



February 2024

AHEPA Mount-Royal Chapter Newsletter

Web: www.ahepamontreal.ca

Email: ahepa@ahepamontreal.ca

Tel: 514-446-8889

“A wise man ought to realize that health is his most valuable possession”

(Hippocrates)

Message From Our President

On February 9th our AHEPA Family will be hosting once again the 23rd Annual St. Valentine’s Ball at the Palace Reception Hall in Laval.

The St. Valentine’s Ball is one of our signature events and it delivers a powerful message to the Greater Community of Montreal and surrounding areas of who we are and what we do. It is a message of pride and accomplishment and I expect to see all of you there in support of this event.

This year we are supporting the CHU Saint-Justine Foundation in benefit of the Pediatric Neuromodulation Program which utilizes a Transcranial Magnetic Stimulation (TMS) device to treat children with drug resistant epilepsy.

I am counting on your support, and will see you all there.

Frank Antoniou, P.C.P
President, AHEPA Montreal

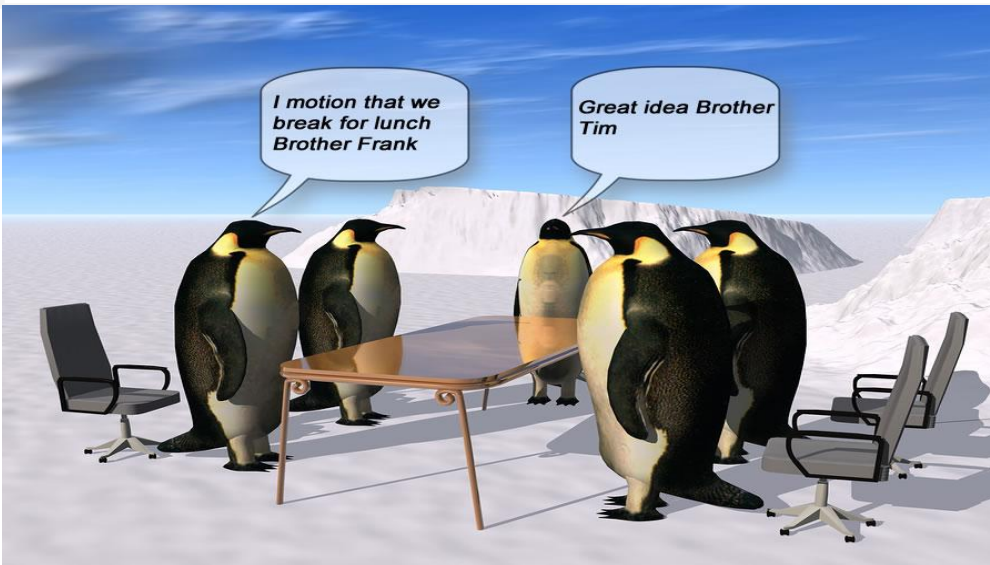
Chapter Meeting

Wednesday, February 21, 2024
6:30 P.M.—8:30 P.M.

3700 Rue Griffith, Suite 67
St Laurent QC H4T 2B
(Use Ramp Entrance)

Meeting 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 (Br. James)
 - b. District lodge (Br. James)
7. Report of standing committees
8. Report of social committees
 - a. Christmas party (Br. Tim)
 - b. St. Valentines Ball (Br. James)
 - c. Vasilopita/Joint meeting (Br. Tim)
9. Unfinished business
10. New business
11. For The Good of the Order
12. Bills against the Lodge
13. Closing prayer
15. Closing of Meeting





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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

AHEPA Montreal

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ahepa@ahepamontreal.ca

514-446-8889

Executives

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

Timothy P. Tzanakos
Vice-President
(514) 661-1320

Michael Koklas
Treasurer
(514) 607-4499

Jim Christou Secretary
(514) 208-6036

Governors

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

Ken Matziorinis
(514) 884-6962

Ioannis Bougas, PP
(514) 232-3192

Lazarus Kalipolitis
(514) 709-8169

Ioannis Panagiotou
(514) 235-8424

The Montreal AHEPA Family in collaboration with the
AHEPA Family Charitable Foundation of Canada
invites you to the

