

# Kazzie NEWS

Newsletter #139 July 2010

The future of **my generation** is in **your** hands!

Please show your support and participate at the  
**AGM and General Elections on October 3<sup>rd</sup>, 2010**  
so that my generation can maintain and enjoy our cultural heritage  
now and into the future.



Amelie Katris in front Kastellorizo harbour. Photograph by George Katris

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*Any views and opinions expressed by contributors in this publication may not necessarily be the views held by the Kastellorizian Association of Victoria.*

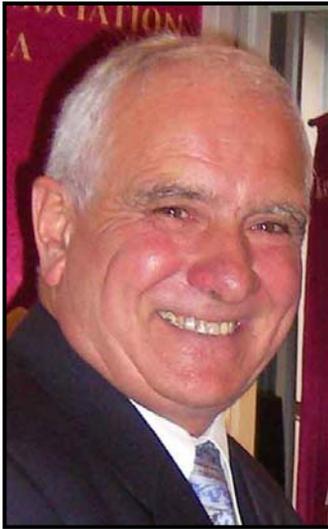
*Every effort is made to ensure correctness of the spelling of names and other information.*

*The editor takes no responsibility for the correctness of information supplied by contributors.*

*Based on the information provided, details of functions and events are correct at the time of publication.*

*Information provided may be used on our Website and for authorised press release.*

# PRESIDENT'S REPORT



Dear Members,

Once again the Committee and I have been truly committed to ensuring all our members are presented with a very active program

Our program commenced with the feast day of our Patron Saints Constantine and Helen, which was held on the 23<sup>rd</sup> of May. Following the church service at St Constantine and St Helen in South Yarra, we then made our way to the Association's clubroom where we welcomed the 2010 Kastellorizian of the Year, Nicholas Pappas. Approximately 100 people attended the paniyiri and award presentations, including twelve members of Nicholas's family who made the journey to Melbourne from Sydney to proudly support Nicholas on the presentation of his award. We hope that they all enjoyed the day.

Once again, the Consul-General of Greece, Mr. Christos Salamanis attended the celebrations. On behalf of the Association I presented the Kastellorizian of Year award to Nicolas Pappas, and VCE achievement awards to Cassie Zervos, Nicholas Paltoglou, Fortis Josephides, and Karissa Kostoglou. You can read more about the day on page 8 to 10.

Before launching further into the social program, I would like to congratulate Mrs. Marika Bisas for receiving the OAM award announced in the Queen's Birthday honours list in June, 2010 for service to the Greek community. Marika was also Kastellorizian of the Year award in 2007.

I would also like to take this opportunity to thank the sub-committee headed by George Verginis and including Paul and Connie Gregory, Peter Coates, Katina Garrick, Christine Mastores, Jasmin Verginis and Marie Zorbas for arranging the 85<sup>th</sup> anniversary celebrations. They are all to be commended for putting in the hard yards to make the evening a memorable one. We are all looking forward to a successful and enjoyable function to be held on the Saturday the 14<sup>th</sup> of August. The Association is also very appreciative of the generosity of our major sponsor, Laiki Bank and our other sponsors and donors, most of who I am proud to say are Kazzies. It is fantastic to have the support of all these corporations and individuals.

The Kastellorizian Seniors Association Inc. will be holding a special morning Brunch on Wednesday August 4<sup>th</sup> at 11am. They are raising funds for the Cancer Council of Victoria. Christine Dimer has asked me to invite all Kazzies along to support this worthy cause, as we all know of someone who has been touched by cancer. Please support this function and come along with family or friends. You do not need to be a member to attend. All are welcome. The donation will be \$5 and we encourage everyone to bring a plate of food to share. The Cancer Council of Victoria will be providing merchandise for sale on the day.

Also I am very happy to add that the Megisti Club (Cynthia Koutsoukis and Christine Dimer) have asked me to let you all know the next Megisti afternoon tea will be on Sunday the 19<sup>th</sup> of September. Their special guest will be Peter Kritikides a top 10 finalist on MasterChef. We hope that Peter will show us some of his cooking skills and answer questions. Please support the girls in their fundraising for cultural artefacts. All enquiries regarding this function can be directed to Cynthia or Christine.

The Association's submission to the Multicultural Commission was successful and we received a Grant of \$9000 for the documentation, maintenance, storage of our archives documents, artefacts and genealogy database. In the next round of grants we plan to apply for a grant for the purchase and installation of bookshelves and a storage cabinet to display these items at our clubrooms. Further information can be found on page 5.

# PRESIDENT'S REPORT

I would also like to remind everyone that this is the last newsletter before our AGM and general elections, which will be held on Sunday October 3, 2010.

Due to the recent "Rules of the Association" I will be stepping down to make way for a new President to further revitalise and modernise the Association. I can not emphasise just how important this AGM and General Election will be. The future of the Association is dependent on active participation in the elections, both in the nomination process and in taking on the responsibility of accepting a committee position. (see also page y).

I sincerely hope that every member, in particular the younger generation, actively participates in these elections and gives consideration to taking on a committee position.

Once again it is imperative that our AGM on Sunday 3<sup>rd</sup> October is well-attended and that elections are successfully executed. I hope that a modern progressive committee comes on board to further improve, modernise and build on our Association's strong foundation.

