Tsivicos in Cyprus with his mother Persephone & sister Evanthia



Savas Tsivicos with wife Maria



Meeting with President of Cyprus Nikos Christodoulides, Minister Maria Panayiotou and brother Yiannos



Meeting Archbishop of Cyprus Georgios

administration's sale (with Congress' support) of 40 F-16 fighter jets to Turkey, even though Turkey continues to violate human rights, freedom of the press, and religion. He is very disappointed that Washington did not respond: "We have not received a response. We have a quid quo pro between the US and Turkey to sell more weapons to Turkey for the accession of Sweden into NATO, and these weapons will be used against Greece and Cyprus, challenging the sovereignty of both countries." Mr. Tsivicos, along with other advocates and fellow AHEPANS, will be meeting with elected

play an important role in helping Greece and Cyprus on many different fronts including the removal of Turkish troops: "We need to unite our voices with our fellow Hellenes of the diaspora." Perhaps this is the only way. He states that "the EU, the UN, and the US have failed Cyprus. We want people to get to know Cyprus. It remains an attractive country for

officials in May with the goal of making significant progress in the liberation of Cyprus. The Cyprus issue is one of invasion and continued occupation."

As an Archon of the Ecumenical Patriarchate, he recently met with Patriarch Bartholomew.



With Greek Armed Forces Chief General Demetrios Choupis

Can there be a solution? Will there be a solution? These are the ongoing, burdensome questions on the minds of many. Cypriot Greeks around the world are long overdue for a resolution to the "Cyprus issue." It is Savas



With Archbishop of America Elpidophoros & Grand President of Daughters of Penelope, Marianthi Treppiedi

"There needs to be more pressure on Turkey to uphold international law. We have to continue to be engaged, and to put pressure on politicians to act the same way they are acting when it comes to the Russian invasion of the Ukraine. The Turkish invasion of 1974 is no different. We need concrete results."

investment opportunity. We will push for the withdrawal of Turkish troops and a free Cyprus without anachronistic security agreements. Cyprus does not need guarantor powers anymore. Turkey refuses to give up power. There needs to be more pressure on Turkey to uphold international law. We have to continue to be engaged, and to put pressure on politicians to act the same way they are acting when it comes to the Russian invasion of the Ukraine. The Turkish invasion of 1974 is no different. We need concrete results."

AHEPA has been supporting the Patriarchate for many years, which is under siege by the Turkish government. He believes it is crucial to show their support at a critical time when Hellenism and Orthodoxy are under attack: "It is important to defend our faith and the Patriarchate. We continue to educate elected officials on what the Patriarchate is facing. We want to re-open the Theological School of Halki in Turkey. If Turkey wants to join the EU, it has to support human rights and freedom of religion. The US wants to keep them in the sphere of influence. Greece and Cyprus have been loyal allies. Turkey has not been, and this is what we want to bring to the attention of elected officials in the US." When I asked Mr. Tsivicos what Turkey offers that Greece and Cyprus don't, he remarked with: "That's a great question. The answer is nothing"! This left me with a lingering question - why won't the US, the EU and NATO address the issue of illegal Turkish occupation in northern

Tsivicos' vision that the next generation of youth will continue to feel proud of their Hellenic heritage, and will get involved in civic affairs by educating elected officials: "It is important that the new generation carry on that torch and help fight for the liberation of Cyprus." As a leader of this fight and cause for the liberation of Cyprus, Savas Tsivicos is its torchbearer. In his leading words, "We will continue to promote education, philanthropy, and civic duty, and to continue to defend Hellenic ideals throughout the world."

In addition to his civic service, Mr. Tsivicos also spearheads his own general contracting, construction management, and consulting firm as the CEO of Cypreco Industries Inc., a company established in 1989 and known for its work in complex technical projects serving Federal, state, county and municipal governments, as well as private and commercial industries in the tri-state area.

Savas Tsivicos made headlines back in January with a powerful rebuke of the Biden



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# HANAC, SERVING VULNERABLE COMMUNITIES ACROSS NYC, MARCHES IN 2024 GREEK INDEPENDENCE DAY PARADE



From left, Enrique Jerves, Artemis Tsagaris, Demetra Tsagaris, Andrea Jerves, Lola Maroulis, Stacy Bliagos, Thomas Cheung

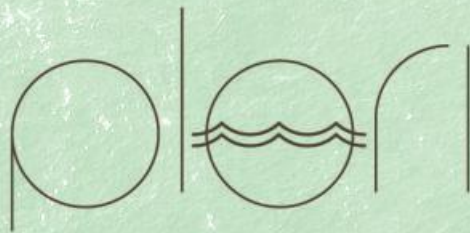
HANAC, the NYC non-profit organization that has been providing affordable housing, social programming, and independent living for older adults for 52 years, marched in the 85th Greek Independence Day Parade on Sunday, April 14, 2024. "It is such an honor

and joy to walk in the parade and celebrate the wonderful history and contributions of Greek immigrants in America," said Stacy Bliagos, Executive Director of HANAC. "HANAC was founded 52 years ago to support Greek immigrants in New York City, and to this day we are dedicated to supporting vulnerable communities across the city."

