

April 2024

## AHEPA Mount-Royal Chapter Newsletter

Web: [www.ahepamontreal.ca](http://www.ahepamontreal.ca)

Email: [ahepa@ahepamontreal.ca](mailto:ahepa@ahepamontreal.ca)

Tel: 514-446-8889

***“The best way to find yourself is to lose yourself in the service of others.” ... (Gandhi)***

### Message From Our President

Dear Brothers,

“It’s a sure sign of the coming summer when a Scotchman throws away his Christmas tree away.” ... (Denison Flamingo)

As we reflect on the past month, I am filled with gratitude for each and every one of you who have actively supported our chapter events, attended meetings, and participated in our projects and fundraising efforts. Your dedication and commitment are the cornerstones of our AHEPA family, and I am continually inspired by your unwavering support. While we are on the subject, it would be nice if all of you Brothers showed your support not only to your chapter but to our favorite Scotchman and great philhellene, Brother James Hutchison. I urge you to attend his Roast and Toast on May Saturday May 11 2024 6:30 pm. **This event is not to be missed!** It is a way of saying to Brother James how much we appreciate all his hard work for the benefit of our chapter and his fund raising for the love of children

**It is imperative that we remain active and engaged in our chapter activities, as it is through our collective efforts that we can truly make a meaningful impact in our community. By showing up for meetings, sharing your ideas, and contributing your time and talents, we strengthen the bonds of fellowship and advance the mission of AHEPA.**

As we go through the Lenten period together and prepare to celebrate Orthodox Easter, let us take this time to reflect on the importance of faith, family, and community. May this season be a time of renewal and growth for each of us, as we draw closer to our shared traditions and heritage.

Wishing you all a season filled with peace, joy, and the love of family and friends. Together, let us continue to uphold the values of AHEPA and work towards a brighter future for our community.

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

### Chapter Meeting

Wednesday, April 17, 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. Journey to Greece vote
8. James Hutchison roast
9. Report of standing committees.
10. Report of social committees
11. Unfinished business
12. New business
13. For The Good of the Order
14. Bills against the Lodge
15. Closing prayer
16. 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

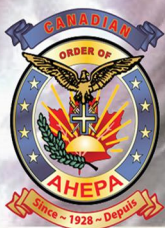
**ASHBURY COLLEGE**

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)  
[ahepa@hepamontreal.ca](mailto:ahepa@hepamontreal.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



# OTTAWA



MAY 2024  
DISTRICT 23  
CONVENTION

## James Hutchison Roast 'n' Toast Testimonial Dinner Dance

**HOLD THE DATE!**  
Saturday, May 11, 2024 @ 6:30 P.M.



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

**Door Prize & Raffle Tickets**

Special Tribute For Mother's Day & Special Gift For Mothers

Music by: DJ Mamacita

**RSVP**

Timothy P. Tzanakos  
VP, AHEPA Montreal  
(514-446-8889)

Frank Antoniou, PCP  
President, AHEPA Montreal  
(514-594-1148)

Jim Christou  
Secretary, AHEPA Montreal  
(514-208-6036)



**\$95.00 (Adults)**

**\$75.00 (MOA, SOP & Students)**

You can pay for your ticket by Interac e-transfer to: [montreal@ahpepa.ca](mailto:montreal@ahpepa.ca)



The 1930 Ahepa Excursion to Greece sailed on hoard the S.S. Saturnia from New York City



# 33<sup>RD</sup> Annual Montreal AHEPA Invitational Golf Tournament

**HOLD THE DATE!**  
Monday, August 26, 2024



**26<sup>TH</sup> AUGUST**

**Summerlea Golf & Country Club**  
1000 Rte de Lotbinière,  
Vaudreuil-Dorion, QC., J7V 0H5

# AHEPA Mount-Royal Chapter Newsletter

## Montreal AHEPA Family At The Greek Independence Day Parade

Last Sunday, March 24th, was a beautiful day for the **Greek Independence Day Parade**. The parade brought out thousands of people including the Right Honourable Prime Minister of Canada Justin Trudeau, the Prime Minister of Greece Kyriakos Mitsotakis and other dignitaries who came to participate and experience the ethnic identity that defines Montreal's Greek community.