The committee and I look forward to seeing you socially at the 85<sup>th</sup> Anniversary dinner dance, and the up and coming Megisti Club function, but more importantly we request your participation at the AGM and General elections on Sunday the 3<sup>rd</sup> of October

Kind Regards,

Michael Spartels

## NOTE FROM THE EDITOR

Dear Members,

Thank you to all who responded to my article in the April edition of the *Kazzie News* regarding the newsletter cost, content and format. Your emails greatly appreciated and they were presented to the committee for discussion. I am happy to say that everything is back on track and full report will appear in the AGM report out early September. I would also like to thank Mrs. Margaret Moratis for her generous donation to the *Kazzie News*.

I hope will enjoy this edition of the *Kazzie News*.

Happy reading, *Evelyn Salvaris*

## 2010-2011 Memberships

**are payable now!**

### Membership Subscription Fees:

**\$10 PER PERSON  
18 TO 65 YEARS OF AGE.**

### Non-Fee-Paying Memberships:

1. Must be >65 years of age
2. No monetary fees required

**To ensure your voting rights,  
you must register and return your forms**

**Voluntary donations by you to our Association  
will be gratefully accepted.**

Our Statistics show  
a large number of Website  
hits

**SEIZE THE  
OPPORTUNITY  
CAPITALISE ON  
WEBSITE EXPOSURE**

**Register your business on  
the new Business section on  
our Website**

**Register now! Call John  
Karis 0412 662 079**

# ANNOUNCEMENTS

## *Kastellorizian Association of Victoria*

### Memberships

The Kastellorizian Association of Victoria would like to remind all members that the 2010 – 2011 memberships are now due.

The Association would like to remind you that the fee is \$10 per person between the age of 18 and 65. Membership fees are valid for July 2010 to June 2011.

We would like to emphasise that family memberships no longer exist. The \$25 family fee was replaced two years ago with an individual fee of \$10 per person. Therefore couples under 65 years of age and members with children under 18 only pay \$20 for membership instead of \$25. Thus the **Association is effectively issuing members a reduction in the cost of membership fees.** Quite unheard of in this economic climate!

The Association would like to remind you:

1. That the Rules of the Association define a Kastellorizian as a person of Kastellorizian descent or the spouse of a Kastellorizian or person of Kastellorizian descent.

SO NO EXCUSE FOR NOT JOINING UP YOUR NON-KASTELLORIZIAN PARTNER AS THEY ARE BY DEFINITION KAZZIE WHETHER THEY LIKE IT OR NOT!!!!

2. All non-fee-paying members over 65 must complete and send in registration forms to ensure membership rights.

3. To **vote** on any matter raised at the **2010 AGM** and to **nominate** or **accept an elected position on the committee you must be either a financial (18 to 65 years of age) or a REGSITERED non fee-paying member** (formally known as honorary member). To participate all memberships must be received by September 27th 2010.

The Kastellorizian Association of Victoria looks forward to receiving your continued support of our organisation through prompt lodgement of your membership forms.

### 2010 Annual General Meeting And General Elections

Date: Sunday 3rd October, 2010

Time: 2-5 pm

Venue: Kastellorizian House  
250 Dorcas St  
South Melbourne

To be eligible to vote and hold a committee position you must be a 2010 financial or registered non-fee-paying member

**Payment/registration of your membership must be RECEIVED BY 27<sup>th</sup> of SEPTEMBER 2010!**

**Forms will be distributed early September.**

### CULTURAL MANAGER REQUIRED!

**ARE YOU A KEEN HISTORIAN?  
DO YOU ENJOY KASTELLORIZIAN HISTORY, CULTURE AND TRADITIONS?  
Are you computer literate?**

### WE NEED YOU!!!!

We have a vast number of Kastellorizian Cultural Artefacts and Memorabilia which require documentation

Please contact Evelyn Salvaris on 0411 464 369

This project is partly funded by the Victorian Multicultural Commission

# ANNOUNCEMENTS

## *Kastellorizian Association of Victoria*

### **2010 Annual General Meeting and General Elections**

The Kastellorizian Association of Victoria cannot emphasise more strongly the importance of the next AGM and General Elections on Sunday the 3<sup>rd</sup> of October, 2010.

It is a particularly important time for the Association and we request that all members participate in this meeting and, more importantly, become actively involved by nominating, accepting nominations for committee positions and attending this meeting at our clubrooms.

At the close of this committee year on the 3<sup>rd</sup> of October, Mr. Michael Spartels will have completed his 4th consecutive year in role of President of the Kastellorizian Association of Victoria. It should be noted that Michael has previously held the position of President for six year, some years earlier. Under the recently modified "Rules of the Association" this means that he will not be able to stand for re-election for the Presidency. Thus it is imperative that every member makes a concerted effort to nominate a suitable and capable candidate to fill the role of President. The Association will also be seeking nominations for all other committee positions as the committee is also up for re-election.

The thought of losing our well-respected, successful and long-serving President, Michael Spartels, may sends alarm bells ringing, and raises some interesting questions:

Will we be able to find a replacement President and Committee?

Will there be a quorum at the AGM?

And will there be a Kastellorizian Association of Victoria still functioning in 2011?"

We must prevail over these negative thoughts and we must stay positive!