HANAC occupies a unique place in the story of the Greek community in New York, as the organization was founded in 1972 by George T. Douris and his wife Evangeline in response to the needs of local Greek immigrants, helping them adjust to their new lives in the United States, particularly in Queens. In its early days, the organization

secured job opportunities, created senior centers, provided English classes, and even helped members of the local community to register to vote. To this day, HANAC provides housing, community spaces, and resources like English classes, legal services, youth programming, and other support to vulnerable New Yorkers. It has since built a reputation among local communities and New York's immigrant population as a trustworthy resource and support system for anyone who needs their help. From leading efforts to build sustainable housing, to their management of over 400 affordable housing units serving almost 1,000 people, and helping 30,000 people annually with their Social Service Programs, HANAC has made a name for itself as a passion-driven non-profit with the community roots and historical know-how to create foundational and ongoing positive change.

To learn more about HANAC and how to contribute or volunteer, their website is [hanac.org](http://hanac.org).



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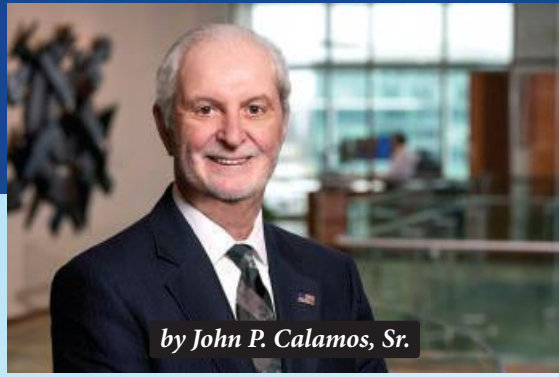
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by John P. Calamos, Sr.

# Lessons for Investors: Reflections from a Half-Century in the Markets

A better approach is to establish an asset allocation portfolio with the return and risk characteristics that make sense for your personal situation. When you are comfortable with what's happening in your portfolio, it can be easier to resist the temptation to chase performance or sell into weakness.

demonstrate more volatility than you can stomach over time.

Measure the success of an asset allocation strategy based on your unique personal circumstance. Are you making progress toward your goals? Are you comfortable with the amount of fluctuation in your portfolio?

With all the data and headlines and twists and turns in the markets, it's understandable that many people have questions about how to invest successfully for the long term or are worried about how their portfolio is positioned. The good news is that although the challenges and opportunities in the markets are always changing and evolving, there are some basic investment principles that I believe hold true year in and year out. I believe sticking to these principles can best position investors for success.

## 1. Don't try to time the market—stay focused on the long term

Like most things in life, discipline is key. Trying to predict the short-term ups and downs in the market is a dangerous strategy. As Peter Lynch famously remarked, "Far more money has been lost by investors preparing for corrections, or trying to anticipate corrections, than has been lost in corrections themselves."

Far too often, I've seen people give into emotion—greed and fear being especially common ones. This can result in selling into down markets but missing the up markets. Because the tides in the markets can shift quickly, missing the rallies may have a significant impact on performance.

### Timing the Market Could Be Costly

## 2. Benchmark your portfolio to your personal goals and risk tolerance

Broad-based performance yardsticks, such as the S&P 500 Index, the MSCI World Index, or the Nasdaq Index can provide useful information about how asset classes have generally performed, but it's important to put them in perspective.

