



The Mount-Royal Chapter-Newsletter

AHEPA Mount-Royal Chapter News October 2023

The viability of any non-profit organization such as ours relies totally on the dedication and enthusiasm of its members. Like any organization, it requires individuals that are willing to volunteer their time and talent.

MESSAGE FROM THE PRESIDENT

"Fight for the things that you care about but do it in a way that will lead others to join you."

- RUTH BADER GINSBURG

Brothers,

Wise words, by the late United States supreme justice, these words are most appropriate for all of us Brothers, that believe in AHEPA and its' missions, Hellenism, Education, Philanthropy, Civic Responsibility, Family and Individual Excellence through community service and volunteerism. Fight if you believe in our mission. Encourage others to join using yourself as an example. If you believe, convince others to join The AHEPA family. Be proud to be a Hellene or Philhellene. Be proud of the brothers and Sisters who have volunteered to work for the ever-popular St, Valentines Ball which in the process raised 1.2 million dollars over the years" For the 'Love of children".

Most of our work has always in mind the family and children e.g., our Family Christmas Party. However, we are wider in scope in sporting events such as our Annual Golf Tournament being held for the last 32 years. Promoting our Hellenic roots by always being present on the October 28th and March 25th celebrations, very important dates in our modern Hellenic history. Also bringing in Montreal the one-man play the Apology of Socrates. A two-performance event.

So, brothers be proud, spread the word, be the guiding light for others to join us. Use our good works to be an example for others to join us, approach the brothers that have left us (not the ones that have left us for good we do good work but don't perm miracles) by stop paying their dues.

In our efforts to find a suitable Space to hold our meetings, we accepted Sister Alexandra's Sevapsidis offer to use her offices in Ville Saint Laurent. It is a much more central location suitable to our Brothers who live in Montreal, Laval, West Island and South Shore.Griffith Street runs north of parallel to Cote des Liesse and starts on Cavendish.

Let your pride lead others to join you. Invite them with their families and their friends to our **Christmas Party on Sunday 12pm Dec 3, 2023, at the Palace Convention Center at 1717 Boul. Le Corbusier**

Waiting to see you and your friends there.

Fraternally
Frank Antoniou PCP
President Montreal AHEPA Chapter CJ 7



Chapter Meeting

Chapter Meeting
Wed. October 18 2023
@ 6:30pm
3700 Rue Griffith, Suite 67
St Laurent QC H4T 2B3

AGENDA

- 1.Call meeting to Order
2. Opening prayer
3. Roll Call of officers
4. Minutes of previous meeting
5. Treasurer's report
6. Communications
 - a. COA Headquarters
 - b. District Lodge
7. Report of standing committees
8. Report of social committees
 - St. Valentines Gala Ball
James Hutchison
 - Christmas Party
Timothy Tzanatos
9. Balloting on new members 11
10. Unfinished business
11. New business
12. Good of the Order
13. Bills against the Lodge
14. Closing prayer
15. Closing of Meeting



The Mount-Royal Chapter-Newsletter

Chapter Executives, Governors of the Board and VPs

Chapter Meeting
Wed. October 18 2023 @ 6:30 pm.
3700 Griffith Street, Suite 67
St Laurent, Qc H4T 2B3
Use the ramp door for easier access.

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Elected Executive Positions:

President Frank Fotios Antoniou, PCP
Vice-President Tim Tzanatos
Treasurer Michael Koklas
Secretary Jim Christou

Board of Governors:

Chairman James Hutchison, DG
Ken Matzioris
Ioannis Bougas
Lazarus Kalipolitis
Ioannis Panagiotou

Appointed Positions:

VP Hellenism Ioannis Bougas, PP
VP Philanthropy John Kioussis
VP Civic Responsibility Peter Prassas, PP
VP Hospitality & Entertainment, TBA
Athletic Director Antonios Patrikios
Sons Advisor 1 Michael Koklas
Sons Advisor 2 Jim Christou
Chaplain Rev. Nicholas Andreou
Captain of the Guard Jimmy Dionisopoulos
VP Environment, TBA
VP Education Nicholas Abatzoglou
VP Social Media Tim Tzanatos
Warden Spyridonas Pettas
Wellness Panayiotis Papadopoulos

AHEPA Montreal

Executives

Frank Antoniou, P.C.P
President
(514) 594-1148

Tim Tzanatos
Vice-President
(514) 661-1310

Michael Koklas
Treasurer
(514) 607-4499

Jim Christou
Secretary
(514) 208-6036

Governors

Chairman of the Board
James Hutchison D.G
(514) 715-0960



"Remember that teamwork means that everyone does what I say."