Change can be a good thing! In this case, a change in Committee can further build on the strong foundations that the current Committee has established. It also gives the opportunity for the well-respected members of the committee to retire without concerns about the Association's future. And more importantly, to leave the Association in the capable hands of the younger generation, who can, and will, modernise not only the administrative running of the Association and its methods of communication, but also provide a more progressive social and educational program for the benefit all members of the Association.

In order to generate the best committee to take the Association forward, we are aiming to find a group of capable individuals, who are team players, to fill the roles of:

President,  
Vice-President,  
Treasurer,  
Secretary,  
Assistant Secretary,  
Membership Manager,  
Facilities Manager  
IT Manager  
Communications Officer/Newsletter editor,  
Photographic Manager  
Events Manager  
Cultural/Education Manager  
Youth Representative

We ask all members to nominate their ideal candidate(s) for each of the above positions. We also request that nominees accept and take up the challenging roles. **Further information about each of the positions and the AGM and general elections will be forwarded to you in the AGM report due early September.**

In the meantime, please consider the request on our cover page and think of the next generation - and get involved if not for yourselves but at least for their benefit.

If the cover doesn't convince you to actively participate then the Association asks you to consider the following:

*What would life be like without the Kastellorizian Association of Victoria?*

# SOCIAL EVENTS

## *Kastellorizian Association of Victoria*

### **85<sup>th</sup> Anniversary Dinner Dance**

14<sup>th</sup> August 2010 at Kooyong Lawn  
Tennis club

*As we go to press there are still a few tickets  
available.*

To book or enquire about ticket availability  
please contact ticket secretaries

**Christine Mastores 0414 822234 or 9853 0866**

**Katina Garrick 0402 985577 or 9749 6240**

**Marie Zorbas 9826 6860**

— Main event sponsor —



Plus an extensive list of  
**generous local prize donors**

— Main door prize —

**Return trip for two to Kastellorizo**

— Sponsors from Kastellorizo —

**Kostas Papoutsis** of **Papoutsis Travel**,  
return air and ferry transportation between  
Athens/Rhodes/Kastellorizo

**Louise and George Karayiannis**  
**St George Apartments**  
four nights' accommodation.

Photographs from our 85<sup>th</sup> anniversary celebrations  
will appear in the next edition of *Kazzie News*,  
together with a full list of our sponsors and donors,  
and the names of prize winners including the lucky  
winner of the main door prize -  
a return trip for two to Kastellorizo\*

*The Kastellorizian Association of Victoria and the  
organising sub-committee would like to thank you  
all for supporting this function*

\* Conditions apply

### **IT'S YOUR LAST CHANCE!**

With less than four weeks to go, only **30 places**  
are available for the **85<sup>th</sup> Anniversary dinner  
dance.**

The majority of places were sold out within weeks  
of the announcement of this event. So if you have  
not booked yet and have been considering  
attending, **now is the time to act**, otherwise you  
will miss out and regret not attending when all your  
friends and family tell you what a good time they  
had on the night. You will be even more  
disappointed when you see the photos in the next  
edition of the *Kazzie News* or on the Association's  
Website.

To make your booking and ensure you place at the  
event of the year please call **Christine Mastores  
0414 822234 or 9853 0866, Katina Garrick 0402  
985577 or 9749 6240 or Marie Zorbas 9826 6860**  
and arrange to forward your payment (\$120pp) in  
full ASAP.

Remember by attending you have the chance of a  
lifetime to win a return trip for two to Kastellorizo\*.  
So don't just dream, book now! A chance of a  
lifetime is just an 85<sup>th</sup> Anniversary dinner dance  
away!

\* Conditions apply

### **THE MEGISTI CLUB**

**MasterChef's Top 10 contestant  
Peter Kritikides**

Peter will discuss and answer questions about  
his experience on MasterChef and possibly  
present a cooking demonstration

Date: **Sunday 19<sup>th</sup> of SEPTEMBER**

Venue: **Kastellorizian House  
250 Dorcas St, South Melbourne**

Time: **2 to 5 pm**

*Bookings essential!*

*Call*

Christine Dimer: **9592 9450  
or 0432 915049**

Cynthia Koutsoukis: **0402 253 244**

# REPORTS

## *Kastellorizian Association of Vic Social Report*

### **Saints Constantine and Helen's Day Celebrations and Kastellorizian Awards Presentations**

Our annual celebration on the feast day of our patron saints – St Constantine and St Helen - attracted a large number of members and friends, and once again the cocktail format introduced last year proved to be conducive to easier social interaction, and also allowed our Kastellorizian of the Year, Nicholas Pappas, and his family, to mingle freely with guests. The sun shone, everyone was happy, and the catering was great.

The Consul-General of Greece in Melbourne, Mr. Christos Salamanis warmly expressed his support for our association, and we were treated to a very enjoyable speech by our local member of Parliament, Mr. Martin Foley MP (State Member for Albert Park).



***Kastellorizian of the Year Award 2010,  
Nicholas George Pappas***

President Michael Spartels presented the Kastellorizian of the Year Award to Nicholas G Pappas (pictured above) whose extensive achievements were published in our last newsletter.