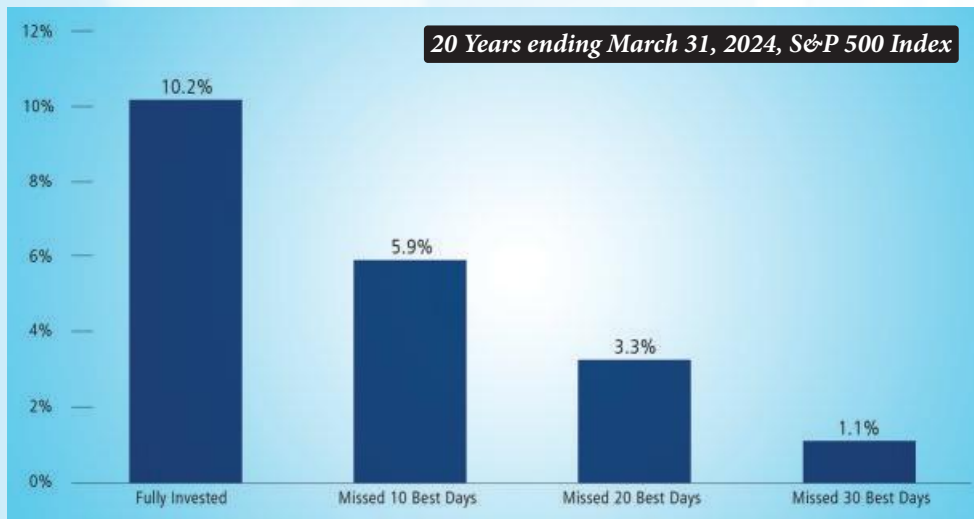
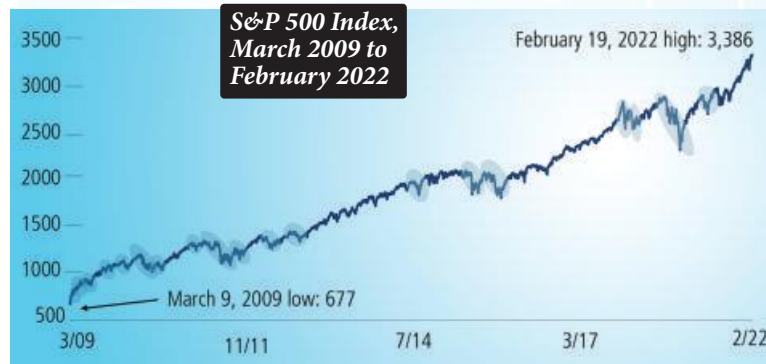
Indexes focus on specific types of investments, but a well-constructed allocation will likely include a range of asset classes. This means that comparing the performance of your entire investment portfolio to a single index almost certainly will not be an apples-to-apples comparison.

Focusing too much on how a specific index performed—especially over the short term—may mean that you lose sight of your own long-term risk tolerance. When stocks are moving rapidly upward, you may wish you were "all in." It's easy to forget the downside that more risky investments have. As prices go up, risks will likely go up as well. An all-stock index may

## 3. Remember that even good markets have bad days

Volatility is always part of the investment landscape—in good markets as well as bad. For this reason, it's important to not get caught up in short-term market moves. The chart below shows the bull market in stocks that ran from March 2009 to February 2022. During that period, the S&P 500 Index gained nearly 400% cumulatively, but there were 19 market corrections (downturns of 5% or more) along the way. **The key takeaway is that corrections are a normal part of investing, and the market often stops to take a breather—especially after a strong rally.**

### The stock market experiences downturns even when it is moving up



Past performance is no guarantee of future results. Source: Morningstar.

Past performance is no guarantee of future results. Source: Bloomberg and Morningstar. The index gained 395.5% cumulatively, for a 15.74% average annualized gain.

## 4. Diversify your portfolio

Different types of investments tend to perform differently depending on interest rates, inflation, or the economic environment. The performance of investments can also be influenced by fiscal policy, political uncertainty, and the geopolitical landscape. For example, regulations might create headwinds for a specific industry or security type, or geopolitics could create disruptions in certain segments of the global economy. Some countries might be making decisions that are more conducive to business growth and the performance of stocks in their markets.

Having a blend of assets can help smooth out the performance of your portfolio because stronger performance in one area of your portfolio can offset weaker performance elsewhere. Keep in mind that increased return potential typically comes with increased risk. Be sure to consider strategies that are managed according to the risk tolerances that make sense for you. Not all stock funds are the same, for example. To support a range of investor needs, the Calamos stock funds include both lower volatility and growthier approaches, as well as choices with varying areas of focus, such as large versus small companies and US versus international companies.

alternative approaches traces back to the very founding of the firm in the 1970s—well before the term “alternative” entered investors’ vocabularies. Back then, stock markets were extremely volatile, and interest rates were soaring. In this complex environment, I used convertible securities—which were an alternative asset class at the time—to help clients navigating the turbulent crosscurrents.

Fast forward from those pioneering days, and I’m very pleased to see that more investors are recognizing the potential benefits of including alternatives in asset allocation as a complement to traditional stock and fixed

Also, it’s important to understand the difference between “passive” funds, such as index funds, and “actively managed” strategies, like the ones Calamos offers. Active managers have the flexibility to adjust their portfolios to respond to new information—about market conditions, company-specific news, and risks—in ways that passive choices don’t. Active managers also can decide to not own certain companies where risks appear to be higher. In this current environment—and over the long term—I believe that investors deserve this sort of flexibility from their funds.

