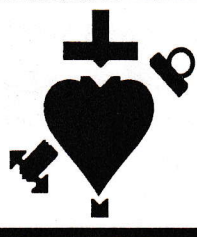


CASTELLORIZIAN NEWS

Newsletter of the
Castellorizian Association of Victoria

ΚΑΣΤΕΛΛΟΡΙΖΙΑΚΑ ΝΕΑ



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THE BOARD OF DIRECTORS

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BOARD MEMBERS:

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(Dr.) George Stabelos, Sandra Varvodic, Jim Verginis

NUMBER 93 • MAY 1994
EDITED BY JACK BISAS O.A.M.

TODAY'S CASTELLORIZIAN NEWSLETTER NO. 93
contains details of our 1994 Castellorizian of the Year
function to be held on Sunday, 22nd May, 1994 (Sts.
Constantine and Helen's Day). Presentations will also be
made to all 1993 VCE successful candidates.

We say farewell to Peter Paltos (Paltoglou) who passed
away in Melbourne on the 14th April, 1994.

Commencing in this Newsletter, and all our Newsletters
from now on, we will be featuring a Castellorizian
Achiever. In this month's issue we feature Dr. Theo
Macrides.

We print, with permission from the Neos Kosmos
newspaper, the article entitled "Greek Researchers
Provide Medical Breakthrough".

We also print the final list of names to be placed on our
Honour Board. If there are any corrections or additions
necessary, please make immediate contact with Jack Bisas,
by writing to:

Jack Bisas O.A.M.
President,
Castellorizian Association of Victoria
Box 112,
South Melbourne, Victoria, 3205.

The final date is 10 June, 1994.

We are indebted to the Castellorizian of the Year Selection
Committee. We thank them sincerely for, once again, the
selection was no easy task.

Enjoy this month's Cassie News.

Jack Bisas, Editor

CASTELLORIZIAN OF THE YEAR 1994

MR. MICHAEL KAILIS C.B.E., A.M.

Presentation at our Clubrooms
on Sunday, 22nd May, 1994
following the Church Service
at Saints Constantine and Helen Church
Barry Street, South Yarra

Presentations will also be made to
successful V.C.E. students of 1993

• NOTE • NOTE • NOTE • NOTE • NOTE •

Church Service at 10am
and afterwards

at our Clubrooms in South Melbourne

THANKS... MANY THANKS

✓ Our sincerest thanks to the following, members of the
Selection Committee of Castellorizian of the Year:

Nick Adgemis
John B. Salvaris
Florence Livery
Jasmine Verginis
Jack Bisas

and special thanks to (Alexis) Sandra Varvodic
for her special efforts as our Secretary.

Our sincerest appreciation is also expressed to
Mr. Michael Kailis
for accepting to be present at the presentation.

MEMBERSHIPS ARE DUE

✍ Please note that commencing 1994, all members' fees
are due from 20 May, 1994.

Do not forget if you wish to continue receiving the
newsletter and participate in our many functions.

Please forward your fees as soon as possible.

Also, kindly note the following:

- (i) All persons over 65 years are now Honorary Members
of our Society;
- (ii) Only actual Life members are covered by their Life
Membership;
- (iii) Single Members: \$10
Pensioners: \$10,
Family Membership \$15

All Cheques are to be addressed to:

John B. Salvaris O.A.M.
Treasurer,
Castellorizian Association of Victoria,
Box 112,
South Melbourne, Victoria, 3205.

VALE

✚ **PETER JAMES PALTOS** (Paltoglou) on the 14th April at Epworth Hospital. Husband of Peggy, father of Irene and James, father-in-law of Zizi, pappou of Diana, Anthony, Peter, Danielle, Jaclyn and Peter. Funeral at St. Eustathios Greek Orthodox Cathedral and to Springvale Cemetery. In Melbourne to pay respects:

From Sydney - Mrs. Maria James, Mrs. Anna Hatsatouris, Mr. and Mrs. Con and Betty Theodore with sons George, Jim and Stanley, Mr. Dennis Paltos.

From S.A. Mrs. Irene Galafauco, Mrs. Maria Alexiou, Mrs. Irene Antonas, Mr. and Mrs. Tass James family, Mr. Michael Kalaf, Mr. Jack Kalaf, Mr. and Mrs. Peter Demos.

In memory of the late Peter Paltos, the following have donated to our Society and the Elderly:

Mr. and Mrs. Simeon Symons, Queensland
Mrs. Cherrie Peters Family, Sydney
Mrs. Chrissie Zervos Family
George, Mary and Eva Lucas, Queensland
Mr. and Mrs. Con J. Adgemis (for the Elderly)
Mrs. Maria Katris (for the Elderly)
Mr. Peter Kanis (for the Elderly)
Mr. Con Kanis (for the Elderly)
Mr. and Mrs. Apostoli and Maria Exintaris
Sam and Cherry Alexander
Mr. and Mrs. D. Pavlou
Mr. Theo Conos

✚ **JACK MANGOS** in Sydney on the 17th March, 1994. Funeral at St. Spiridon Greek Orthodox Church and to Botany Cemetery. Survived by wife Despina, sons Michael and Madeleine, George and Nella and daughter Pamela.