In accepting his award our eminent awardee made no mention of his achievements, but instead delivered a short, humble and eloquent speech concentrating on his pride in accepting the award and what it meant to him, and his family, to receive the award, and how much he treasured his Kastellorizian heritage.

In particular he mentioned how proud his late mother, Marina (nee Georgouras) would have been, (she passed away last year), and how pleased he was that her three sisters, his Aunts Patricia, Despina and Barbara came down from Sydney to be at the presentation. His pride in being a Kastellorizian was very moving.

Nicholas is a devoted family man and twelve members of the Pappas family came to Melbourne for the event, including his wife, Eleni (nee Kalithraki), his children George and Marina, both at University, and his three Aunts, and cousins.

There are four criteria for the award. The person must be of Kastellorizian descent; be recognised on a local, national, or international level, for their achievements in any area of social, community, cultural development, scholarly or scientific research, or economic development; an inspiration to the Kastellorizian Community in Australia; and a role model for the younger Kastellorizian and generations to follow. He is indeed all of that.

It must be mentioned that Nicholas's well-researched books on Kastellorizo are highly regarded nationally and internationally, and he will produce another one this year in conjunction with Dr Paul Boyatzis – a pictorial entitled *An Island in Time: Castellorizo in Photographs 1890-1948*.



Pictured above left to right: Aunt Patricia Calopedos (nee Georgouras), daughter Marina, Savva Penklis (cousin), son George, wife Eleni Pappas and Kastellorizian of the Year, Mr. Nicholas G Pappas.

# REPORTS

## ***Kastellorizian Association of Vic Social Report***

**St Constantine and St Helen's Day Celebrations  
And Kastellorizian Awards Ceremonies**

Please refer to July 2010 newsletter photo page for photographs

# REPORTS

## ***Kastellorizian Association of Vic Social Report***

### **Saints Constantine and Helen's Day Celebrations and Kastellorizian Awards Presentations**

#### **Kastellorizian Youth Achievement Award**

Sadly, this year we did not receive any nominations for this award. We know there are lots of young Kazzie achievers out there. Please remember next year to put them forward.

#### **VCE Acknowledgement Awards**

Awards were presented to **Fortis Josephides**, **Nicholas Paltoglou**, **Karissa Kostoglou** and **Cassandra Zervos** (picture below). We all take pride in their achievements and wish them success in their future studies, and hope we see them again at club functions. **Congratulations to our VCE awardees and their proud families.**



Recipients of 2009, VCE pictured above left to right are **Fortis Josephides**, **Nicholas Paltoglou**, **Karissa Kostoglou** and **Cassandra Zervos**

#### **Special Award**

A plaque was presented to **George Verginis** who for the past thirty years was our Father Christmas at the annual Christmas party and will now hang up his red suit. It was a surprise for him to receive this recognition on this special day. Congratulations George on a job well done. You will be a hard act to follow.

Report compiled by Connie Gregory. Photographs take on St Constantine and St Helen's Day by Panos Photography 0413313242

## **2010 Annual General Meeting And General Elections**

**Date:** Sunday 3rd October, 2010

**Time:** 2-5 pm

**Venue:** Kastellorizian House  
250 Dorcas St  
South Melbourne

To be eligible to vote and hold a committee position you must be a 2010 financial or registered non-fee-paying member

**Payment/registration of your membership must be RECEIVED BY 27<sup>th</sup> of SEPTEMBER 2010!**

**Forms will be distributed early September.**

## **2010-2011 Memberships are due now !**

**Pay or register before 27<sup>th</sup> of September to ensure your voting rights.**

**Please send in your memberships forms\* today**

**Please see page 5 for further details.  
\*Membership forms enclosed**

# AFFILIATED ASSOCIATIONS REPORTS AND FUNCTIONS

## KASTELLORIZIAN SENIORS ASSOCIATION inc

by President, Christine Dimer

### Seniors News

Our first half of 2010 is behind us and we now look forward to the next few functions.

In **May**, we had a very lovely lunch at Vibe Savoy to celebrate Mother's Day. It was very well attended and all mother's received a lovely rose to take home.

Our **June** meeting was cancelled due to a bereavement.

In **July**, we had lunch at Volcano Joe's Smorgasbord, Burwood which was enjoyable for all.

More importantly, the President, Michael Spartels, has mentioned in his report, that **August** will be a very special month as we would like to **devote** it to raising some **funds for the Cancer Council of Victoria**. Everyone is invited, not just seniors, on **Wednesday 4th August at 11am for Brunch**. Please bring a plate of food to share sweet or savoury, and the donation will be \$5. Make an effort and come along to support a most worthy cause. Merchandise will also be on sale from the Cancer Council of Victoria.

Earlier this year, I applied for some funding from the City of Port Phillip. I am pleased to let you know that this grant was successful and we have been given \$1000 for Special Amenities and 2010 social functions. I have been invited to a function to accept this cheque. This is a first again for the seniors as we have not previously applied for any other funding apart from the VMC grants.

It is intended to spend this money on hiring a bus in September for a day out. Of course, this will be subject to getting enough interest from our members to organise this trip. Any suggestions of where you would like to go will be welcome. Again, I encourage all Kazzies to attend, as the hiring of the bus will be covered by the grant.