*For more than 50 years, John P. Calamos, Sr. has been helping investors achieve their long-term asset allocation goals. He began investing in the difficult environment of the 1970s, a decade of high inflation and interest rates when both stocks and bonds were under pressure. Since then, he has earned a global reputation for providing investors with pioneering approaches for enhancing returns and managing risk, including through the use of alternative investment strategies. Below, he shares some lessons for investors.*

*Opinions, estimates, forecasts, and statements of financial market trends that are based on current market conditions constitute our judgment and are subject to change without notice. The views and strategies described may not be appropriate for all investors. References to specific securities, asset classes and financial markets are for illustrative purposes only and are not intended to be, and should not be interpreted as, recommendations.*

*As a result of political or economic instability in foreign countries, there can be special risks associated with investing in foreign securities, including fluctuations in currency exchange rates, increased price volatility and difficulty obtaining information. In addition, emerging markets may present additional risk due to the potential for greater economic and political instability. Convertible securities entail interest rate risk and default risk.*

**5. Understand the power of alternative strategies to manage risk and enhance returns**

As your portfolio grows, you can increase your diversification to include more specialized types of investments, including alternative strategies that provide opportunities beyond traditional stock and bond funds. Alternative strategies have always been an area of focus for me—in fact, Calamos Investments’ history in

income investments. Of course, not all alternatives are the same—so you need to do your homework as you would with any other approach.

The array of choices that investors have today can be overwhelming. My advice is to take some time to do research before choosing a fund. It is also important to look at the years of experience of the portfolio managers and the firm.

*Asset allocation and diversification do not guarantee a profit or protect against a loss. Alternative investments may not be suitable for all investors.*

*The S&P 500 Index is a measure of the US equity market. Indexes are unmanaged, do not include fees or expenses and are not available for direct investment.*

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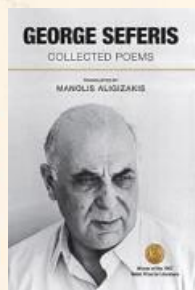
# Mnemosyni's Musings...

You've heard of Mnemosyni, the Greek goddess of memory. Mythology buffs will know that she's also the goddess of storytelling—and mother of the Muses! So, it's only fitting to name a literary column in her honor. Here, you'll learn about authors, poets, books, and all things "Greek" literary.

by Maria A. Karamitsos

## Greek-Canadian Authors

We've talked about Greek-American authors, Philhellene authors, and more. But did you know that Canada is home to many talented authors? Let's meet some of them.



### Manolis Aligizakis

He is the author of 20 books of poetry, three novels, and eleven major translation works. Aligizakis' articles, poems, and short stories have appeared in books, magazines, and newspapers

around the world and have been translated into many languages. He's known as the most prolific writer-poet of the Greek diaspora. In 2006 in British Columbia, he founded Libros Libertad, an unorthodox and independent publishing company. His translation of George Seferis-Collected Poems (independently published, 2021) was shortlisted for the Greek National Literary Awards.



### Marianne Apostolides

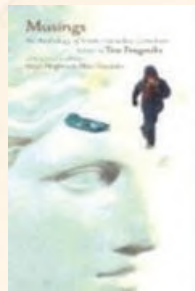
This Toronto-based novelist and memoirist has published six books to date. Apostolides is best known for her 2009 novel Swim (Book\*Hug, 2010), whose French-language translation by Madeleine Stratford was shortlisted for the Governor General's Award for English to French translation at the 2016 Governor General's Awards; and her memoir, Voluptuous Pleasure: The Truth About the Writing Life (Book\*Hug, 2012), was named one of the 100 best books of the year by The Globe and Mail.



### Pan Bouyoucas

Born in Lebanon to

Greek parents, his family emigrated to Canada in 1963. He's an author, playwright, and translator. Bouyoucas explores topics of contemporary relevance in his novels, novellas, short stories, and plays. He explores many sub-genres, including magical realism, detective stories, and children's books. This Quebec-based author's novel, Ari et la reine de l'orge (Les Allusifs, 2014) was translated by Sheila Fischman as Ari and the Barley Queen (Guernica Editions, 2023).



### Tess Fragoulis

Born in Crete and raised in Canada, Fragoulis has published several award-winning novels and short stories. Her work has appeared in many literary journals, magazines, and

newspapers in North America. Her first book, Stories to Hide from Your Mother (Arsenal Pulp Press, 1997), was nominated for the QSPELL First Book Award; and one of her stories was adapted for the television series Bliss. Fragoulis is the editor of Musings: An Anthology of Greek-Canadian Literature (Véhicule Press, 2004). She lives and teaches in Montreal.