# AHEPA Mount-Royal Chapter Newsletter



# AHEPA Mount-Royal Chapter Newsletter



# AHEPA Mount-Royal Chapter Newsletter



# AHEPA Mount-Royal Chapter Newsletter



# AHEPA Mount-Royal Chapter Newsletter





# **\$17.3 Million Anonymously Gifted to AHEPA Foundation Inc.**

With a transformational gift of \$17.3 million, the AHEPA Foundation Inc., a charitable arm of the American Hellenic Educational Progressive Association (Order of AHEPA), will establish the John George Tsitsos Scholarship Fund.

The benefactor, who wishes to remain anonymous, aims for the Fund to help persons of Greek ancestry in their pursuit of studies to advance and promote knowledge in the fields of science, mathematics, computers, technology, physics and medical research through the distribution of scholarship and grant awards.

## Ikaria, Greece

Ikaria is a beautiful remote Greek island located off the Turkish coast, about a two-hour ferry ride from Mykonos.

Tradition says that the island's name comes from Icarus, the son of Daedalus, who was believed to have fallen into the sea nearby. The island of Ikaria is mostly mountainous with most of the villages in the plains near the coast, while some are in the mountains.

Accessible from Athens via a nine-hour ferry or a one-hour flight, this mountainous island is not only full of postcard-worthy views and seaside villages, but also holds the secret to longevity. Ikaria is known as a "Blue Zone".

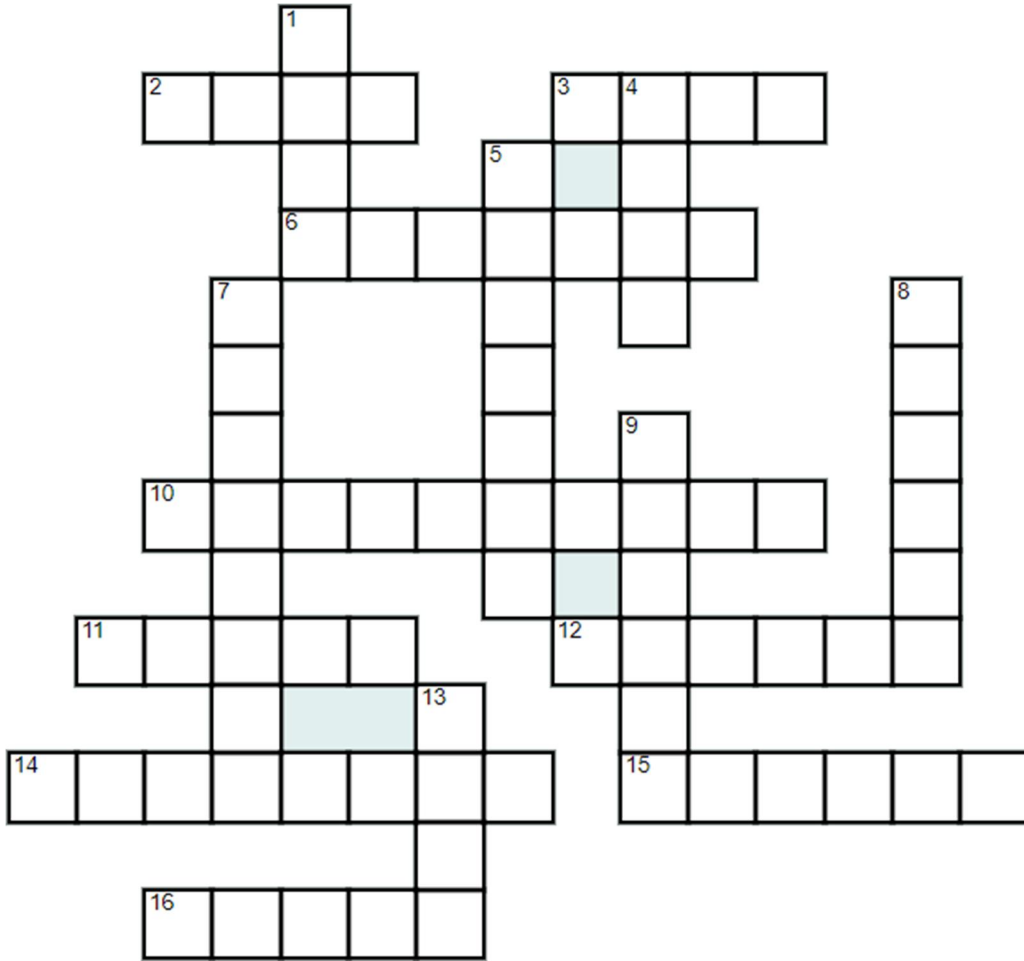


Blue Zones are regions of the world where people live substantially longer than the global average, often reaching the age of 100 or more. These areas have attracted the attention of scientists and researchers who aim to unravel the secrets behind longevity and exceptional health. What sets Blue Zones apart from other regions are the shared lifestyle practices and environmental factors that contribute to the well-being of the inhabitants.