### Seniors News

Our vice-president, **Sylvia Coates** has been unwell for some time and we have missed her input and support. We wish her a speedy recovery and hope that we will see her back soon.

Congratulations to **Peter and Kathy Christofas** on the forthcoming marriage of their daughter Lisa to Mikael in Kastellorizo on the 17th July. Peter and Kathy will spend some time in Sweden - where the groom is from, and will be away for the next couple of months. Best wishes from us all.

In closing, I wish to thank the Committee for their support and encourage other members to offer assistance in our monthly functions. We have more members, but we need more help. Please let me know if you can support our Seniors.

I look forward to seeing you all.

Christine Dimer  
President Kastellorizian Senior Association Inc

## ASSITANCE FOR NEWSLETTER REQUIRED!

**ARE YOU A KEEN PHOTOGRAPHER?  
ARE YOU A COMPUTER WIZ?**

**Can you  
take photos,  
scan, crop, red eye reduce, reduce file sizes  
without compromising resolution  
and can you meet deadlines?**

**If yes, we need you to be our Photo Editor**

Please contact Evelyn Salvaris on 0411 464 369

# AFFILIATED ASSOCIATIONS REPORTS AND FUNCTIONS

## KASTELLORIZIAN SENIORS ASSOCIATION inc

by President, Christine Dimer

### CALENDER OF ACTIVITIES PLANNED FOR THE REMAINDER OF 2010

**FIRST WEDNESDAY of EACH MONTH:**  
11am to 3 pm  
AT CLUBROOMS,  
250 DORCAS ST SOUTH MELBOURNE VIC  
3205  
Phone: 613 9699 7875.

Please make appropriate entries in your diaries.

**AUGUST 4:**  
INAUGURAL CANCER COUNCIL MORNING  
BRUNCH AT CLUB

Everyone invited!

11am bring a plate to share, raffle prizes.  
All proceeds to Cancer Council of Victoria.

**SEPTEMBER 1**  
BUS TRIP AND LUNCH.  
NO COST FOR BUS, SUBJECT TO NUMBERS

**OCTOBER 6**  
LUNCH AT CLUBROOMS.  
Jan from Hahndorf's fine chocolates will be there.

**AGM**  
IT IS MOST IMPORTANT THAT ALL MEMBERS  
ATTEND TODAY.

**NOVEMBER 3**  
SPRING CARNIVAL BBQ AT CLUB ROOMS.

Best hat or outfit competition.  
Finalise Xmas function.

**DECEMBER 1**  
CHRISTMAS LUNCH  
Venue to be advised- suggestions welcome.  
Would you like to return to conservatory at  
crown?

ALL DATES AND FUNCTIONS ARE SUBJECT  
TO CHANGE

Kindly keep in touch with committee members for  
any enquiries or suggestions below:

**CHRISTINE DIMER:** 95929450 Mob:  
0432915049

**PETER CHRISTOFAS:** (AWAY JULY AND  
AUGUST)

93798635 Mob 0422586177

**SAM OR CHERRY ALEXANDER:** 9857 8951

## Advertise here!!!!!!!

Make use of this space  
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WEBSITE

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website

Contact John Karis

0412 662 079

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# REGULAR FEATURES

## KAZZIE KERASMA

**Avgotaraho** is a highly prized delicacy throughout the Southern Mediterranean region. In France it is known as *poutargue* or *boutargue*, in Italy it is called *bottarga* and in Spain, *botarga*. The Kazzies living in Australia are certainly in agreement with the Europeans. In Australia, we appreciate and value Avgotaraho even more as it is difficult to buy here. I can remember as a child when interstate visitors came from the North or West of Australia, there was a waft of excitement as my parents opened the *Kerasma* or gift to find a *halli* or more of Avgotaraho.

Avgotaraho has been a luxury enjoyed since the time of the pharaohs, and was an important element of ancient Greek cuisine. The Avgotaraho (caviar) is made out of the eggs of the female fish called bafa or mugilos by the local Greek residents, but is better known the world over as grey mullet. Fresh, good quality Avgotaraho has an orange – reddish colour and has a salty, spicy taste. It is slightly oily and has an aftertaste which lingers pleasantly. With time the caviar dries and becomes deeper in colour.

In Greece the fish can be found in the waters of the Mesolongi gulf. Avgotaraho harvested from the female grey mullets caught in the gulf at Mesolongi, and their caviar, is a trade mark of origin and one of the few sea products with EU approval. *Avgotaraho* made in Greece is slightly smoked and made in summer to be preserved for Lent. The eggs are preserved in salt, moulded in to a *halli* or stick and then dipped in bee's wax to preserve it.

The most common way to enjoy Avgotaraho is to cut a thick piece caviar from the *halli* or stick, after which the wax is remove, and then cut it into thin slices. It can be decadently eaten as is, or it can be elegantly served as a topper on an hors d'oeuvre, with a glass of ouzo or tsipouro. It can be grated or shaved and put on top of salads, in sauces or with spaghetti. It is a natural product with lots of nutritious advantages such as no preservatives, is rich in proteins and vitamins (A,B,C, Omega 3), has no artificial colorants but best of all it has very little calories - and in my opinion that make it worth the expense.