### Zafrios Georgilas

This Vancouver-based author, musician, voiceover artist, and content creator earned an MA in Publishing from the University of the Arts London. His debut novel is called How Not to

Find Work (independently published, 2023).

### Hélène Papachristidis Holden

This novelist is a fervent supporter of Canadian literature and has brought together authors across her country's linguistic cultures via organizations like the Writers' Union. For years, she ran the

Librairie Double Hook Book Shop, an all-Canadian bookstore in Montreal—the first of its kind in the country. She has published several books including After the Fact (Oberon Press, 1986). In 1994, she was awarded the Member of the Order of Canada.



### Thomas King

Born in California, King has lived and worked in Canada since 1980. Of Cherokee, Greek, and German descent, he's published award-winning novels, children's

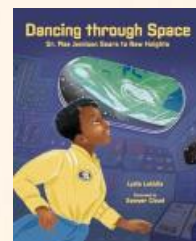
books, and collections of stories. He's known for writing in a conversational style, incorporating "oral storytelling structures with traditional Western narrative". This Ontario-based author's novel, Indians on Vacation (HarperCollins, 2020), won the Stephen Leacock Medal for Humour in 2021.

### Stella Leventoyiannis Harvey



Born in Cairo, this award-winning author grew up in Calgary. She is the founder of the Whistler Writing Society, also known as the Vicious Circle, which under her direction produces the annual Whistler

Writers Festival, the Whistler Writer in Residence Program, and the Spring Reading Series. Her fiction and nonfiction have appeared in magazines and anthologies. Her most recent novel, Finding Callidora (Signature Editions) was published in 2019.



### Lydia Lukidis

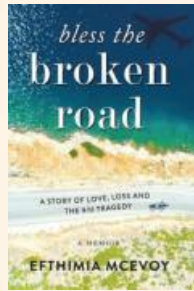
She's the author of 50+ trade and educational books for children. As a freelance journalist, Lukidis writes about topics such as education, parenting, and

wellness. Based in Montreal, she is a volunteer judge on Rate your Story and

co-hosts the annual Fall Writing Frenzy competition. Her latest, *Dancing through Space: Dr. Mae Jemison Soars to New Heights* (Albert Whitman & Co.), came out in 2024.

### Sofia Martimianakis

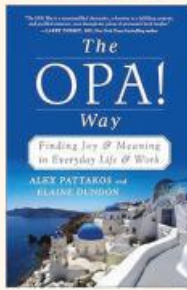
Martimianakis' poetry, short stories, nonfiction, and photography have been published in numerous journals and magazines. She's written picture books and young adult books. A native of Toronto, Martimianakis is working on her first novel, a young adult fantasy adventure.



### Eftimia McEvoy

An entrepreneur turned writer, McEvoy published her first book, a memoir called, *Bless the Broken Road* (independently published) in 2022. She runs multiple businesses, including

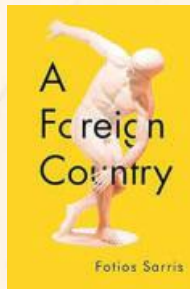
the Spa at We Thrive in downtown Belleville, which she owns and runs.



### Alex Pattakos

From Prince Edward Island and known as "Dr. Meaning," Pattakos is widely respected as a modern-day Greek philosopher and pioneer in transformational thinking. He co-founded the Global Meaning Institute and co-created MEANINGology® (the study and practice of meaning in life, work, and society). Among his books is *The OPA! Way: Finding Joy & Meaning in Everyday Life & Work* (BenBella Books, 2014).

founded the Global Meaning Institute and co-created MEANINGology® (the study and practice of meaning in life, work, and society). Among his books is



### Fotios Sarris

Born in Montreal, the author worked his way through his undergrad degree while working as a stagehand in one of the last of the city's

burlesque theatres. He earned a doctorate from the University of Toronto. He is a lecturer in the School of Professional

Communication at Ryerson University. His novel, *A Foreign Country* (Dumagrad Books) came out in 2020.

Now you have some more authors to check out! See you next time for more of Mnemosyni's Musings.