Currently, there are five recognized Blue Zones worldwide. These include Okinawa in Japan, Sardinia in Italy, Nicoya in Costa Rica, the Seventh-Day Adventists community in Loma Linda California in the United States, and of course, the mystical island of Ikaria in Greece.

# AHEPA Mount-Royal Chapter Newsletter

## Crossword Puzzle: Ancient Greek Gods



Answers will be published in next months newsletter

Across	Down
2 God of war	1 Goddess of marriage, mothers and family
3 Goddess of victory	4 Goddess of the rainbow, messenger of the gods
6 Goddess of the moon	5 Goddess of agriculture
10 God of blacksmiths and fire	7 God of the sea
11 God of the underworld	8 God of sleep
12 God of the roadways and travelers	9 Goddess of wisdom
14 God of wine	13 God of the sky
15 Eventually, god of the sun	
16 Good beginnings, choices and doorways	

# Support Our Sponsors

 <p><b>SINCLAIR</b></p> <p>MANAGEMENT &amp; ACCOUNTING SERVICES SERVICES DE GÉRANCE ET COMPTABILITÉ</p> <p>357 Frontenac DDO QC H9G 1R4</p> <p>Cell.: (438) 938-3209 Fax.: (514) 624-0782</p> <p>E-mail: <a href="mailto:sinclair2000@sympatico.ca">sinclair2000@sympatico.ca</a></p> <p><b>Panayotis Papadopoulos</b></p>	<p><b>Canbek</b></p> <p><b>Economic Consultants Inc.</b></p> <p>4862 Felix McLernan Pierrefonds, QC, H8Y 3K1 <a href="http://www.canbekeconomics.com">www.canbekeconomics.com</a></p> <p><b>Brother KENNETH MATZIORINIS</b> PH.D., C.M.C</p>
<p>Compliments of</p> <p><b>Brother LAZARUS KALIPOLITIS, C. A.M</b> and Family</p> <p>Past Canadian President</p>	 <p>Alexandra Sevapsidis DJ Mamacita <a href="http://www.DJMamacita.com">www.DJMamacita.com</a> 514.800.0666</p>
<p>Compliments of</p> <p><b>Platinum Properties</b></p> <p>Brother Jimmy Dionissopoulos</p>	 <p>Compliments of</p> <p><b>James Hutchison</b></p> <p>Governor, AHEPA District 23 Vice-Chairman, AFCFC Foundation</p>
 <p>Compliments of</p> <p><b>George N. Sinoiannis</b> Eng. &amp; family</p> <p>Montreal AHEPA chapter CJ7 past president</p> 	 <p><b>Brother Peter Mouhteros</b> Courtier immobilier agréé, DA</p> <p>514.229.3016 <a href="mailto:pmouhteros@trimontcanada.com">pmouhteros@trimontcanada.com</a></p> <p>Services immobilières   Real Estate Services</p>
<p>Compliments of</p> <p>Brothers Peter and Bill Mavridis</p>  <p><b>SOUS-VIDE</b> GOURMET</p> <p><a href="http://www.sousvidegourmet.ca">www.sousvidegourmet.ca</a></p>	<p><b>Nicolas Sakkas</b> Courtier en assurance de dommages</p>  <p><b>SR</b> ASSURANCES</p> <p>514.271.5501 514.271.5499 <a href="mailto:nicolas@srassurances.ca">nicolas@srassurances.ca</a></p> <p>1155 rue de Louvain ouest, Montréal, Québec, H4N 1G6 <a href="mailto:info@srassurances.ca">info@srassurances.ca</a> <a href="http://srassurances.ca">srassurances.ca</a></p>
<p>Ioannis Panagiotou CA/CPA</p>  <p><b>KPMG</b></p>	 <p><b>elect2000</b> <b>aluminum</b></p> <p>Bill Chronopoulos (514) 271-9651</p>