The meetings will be held the third Wednesday of every month. Locations to be determined.

- Wednesday, November 15, 2023 at 6:30 pm**
- Sunday, December 3, 2023 – CHRISTMAS PARTY**
- Wednesday, January 17, 2024 at 6:30 pm**
- Wednesday, February 21, 2024 at 6:30 pm**
- Wednesday, March 20, 2024 at 6:30 pm**
- Wednesday, April 24, 2024 at 6:30 pm**
- Wednesday, May 22, 2024 at 6:30 pm**
- Wednesday, June 19, 2024 at 6:30 pm**



BEAVER DISTRICT 23 MID-YEAR CONFERENCE

**TORONTO, ONTARIO
SATURDAY, OCT. 14, 2023
10:00 A.M. - 3:00 P.M.**

**GREEK COMMUNITY OF TORONTO
30 THORNCLIFFE PARK DR.
EAST YORK, ON
M4H 1H8**

**DELEGATE PACKAGE: \$50.00
INCLUDED: COFFEE, BREAKFAST SNACK, WATER,
& LUNCH FROM JIMMY THE GREEK
NOT INCLUDED: DINNER ON THE DANFORTH**

**REGISTRATION DEADLINE: OCT. 1, 2023
SEND E-TRANSFERS TO: AHEPATORONTO@GMAIL.COM**

**SUGGESTED HOTEL:
TORONTO DON VALLEY HOTEL AND SUITES**



AHEPA MONTREAL ANNUAL CHRISTMAS PARTY

**Sunday, December 3, 2023
12:00 P.M. - 5:00 P.M.**

Palace Convention Centre
1717 Boul. le Corbusier, Laval, Qc., H7S 2K7

\$60 Adults - \$30 Children (4-12)
All You Can Eat Hot & Cold Buffet
Coffee, Tea and Soft Drinks Included, Cash Bar
Dancing

EVERYONE IS WELCOME

For Ticket Reservations Contact

Frank Antoniou, President (514-594-1148) or Timothy P. Tzanakos, Vice President (514-661-1320)
You can pay by Interac e-transfer by simply sending your payment to montreal@ahempa.ca

Children (4-12) Will Get A Christmas Gift From Santa

Raffle Tickets For Additional Prizes Will Be Sold



Music By



DJ MAMACITA
ALEXANDRA SEVAPSIOS

Design by: T3

32nd Annual Montreal AHEPA Golf Tournament



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to our
sponsors!

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Hole in One Sponsor



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Ball Sponsor



Silver Sponsor



Tournament Sponsors



Hole Sponsors



CANADIAN ORDER OF AHEPA DISTRICT 23 PRESENTS

5TH ANNUAL HELLENIC HISTORY TOURNAMENT

SATURDAY
APRIL 27, 2024

WIN \$5,550 CAD IN CASH PRIZES

1st & 2nd place teams invited to
compete for \$6,750 USD at the
INTERNATIONAL
HELLENIC
HISTORY
TOURNAMENT

JEOPARDY-LIKE COMPETITION
FOR STUDENT TEAMS FROM
GRADE 8-12

Questions from the book
"Hellenika: Heritage and History"
by Peter Limber

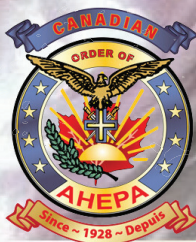
ASHBURY COLLEGE

362 MARIPOSA AVENUE
ROCKCLIFFE PARK OTTAWA, ON, K1M 0T3

REGISTRATION: 10:00AM

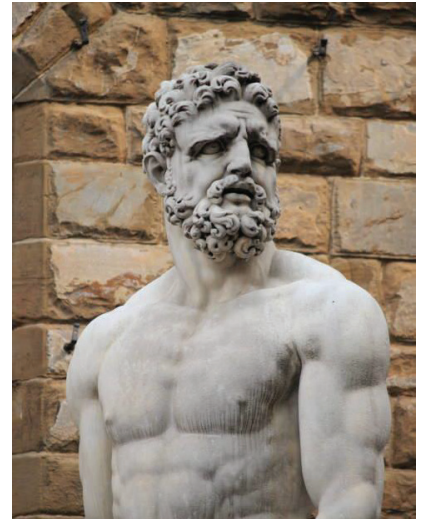
COMPETITION STARTS AT 11:00AM

Enter today at
AHEPA.CA/HHT



How Did Hercules Die?