The David Jones Food Halls in Bourke St, Market St and Bondi, all sell *bottarga* imported from Italy for about \$320/kg. The Sydney seafood market stock an Australia product for less (see picture page 14) however I have yet to see Avgotaraho at the QV, Prahran or South Melbourne markets.

Maybe they are just keeping it for themselves? However Colossus in Doncaster have been known to stock Avgotaraho from time to time. Alternatively, I am sure your favourite fishmonger will order it for you if you ask nicely.

However, if you can't find it or think it is too expensive, here is a recipe of **how to make Avgotaraho**

1. Clean roe **carefully** removing any blood, gall bags, bits of intestines etc. Keep roe sac intact!
2. Wash thoroughly and drain. Roll roe in fine salt, using about 454g of salt per 4.5 kg of roe.
3. Remove from salt in 6-12 hours and brush well to remove excess salt. Lay roe out to dry in direct sunlight.
4. Turn roe at least every hour during the first day and bring roe indoors in the evening.
5. Place boards and weights on the roe during the first night or two to compress them slightly.
6. Cure for about 1 week under good drying conditions until the roe is reddish-brown and feels hard.
7. Dip dried roe in melted beeswax.
8. Cool for 15 minutes, wrap in waxed paper, and store in a cool dry place.

(Now you know why it is so expensive to buy!)



*Poutargue* or *Avgotaraho* displayed in the market in the old town of Nice, France

# KAZZIE KERASMA

## SPAGHETTI WITH AVGOTARAHO (serves 4)

### Ingredients

- 1 package of spaghetti (500 g)
- 25 slices of Avgotaraho
- 8 tablespoons of olive oil
- 1 cup of finely chopped leek
- ½ of a lemon both juice and zest
- salt and freshly ground pepper

### Method

1. Cook spaghetti according to the directions.
2. Heat 4 tablespoons olive oil over a medium flame and sauté the leek for 8-10 min, until soft. Season with salt and pepper.
3. Cut the Avgotaraho in thin, transparent slices and mix with the lemon juice and 4 tablespoons olive oil.
4. Strain the spaghetti, add the leek, stir, add the Avgotaraho and mix.
5. Sprinkle the lemon zest and a generous amount of pepper and serve immediately.



Pictured to the left is Australian made Avgotaraho

For that “MasterChef” winning dish why not try:

## FOIE GRAS TERRINE WITH TRUFFLE AND AVGOTARAHO (serves 4)

### Ingredients

- 4 large slices of foie gras (340 gr.)
- 1/4 teaspoon of salt
- A pinch of pepper and sugar
- 1 sprig of rosemary and oregano
- 1 goblet of Metaxa brandy
- 20 thin slices of truffle
- 20 slices of Avgotaraho

### Method

1. Remove any fibres from the foie gras
2. Marinate foie gras with brandy, rosemary and oregano for 10 hours.
3. Place it in a terrine and bake for 15-20 min at 75°C.
4. Remove from the oven, remove fats from the upper part of the terrine using kitchen paper and leave to rest in the fridge for 10 hours.
5. To serve you may either place Avgotaraho or truffle slices on top. Alternatively cut the content of the terrine in slices lengthwise and make layers of Avgotaraho, terrine content, truffle, terrine content and Avgotaraho etc, finishing with a layer of terrine. Accompany with Mediterranean Sea Salt Crystals.

**Kali Orexi, Evelyn Salvaris**

# COOL TO BE KAZZIE

Like last year, the press has been filled with cool articles about Kastellorizo and Kazzies. Clearly indicating once again that it's “Cool to be Kazzie”

**Article 1.** “*Delicious*” Feb 2010 featured an article titled “New York Stories” about Australians making it big in the New York restaurant scene with good old Aussie tucker. The magazine reviewed the West Village restaurant “Kingswood NY” run by Lincoln Pilcher, Nick Mathers and **Nick Hatsatouris**. The boys are off to LA to open “Kingswood LA”. Nick Hatsatouris is the son of **Angelo** and **Despina Hatsatouris** and grandson of **Betty** and the late **Nick Adgemis**

**Article 2.** “*Gourmet Traveller*” March 2010 the Greek edition. I don't think I need to say any more about this one.

**Article 3.** and another “Sydney”-based article from “*House and Garden*” March 2010, featuring the renovation of the Eastern Sydney home of Barry Secho. Barry's clearly a proud Kazzie displaying the early 1900's photo of Kastellorizo harbour on his newly renovated wall.

**Moving on to Melbourne.** It is not just the press where Kazzies are making their mark....It is TV as well. So watch out John and Mia, you may have to share some of your TV air space with **Peter Kritikides** following his successful appearance as one of the top 10 contestants on “MasterChef”.

On an academic level, **George Pappas** took up his appointment as Chancellor of Victoria University of Technology earlier this year.

But it doesn't stop there! There were eleven Greek/Australians honoured in the national Queen's Birthday Honour list, including our own Marika Bisas.

In the last “Cool to be Kazzie” I left you with the following question: “I am currently visiting Sydney and what do I read? Tell you next time!”