-----  
*Maria A. Karamitsos is a journalist, author, and poet. She's the founder & former publisher/editor of WindyCity Greek magazine and former associate editor & senior writer for The Greek Star newspaper. Maria also contributes to Greek City Times and TripFiction. Her work has been published in The Magic of Us-A Moms Who Write Poetry Anthology, The Pen Poetry Magazine, Voices of Hellenism Literary Journal, Highland Park Poetry, GreekCircle magazine, The National Herald, GreekReporter, Harlots Sauce Radio, Women Who Write, KPHTH magazine, XPAT Athens, and more. Maria has contributed to two books: Greektown Chicago: Its History, Its Recipes and The Chicago Area Ethnic Handbook. She's currently working on a novel. www.mariakaramitsos.com*

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# Penelope Gandhi Mission Sacred Art of Weaving Revived in Crete

## Professors coexist with shepherds at the University of the Mountains

By Kelly Fanarioti



One of the few remaining weavers  
teaching the new students



Making natural silk

"Penelope, in an attempt to get rid of the suitors who constantly besieged her, declared that she would marry only when she finished the weaving that worked on her loom all day and destroyed at night. The Indian leader, on the other hand, deeply believed that weaving on the loom was perhaps the only means to make his people self-sufficient. To set an example and meet his own needs, he waved his own threads," Mrs Terzaki-Pallikari explains.

The purpose of the mission is to preserve and disseminate the sanctity of the art of weaving in Crete that counts almost 5,000 years.

"The long and indestructible legacy of weaving has played an important role in the folk art of Crete and generally in Greece. A sample is the female figure with raised arms found in Minoan figurines, which has a long history. It starts from prehistoric times and

Imagine a university where teaching takes place in the countryside, and professors are scientists from all over the world, but also craftsmen, livestock breeders, farmers and students of mountain villages. The aim is none other than the study and preservation of the way of life of mountain communities.

The vision of such a university came true in 2007 by the former Rector of the University of Crete and Professor of Ophthalmology, Ioannis Pallikaris. The University of the Mountains, as it is called, is a voluntary, non-profit and non-subsidized organization, an official member of the United Nations (UN) – Mountain Partnership, FAO.

Through mutual voluntary teaching between scientists, livestock breeders, farmers and pupils from urban areas, the protection of centuries-old traditions and production methods, the continuous medical support of the inhabitants, the discouragement of the abandonment of villages and the bridging of scientific with experiential knowledge are achieved.

The deep belief of all the participants who exchange knowledge is that mountain life in its entirety, obeys ancient relationships between nature and people, social relationships and ways of deriving the means of life, through the revival of economic resources, preventing the abandonment of villages, not depleting natural wealth, the balance of water, wildlife, forests, animals and birds, and development of a small-scale-high value economy.

### Mission Penelope Gandhi

One of the pioneering initiatives of the University of the Mountains is called "Mission Penelope Gandhi," and its purpose is to revive the art of weaving throughout Greece

Barbara Terzaki- Pallikari, also known as the "Priestess of Cretan Weaving Art," inspired this particular action.

But what do Odysseus' faithful wife and the fighter for the rights of all people have to do with it?



A collection of plants from  
where natural paint is extracted





Barbara with students at the Heraklion Archeological Museum

process a small economy that would make them feel safe and happy can be created," she adds, claiming that another goal is the inclusion of Cretan weaving art in the national catalogue of intangible UNESCO cultural heritage.

According to her, the great achievement of this "Penelope Gandhi Mission" was that by throwing the weight on the revival, the team which is supported by weavers and academic personalities from Greece and abroad,

Athens, with a daily presence of women who traveled throughout the exhibition from Crete to weave daily surrounded by valuable exhibits.

The vision of Ioannis Pallikaris and his wife has attracted the interest of foreign universities and conferences, while there are many young people who seek to learn about the art of weaving and life in mountain villages.

The journey of knowledge transmission, however, does not stop here but is going to be enriched and expanded to even more areas of Greece and the world.

remains firm in its attitude to this day. Only the symbols she keeps change, depending on the religion of the time."

Each woven fabric is created by hand with a technique known only to Cretan women and is dyed with flowers of nature. Once completed, the woven fabrics go to various museums around the world and private collections. Mrs Terzaki - Pallikari's goal is to introduce women, regardless of their age or profession, to weaving.

"The teaching of art by the experienced skilled weavers of Crete to the new generation and awareness raising among young people in general is one of our goals. Through this

was able to restart two important activities to obtain raw materials that had disappeared. One is flax and the other is silk. Now flax in collaboration with the TEI of Crete - School of Agriculture, is sown and harvested every year and silkworms are also bred.