23rd Annual St. Valentine's Ball

For the benefit of



**CHU
Sainte-
Justine
Foundation**



**FRIDAY,
FEBRUARY 9TH
2024**

Cocktails 6:30 pm
Ball opening 8:00 pm
Open Bar

Palace Reception Hall
1717 Boul. le Corbusier
Laval, QC H7S 2K7



MP Saint-Laurent, Emmanuella Lambropoulos
Honourary Chairperson

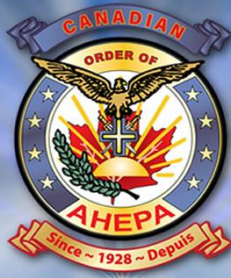
Zambetoula Drakontaidis
James Hutchison
Co-Chairpersons of the Ball

Entertainment by:

SOPHISTOCCASION / **Absolut Disco**
SHOWBAND

For information and tickets:
James Hutchison 514.715.0960
Zambetoula Drakontaidis 514.996.2317
ahepavball@gmail.com

Tickets:
Adults \$225
MOA/SOP \$150
Students under 25 \$175



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A Blast From The Past

Members of AHEPA Montreal standing in front of the statue of Athena with the mayor of Athens, Greece.

The statue was presented as a gift to Montréal in March 2000 by the mayor of Athens, on the occasion of the celebration of independence of Greece, to underline the friendship ties that link the two cities.

The artwork is situated in the center of Parc Athéna located at the intersection of Rue Jean-Talon and Ave. Bloomfield.





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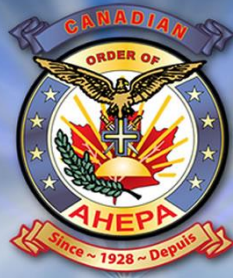
Montreal AHEPA Christmas Party

Our annual Montreal AHEPA Christmas Party was held at the Palace Reception Hall on December 3rd, 2023 with a turnout of 43 Brothers and Sisters.

Once again Brother Timothy P. Tzanakos our Vice President played the role of Santa Claus giving out gifts to the children in attendance while Sister Alexandra Sevapsidis (DJ Mamacita) entertained us with her music and Sister Gloria kept the children entertained with various activities.



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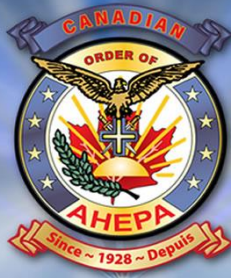
Montreal AHEPA Family Vasilopita & Joint Meeting

The Montreal AHEPA Family Vasilopita and Joint Meeting was held on January 18th, 2024 at the Archangels Michael & Gabriel Greek Orthodox church. The turnout was quite impressive with members from all branches of our AHEPA Family.

After all business was completed, we had a traditional Vasilopita cutting, one pita for each Order. The pieces were shared with everyone in attendance. Congratulations to our Sisters and Brother who found the lucky coin (flouri). Χρόνια πολλά και του χρόνου!

AHEPA Montreal Family





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Gythio, Greece: A Hidden Gem by the Sea

Nestled along the azure waters of the Laconian Gulf in the southern part of the Peloponnese peninsula, Gythio stands as a hidden gem waiting to be discovered by those seeking an authentic Greek experience. With its charming mix of traditional charm, historical significance, and breathtaking natural beauty, Gythio captivates visitors with its unique allure.



Gythio boasts a rich history that dates back to ancient times. Once a major port for the ancient city of Sparta, it flourished as a maritime hub. Today, remnants of its storied past can be explored in the form of archaeological sites and historical landmarks. The imposing Tzanetakis Tower, a symbol of the town's maritime heritage, offers panoramic views of the town and the surrounding landscape. Visitors can also explore the ancient theater of Gythio and the Castle of Gythio, which stands as a testament to the town's strategic importance throughout the centuries.

Gythio's waterfront is the heart and soul of the town, offering a picturesque setting that is quintessentially Greek.

Traditional tavernas and cafes line the seafront, inviting visitors to savor fresh seafood while enjoying the mesmerizing views of the Laconian Gulf. The vibrant colors of the fishing boats add to the charming atmosphere, creating a perfect backdrop for leisurely strolls along the promenade.

In conclusion, Gythio, Greece, is a destination that seamlessly blends history, natural beauty, and traditional charm. Whether exploring ancient ruins, savoring local cuisine by the sea, or simply basking in the warmth of Greek hospitality, Gythio promises an unforgettable experience for those who venture off the beaten path. As the sun sets over the Laconian Gulf, casting a warm glow on the town's enchanting waterfront, visitors are left with lasting memories of this hidden gem by the sea.



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<p>Ioannis Panagiotou CA/CPA</p> 	 <p>elect2000 aluminum</p> <p>Bill Chronopoulos (514) 271-9651</p>