So sorry to have kept you in suspense. It was an article in the social pages of the Sunday Sydney Morning Herald about the Paspaley wedding on Kastellorizo

Until next time, *Evelyn Salvaris*

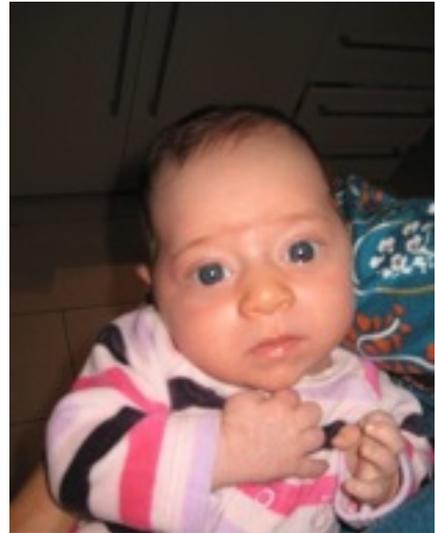
# SOCIAL ANNOUNCEMENTS



## Births

On Monday 12 April 2010, **Jodie Fox** and **George Katris** welcome into the world their beautiful daughter **Zoe** (pictured left) - little sister to **Amelie**. Zoe was born at the Jessie McPherson Private hospital under the guidance of **Dr Nick Lolatgis** and Dr Dennis Price. George is the son of **Maria Katris** and the grandson of the **late Con and Chrissie Adgemis**. Jodie is the daughter of **John and Jenny Fox**. Zoe is Jodie and George's second child and Maria's fourth granddaughter.

Submitted by Jodie Fox and George Katris



## Births

Congratulations to **Justin and Tahli Mastores** on the birth of their second child, a beautiful son, **Gus Malcolm Peter Mastores** (pictured left), who was born on the 26th May, 2010 at Cabrini Hospital. Gus is the brother of **Winnie Evelyn**, grandson of **Christine Mastores (Karis)** and great grandson of **Evelyn Karis**

Submitted by Christine Mastores



## Christenings

**Nik and Dina Spartels** together with their parents **Michael and Dianne Spartels** and George and Georgia Hagi celebrated the christening of their beautiful daughter **Georgette Helena** (pictured left) on April 11 2010.

Submitted by Nik and Dina Spartels



# SOCIAL ANNOUNCEMENTS



## 21<sup>st</sup> Birthday Celebrations

David Garrick's 21<sup>st</sup> Birthday celebration

On Saturday 5<sup>th</sup> June, 2010 **David Garrick's** 21<sup>st</sup> birthday was celebrated at Master Wok in Werribee, where we all enjoyed a delicious Chinese banquet. At the restaurant were his family which included **Peter, Tina, Samantha** and of course **David**, David's grandmother **Helen Koutsoukis**, grandson of Papou **Leo Koutsoukis (dec.)**, **Jim & Yvonne Kaponis, Nicky & Eleni Kaponis, Cynthia & Ross Andrews**, **Nina Zographou, Jack & Joan Garrick, John, Caroline, Becky, Andrew & Annie Garrick**. A lovely night was enjoyed by all to celebrate his birthday. Pictured top right are photographs of the 21<sup>st</sup> Birthday celebrations.

Submitted by Katina and Peter Garrick



## Visiting Melbourne

Three generations of Kalafs in Melbourne

**Mary Matthews** (nee **Kalaf**), aged 90, who lived in Melbourne in her youth, recently briefly visited Melbourne from Perth to take a trip down memory lane, accompanied by her two daughters **Lefki** and **Katherine**. They met up with Lefki's daughter **Ana** who is completing her PhD at Monash. Many of our older members will remember Mary.

Pictured (bottom right) at the home of Paul and Connie Gregory: Front: Katherine Kalaf. Centre from left: Ana Kailis, Mary Matthews (Kalaf), Connie Gregory. Rear: Lefki Kailis.



Submitted by Connie Gregory

# SOCIAL ANNOUNCEMENTS



## Visiting Brisbane

On the 9<sup>th</sup> May, **Mary Verginis** travelled to Brisbane and the Gold Coast for a two week vacation visiting Queensland friends. Mary stayed with her Koumbarie, **Michael & Demie Anthony** and caught up with **Ann Kyranis**, talking for hours about Kastellorizo and life in general.

Unfortunately she was unable to meet with **Despo & Stathy Eufstathios**, as he was recovering from an operation, but was able to catch up with **Stephanie & Nick Leon** who were wonderful hosts when Michael & Demie took Mary down to meet them in Surfer's Paradise. Mary would like to thank all her Queensland friends, including **Renee & Jim Souris**, for giving her such a wonderful time.

Submitted by Mary Verginis



## Visiting Greece and England

**Nicholas G Verginis** and his wife **Sarah Austin Verginis** with baby son **Isaac** are visiting Greece for a holiday and are then going to England.

Sarah, who is Artistic Director of St Martin's Youth Arts Centre, has been accepted to attend 'Contacting the World' in Manchester UK, from 18 to 26 July 2010. This is an international, biennial conference for theatre practitioners that work with young people. Other attendees and theatre companies will include representatives from USA, South Africa, India, Iran and Palestine and England

Some of our younger members might remember that Sarah conducted a youth training session at the Kazzie club some 2 years ago.

We wish them safe travels Submitted by George Verginis

*Thank You!*

Thank Mrs. Margaret Moratis for her generous donation to the *Kazzie News*.