In 2012, the "Penelope Gandhi Mission" presented a major exhibition at St. Mark's Basilica in Heraklion, Crete, during which weavers from the four prefectures of Crete worked on four looms. The following year, something similar took place at the Benaki Museum in



Barbara Terzaki- Pallikari with a student

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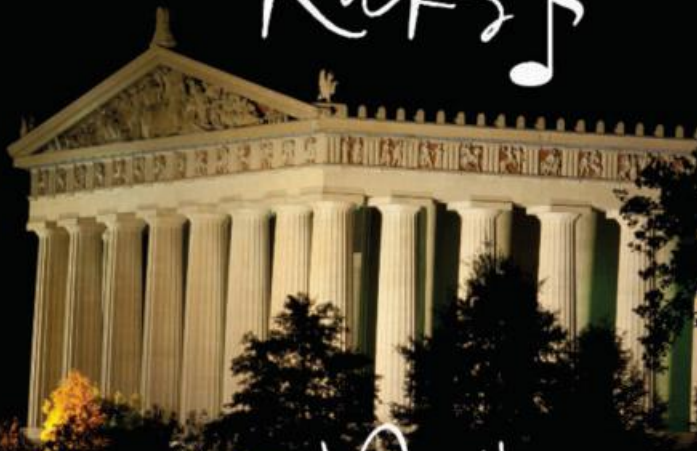


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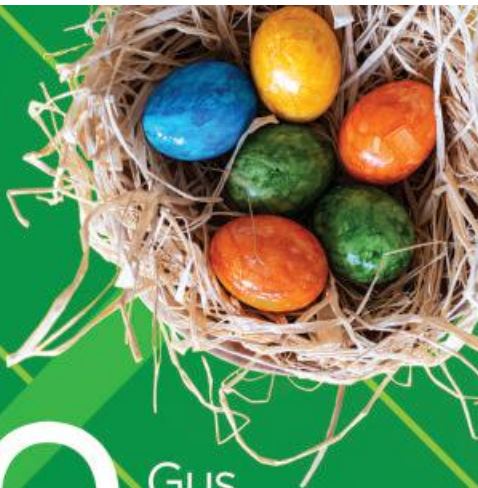
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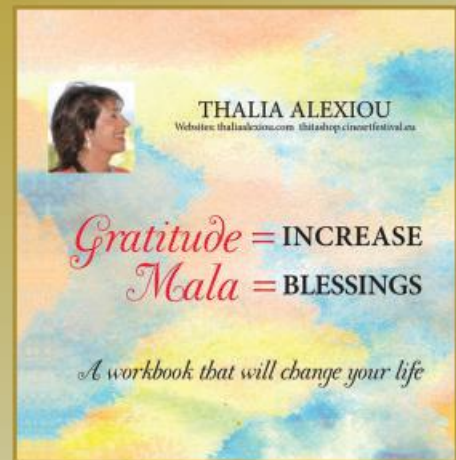
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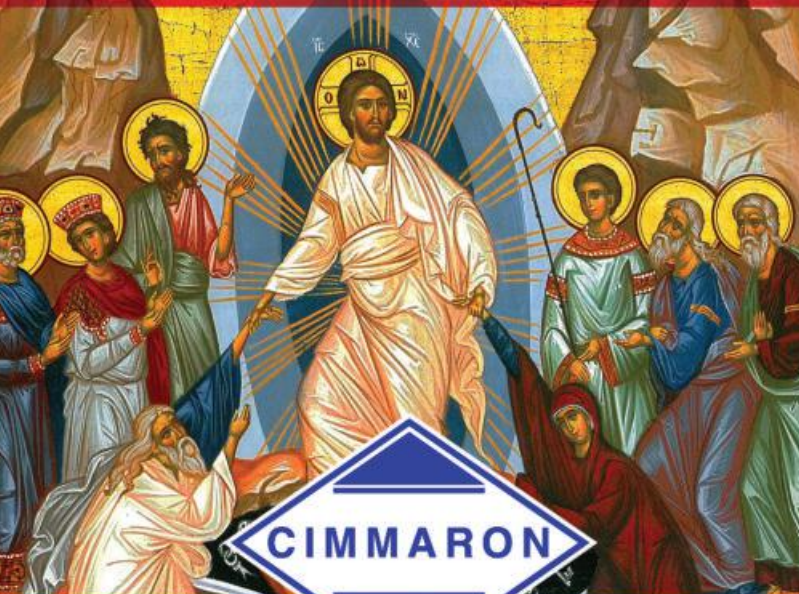
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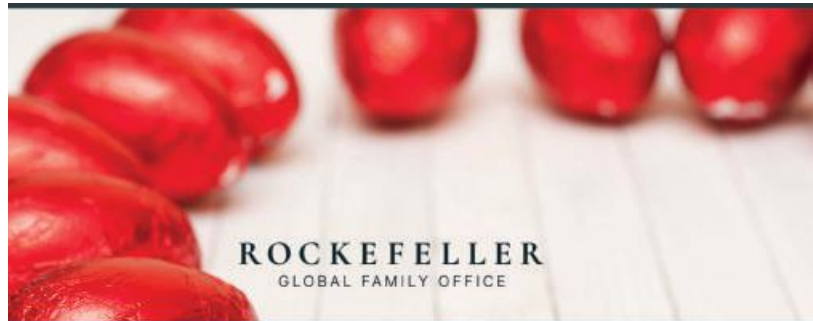
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## May the best egg win!