Written by Greek Boston in Greek Mythology



The Greek myths surrounding Hercules paint him as a demigod who had a remarkable amount of strength. His father, Zeus, was king of the gods. His mother was a mortal woman by the name of Alcmene. It is said that Zeus was taken with her beauty and the two had a son together. Unfortunately, Zeus's wife, the goddess Hera, is known for her jealous nature. She especially hated Hercules and as the stories tell it, she went out of her way to make his life miserable. Still, he endured the challenges that she put forth all of his strength and did conquer each of the tough challenges that were thrown his way.

Despite his strength, he was half mortal and he did eventually face his death. His downfall came because he was unlucky in love.

Here's a look at not only how he died, but also the events that led up to the death of Hercules:

Hercules Killed His First Wife

Hera's wrath and jealousy essentially caused Hercules to kill not only his first wife, but the two kids he had with them, as well. Hercules actually loved his wife and children and wouldn't intentionally do anything to harm them. However, Hera hated Hercules so much that she didn't want to see him experience that amount of happiness. The goddess caused Hercules to suffer from madness and in a haze, he murdered his wife and kids. He lived with that guilt for a long time.

Hercules Meets His Second Wife

After some time passed, Hercules met the woman who would eventually be his second wife – a woman named Deianira. He spent some time courting her and he eventually won her over. The two made plans to get married and it was his involvement with her that eventually caused his death.

Hercules Kills Nessus the Centaur

In the first version of the story, Hercules and Deianira eventually did get married. However, in order to bring his bride home, she had to cross a river. A centaur by the name of Nessus offered to help her get across. However, instead of being helpful, he actually tried to rape her. Naturally, this didn't make Hercules happy and he tried to kill the centaur in retaliation. He shot and killed the centaur but before he died, the creature convinced her to take some of his blood to use as a love potion if she should ever need it.

Hercules Dies By Poison

As their marriage progressed, Deianira eventually became jealous of a young maiden whom she thought had captured Hercules interest. She decided that this was the perfect time to use the centaur's blood to woo Hercules back into her arms. What she didn't realize is that the centaur's blood was actually poisonous to Hercules. They both realized far too late what had actually happened. Hercules was in so much agony after he took the potion that he wished he were dead.

Hercules eventually died and after he did, his mortal portion perished. Zeus took his "god" half back to Olympus where he made amends with Hera. Hercules stayed in Mount Olympus from then on and then married Hebe, Hera's daughter.

Recipe for Greek Style Feta Cheese with Honey

Written by Greek Boston in Authentic Greek Food Recipes, Recipes for Greek Appetizers

Although this recipe involves honey, it isn't a dessert. It's a traditional appetizer or meze that is commonly served on the island of Crete as well as throughout Greece.



Greek Style Feta Cheese with Honey (Feta me Meli) Recipe Ingredients:

- 12 ounce block of feta cheese cut into 4 even rectangles of 3 ounces each
- 4 sheets phyllo dough (use gluten free phyllo if following a gluten free diet)
- 2 tablespoons Greek olive oil
- 2 tablespoons sesame seeds
- 4 tablespoons honey
- 1 tablespoon red wine vinegar
- 1 tablespoon water

How to Make Greek Cheese With Honey:

Preheat oven to 350 degrees Fahrenheit.

Fold one sheet of phyllo in half and place one block of feta into the center. Fold into an envelope shape and place on a small baking sheet. Repeat with the other three blocks of feta.

Brush each phyllo envelope with olive oil and sprinkle the sesame seeds evenly over all four of them. Place the baking sheet in the oven and bake until golden. This should take about 15-20 minutes.

While the feta packets are baking in the oven, mix the honey, vinegar, and water in a small dish. Sprinkle the mixture evenly over all four of the feta and phyllo packets right when it comes out of the oven.

PLEASE NOTE: Greek recipes can be slightly different based on a variety of reasons, such as the region of Greece that the recipe is being made in. If you have seen this Greek recipe made another way, please send us an email to greekboston@worldwidegreeks.com and we will evaluate your suggestion. Thanks!



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Montreal AHEPA chapter CJ7 past president




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