



March 2024

## AHEPA Mount-Royal Chapter Newsletter

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***“The only true wisdom is in knowing you know nothing ”***  
*(Socrates)*

### Message From Our President

Finally, winter is almost over! ... and what an interesting winter it has been, weather wise and health wise! Brother Tim, our Vice President was sidelined in December due to a hip replacement operation and I was in and out of the hospital from December to February for various medical reasons. However, in spite of all this we managed to keep the ship on course because we have a great team and Brother James once again did a great job at the helm of our chapter's 23<sup>rd</sup> St. Valentine's Ball (see photos on pages 4, 5 and 6) where we raised \$50,000.00 for the CHU Sainte Justine Foundation.

With the coming of spring we have a number of major activities coming up and I encourage you to attend; on March 25<sup>th</sup> we will be celebrating our Independence Day and also the “Ευαγγελισμός της Θεοτόκου”; On April 27<sup>th</sup> the District 23, 5<sup>th</sup> Annual Hellenic History Tournament will be taking place in Ottawa (see page 2); and in the month of May District 23 will be holding its annual convention in Ottawa.

**Participation is important!** ... it shows our pride in being members of the AHEPA Family, it allows us to cultivate new friendships with other brothers and sisters and it allows us to play role in the activities for the coming year. **Also, please make an effort to attend our monthly chapter meetings.**



The purpose of today's meeting brothers is to look very busy like we're actually accomplishing something

### Chapter Meeting

Tuesday, March 19, 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
7. Report of standing committees
8. Report of social committees
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

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](http://AHEPA.CA/HHT)



**AHEPA Montreal**  
[www.ahepamontreal.ca](http://www.ahepamontreal.ca)  
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**Executives**

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Vice-President  
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Treasurer  
(514) 607-4499

Jim Christou Secretary  
(514) 208-6036

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(514) 884-6962

Ioannis Bougas, PP  
(514) 232-3192

Lazarus Kalipolitis  
(514) 709-8169

Ioannis Panagiotou  
(514) 235-8424



# OTTAWA



MAY 2024  
DISTRICT 23  
CONVENTION

# AHEPA Mount-Royal Chapter Newsletter

## Montreal AHEPA Family 23rd St. Valentine's Ball

Once again, the Montreal AHEPA Family raised \$50,000.00 in support of the CHU St. Justine Foundation to help sick children suffering from drug resistant epilepsy.

Une fois de plus, la famille AHEPA de Montréal a amassé 50 000,00 \$ au profit de la Fondation CHU Sainte-Justine pour aider les enfants malades souffrant d'épilepsie pharmacorésistante.

Για άλλη μια φορά, η οικογένεια ΑΗΕΡΑ του Μόντρεαλ συγκέντρωσε 50.000,00 \$ για την υποστήριξη του Ιδρύματος CHU St. Justine για να βοηθήσει άρρωστα παιδιά που πάσχουν από ανθεκτική στα φάρμακα επιληψία.



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## A Blast From The Past

In 2000, brother Frank Antoniou (President of AHEPA Montreal and past Canadian President) with the collaboration of the Honourable Member of Parliament Eleni Bakopanos and the AHEPA Montreal committee ( Brother, Xenofon Scoufars and Brother, Lazarus Kalipolitis) took the initiative to commission the AHEPA Canada postage stamp.

In 2003, in honor of the Order's 75th Anniversary in Canada, Canada Post issued a stamp celebrating AHEPA's past and present commitment to Education and Philanthropy. The stamp, designed by Signal Design Group of Vancouver, was unveiled by Prime Minister Jean Chretien as part of the celebration of Greek Independence Day (1828). The celebration was a tribute to AHEPA chapters across Canada.



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## Monemvasia, Greece

Monemvasia in Greece is one of the most romantic places in the country. This is a Medieval Castle Town,



exclusively carved on the slopes of a rock. Founded in 583 by inhabitants of the mainland seeking refuge from the Slavic and the Avaric invasion of Greece and surrounded by the Myrtoan Sea, Monemvasia is located on an island about half a mile long.

A man-made road and stone bridge leads to the castle gate and main entrance of the majestic castle town onward through the colorful and lively citadel offering all who visit her both stunning views and an unforgettable 'ambiance' of times past.

Today most of the old mansions have been converted into guesthouses and boutique hotels. Outside the Rock, there is a new modern town with many tourist facilities. Holidays in Monemvasia can be combined with day trips to Gythio, Mystras, Neapolis and other regions of south Peloponnese.

This town was constructed invisible from the mainland to avoid enemy attacks. It can be seen only from the sea and only a narrow pathway connects it to the mainland. This is how its name came out, meaning a *single passage*.

A walk around the paved streets of the castle town is like a trip back in time. See the elegant stone mansions and the Byzantine churches, such as the church of Agia Sofia and Christ Elkomenos. Do not also miss the breathtaking sea view from the top of the Castle during your Monemvasia holidays.

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