We made it to Easter! Best wishes for health and happiness to all! Special thanks to those who responded and flooded this issue too with their ads and Paschal messages. We are grateful to you for giving us the opportunity to continue. As you know by now, NEO is supported directly by the community, we don't have silent sponsors or backstage supporters. We don't play anybody's games, we have no obligation to individuals and their agendas. You are our only agenda and we have managed this past 19 years to steer clear of divisions and altercations. The community needs a magazine, a real one, not just online, that showcases our collective excellence and testifies to our, albeit modest grandeur. Because as Greeks in America we have done much and we can do much more, not just for us but for the country as a whole.



Presidential Elections 2024

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by Demetrios Rhompotis  
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# SAVVERIA MARGIOLA: MUSIC IS IN HER GENES

by Kelly Fanarioti

Her involvement with music came naturally, since she grew up with a father who was a bouzouki virtuoso and a grandfather who played the violin, while at the same time island songs were constantly played at home due to the Naxian (the Aegean island of Naxos) origin of the family. Savveria Margiola, daughter of Dimitris and granddaughter of George Margiolas, stands out for her special voice, her strong musical cultivation and her innate kindness.

As she explains to NEO, when she was young her home was dominated by music, which made her love this art and eventually led her to devote herself completely to it.

"What everyone has inside their soul sooner or later comes to light. For me, music was a clear choice, but being raised in such a musical environment, listening to my father and grandfather playing music in our house and the sweet singing of my grandmother Sophia, definitely played a vital role in discovering the

magic of music, loving it and understanding early on my own need for expression through it."

Savveria Margiola, however, did not rest on her family's laurels, but during her adulthood she studied two completely different subjects. She holds a bachelor degree in Sociology from Panteion University and a Master's degree from the Medical Department of the Kapodistrian University of Athens.

I couldn't help but ask her how these two subjects are combined with music, which she followed in the end.

"I don't think there is an absolute convergence between science and art. University knowledge includes logic and objectivity, while the arts include emotion and freedom of expression. However, education cultivates and develops you in all fields, including art. My involvement with studies was a personal need. I was attracted to the idea of understanding

society and observing people's behavior within it in a more scientific way."

So far, she has sung lyrics of great poets, such as Odysseas Elytis, Kostas Varnalis, Tassos Livaditis, as well as songs of the great composer and ecumenical Greek, Mikis Theodorakis. She belongs to the new generation of artists, who on the one hand know the work of the most important personalities of modern Greece, and on the other try through their voice to keep it alive.

But what happens to a large portion of young people who ignore, or do not care about artists who are also a kind of spiritual leader?

"Unfortunately, the excessive promotion of music without aesthetics, culture and meaning is ubiquitous nowadays. The majority of young people are brought up with musical garbage. This has resulted in a gradual decline in interest in music written by such great personalities as Mikis Theodorakis and Manos Hatzidakis, because they cannot understand its value," she says, stressing that on the opposite side of this situation there are artists with vision and creativity. "Fortunately, our country has very remarkable people who resist chaos and contribute to the preservation of our artistic wealth."

As for her influences from international artists, Savveria Margiola may incorporate foreign sounds, like many of her peers, however, most of her influences are purely Greek, since she deals with folk and art songs. She loves classical music, jazz and ethnic music, and her favorite artists are Chick Corea, Keith Jarrett, Aziza, Avishai Cohen, Jacob Collier, Pomme and Nai Barghouti.

This summer will be quite active on an artistic level, as she will continue her concerts with the Mikis Theodorakis Popular Orchestra, which was founded in May 1997, by musicians who had played with Mikis Theodorakis and knew his work well. At the same time, she will give concerts throughout Greece with Manolis Lidakis and her beloved friend Thodoris Kotonias.

She stopped having free time after her daughter's birth two years ago, but it's something that doesn't bother her. "I have a completely different everyday life. Personal free time doesn't exist as it used to be, but I try to create quality time by engaging in activities with my family that include reading, connecting with nature, traveling, and playing a lot. The rest of the time is devoted to music, and generally 24 hours is no longer enough," she says with a smile.

In the fall of 2022, she sang with the Mikis Theodorakis Popular Orchestra at the emblematic Carnegie Hall in New York and as she states, it was an experience of a lifetime. "The pulse and warmth of Diaspora Greeks created a feeling that I can't put into words. I wish to be given the opportunity again to sing for the Greeks who live there."

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