Pictured above: Nick Leon, Mary Verginis, Demie Anthony, Stephanie Leon

## SHARE YOUR NEWS

Please let us know of what's going on!

Submit your news in time for the next *Kazzie News*

Contact the Editor,  
**Evelyn Salvaris** today at  
[info@kastellorizo.com.au](mailto:info@kastellorizo.com.au) or  
[evelynsalvaris@gmail.com](mailto:evelynsalvaris@gmail.com).

Please let us know of what's going on!

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# SOCIAL ANNOUNCEMENTS



Congratulations to our much loved and respected Marika Bisas, on her recent award of the Order of Australia Medal for her services to the Greek and broader Australian Community.

Marika has consistently over the years had a strong passion to support people less fortunate than herself. Her voluntary services have been endless. Presently she is involved in the AHEPA family, as well as serving as Treasurer of Pnevmatiki Estia, a Greek women's Cultural group.

In recent times, she was awarded the 2007 Kastellorizian of the Year.

As a person you could not find a more genuine, sincere and loyal person who gives her heart.

Marika, best wishes to you for a greatly deserved achievement



Above: Marika Bisas with her celebratory cake

Submitted by Anna Miriklis-Defteros

Congratulations to **Cassandra Zervos** who took out the open age female (black belt) event in the recent Taekwondo sparring championships. Cassandra spoke about her commitment to the sport of Taekwondo when she received her VCE Recognition Award on Sts Constantine and Helen Day at the club.

Submitted by Connie Gregory

## KAZZIE COSMOS..... news from Kastellorizo

By Louise Katris-Karayannis

Visiting Kastellorizo in May 2010 was Alceu Neves and Maria Kotzias-Atherino from Brazil. Whilst on Kastellorizo, Maria celebrated her birthday (see pictures below).



Photographed below is Christine and Tony Lolos, who shared a meal with Louise Katris-Karayannis during their visit to Kastellorizo in June 2010



**WE ALSO WELCOME CONTACT FROM ANY OTHER KASTELLORIZIAN ORGANISATION, IN AUSTRALIA OR WORLD-WIDE WHO WOULD LIKE TO SHARE THEIR NEWS WITH OUR MEMBERS.**

PLEASE CONTACT THE EDITOR, Evelyn Salvaris at

[info@kastellorizo.com.au](mailto:info@kastellorizo.com.au) or  
[evelynsalvaris@gmail.com](mailto:evelynsalvaris@gmail.com).

# SOCIAL ANNOUNCEMENTS



**Chrissie Adgemis** passed away on the 5 April 2010 at the age of 85. Chrissie spent the past 2 years in Parkdale House where she was well looked after and loved by staff and management. Chrissie never complained about being ill or of her blindness. She will be sadly missed by her family, relatives and friends. We would like to thank family and friends who visited Mum while she was in the nursing home and to thank all who attended her funeral, sent flowers, gave a donation to the nursing home or any other institution and cards. Once again many thanks for the ongoing support we received.

From **Despina, Maria & John.**

Submitted by Maria Katris



**Basil Hetrelezis** passed away peacefully on Easter Monday, the April 2010, at the age of 74. The funeral was held on the 9th of April 2010. He is survived by his wife **Alex** and his children **Samantha, Rebecca and Justin**, and their families **Rick, Scott and Erin**, and grandchildren **Camilla, Giselle, Helena, Beatrice and Carmen.**

Basil was the son of **Evangelos** and **Katina Hetrelezis**, the brother of **Margaret and Spiro Moraitis**, uncle to **Anastasia, Katina, Harley and Melissa** and grand uncle to **Nicholas and Alexander.**

Basil was the brother of **Melody** and **George Papadopoulos** and uncle to **Andrew** and **Angelika Papadopoulos.**

Basil's grandparents were **Malamateni** and **Dimitrios Savas** and **Vasilios** and **Margarita Hetrelezis.**

Submitted by Margret Moratis

## Donations received "In Memory"

The following donations were received from **Mr & Mrs Steve Bisas** in memory of the **Late Mrs Anastasia Bollos.**

**Mr Steve Paltos** in memory of the **Late Mrs Chrissie Adgemis.**

Submitted by Peter Christofas



**Chrissie (nee Mangos) ADGEMIS**

## NEXT EDITION OF THE KAZZIE NEWS

POST AGM AND ELECTIONS!

with

**Social Events, Feature Articles & News**

from the

Kastellorizian Association of Victoria and Megisti Club

News from Kastellorizo

Kazzie Kerasma

And a lot more feature articles!

**THE MEGISTE CLUB**  
PRESENTS OUR OWN  
“MEGISTE MASTER CHEF”  
**PETER KRITIKIDES**



Above: MasterChef, Peter Kritikides with his  
inspiration in cooking – his mum, Irene.

Join us for an afternoon of fun & scrumptious food with  
gourmet raffle prizes

**On Sunday 19 September 2010 @ 2.00pm till 5.00pm**  
At Kastellorizian Club 250 Dorcas St Sth Melb cnr Hotham & Dorcas Sts

**CONTACT: CHRISTINE DIMER T 9592 9450 Mob 0432915049**  
**CYNTHIA KOUTSOUKIS T 9555 1716 Mob 0402253244**  
**~BOOKINGS ARE ESSENTIAL~**  
Donation \$15.00