From Melbourne to pay respect: Con and Val Mangos and family, Dr. Peter and Mrs. Mary Mangos and family, Chrissie Zervos and family, Mary and Sym Symons (QLD), Cherrie Peter (Sydney).

In Memory of the late Jack Mangos, the following have donated to our Society and Elderly:

Mr. Peter Kanis
Mr. Con Kanis
Sam and Cherie Alexander
Steve Zervos (Rhodes)

In Memory of the late Jack Mangos, the 3 months memorial service will be held at Evangelismos Greek Orthodox Church (Melbourne) on the 12th June, 1994.

✚ **KOULA ALFRIS** in Melbourne on Tuesday, 30th March, 1994. Funeral at the Holy Cross Greek Orthodox Church, Box Hill, and to Fawkner Cemetery. Eulogy by Noel Alfris.

BIRTHS

☛ To George and Helen Miriklis a girl, Karina, sister for Jack, tenth grandchild for Jack and Katina Miriklis.

☛ Dr. Michael and Helen Koutsoukis a son Felix, brother for Caspar, 6th grandchild for Shirley Koutsoukis and 22nd great grandchild for Evangelia Koutsoukis.

☛ At Mercy Hospital for Women, to Alex and Vivienne Mihalos a daughter, Kristen, sister for Angelo and Deanna, fifth grandchild for Steve and Christina Bisas.

BAPTISM

☛ On Sunday, 27th March, 1994 at St. Haralambos Greek Orthodox Church, Templestowe, Con and Sofia Economou baptised their daughter Irene Sofia. Godmother was Michelle Kotoulas. Reception was held at Metropolis House in Brunswick.

ENGAGEMENT

♥ Kathy Bisas to Karl Scopéce. Engagement on the 21st May, 1994 at the Edinburgh Room, Elizabethan Lodge, North Blackburn. Kathy is the youngest daughter of Steve and Christina Bisas.

♥ Peter Conos to Robyn Fenwick. Engagement on the 14th February, 1994. Marriage and Reception will take place at Quat Quatta on the 4th September, 1994.

OFF TO CASTELLORIZO

☛ For their first trip Colin and Val Fermanis together with Peggy Fermanis and Katina Cavouras. They will be staying in the Fermanis home which has been completely renovated and refurbished by Nick Fermanis. (We thank Nick Fermanis for the above item)

☛ Also off to Castellorizo Kevin and Maria Kominos.

☛ Overseas for an extended trip to Europe Peter and Genief Koutsoukis and daughter Thea. While overseas, they will visit Castellorizo for the first time.

BACK IN MELBOURNE

✈ After a whirlwind trip to the U.S.A., Canada and Mexico, George B. Bisas is back in Melbourne, all the wiser after literally bumping into President Bill Clinton & wife Hillary.

CAREER START

✓ Lynette Kyriakos B.Sc., Dip. Aud., Dip. Rehab., MAUDSA (cc), Audiologist. Lynette has joined the Consulting Rooms of Dr. Douglas Buchanan, Suite 7, 212 Clayton Road, Clayton. We wish her further success.

HOME AFTER A STAY IN HOSPITAL

☛ Con Constance ☛ Celeste Doufas ☛ Con Fatouris
☛ Chris Doufas ☛ Jim Coates ☛ Marika Bisas
☛ Spiro Mangos

THANK YOU

☛ Mrs. Marika Bisas would dearly like to thank all those friends and relatives who visited, sent cards and good wishes during her recent stay in hospital.

The President and Board of Directors

wish all members

Χριστός Ανέστη

and hope that a Happy Easter 1994 was had by all

HONOUR BOARD... COMPLETING THE LIST

We print the full list of names for our Honour Board. If there are any corrections or additions, please ring Jack Bisas (telephone 885 6233). The final list will be given to the printer on July 1st, 1994.

J. G. ETRELEZIS	RAAF	VX131908
ALIC JACKOMOS	AIF	VX71917
THEO AUGUSTES	RAAF	(Deceased)
NICK BISAS	AIF	(Deceased)
PINO LIVERY	RAN	B3491
STEPHEN G. BISAS	RAAF	LAC149355
NOEL FERMANIS	AIF	VX57851
JOHN D. FERMANIS	RNR	PM3673
CONSTANTINE G. LIVERY	AIF	QX52396
NICK ZOGRAPHOU	AIF	VX115595
MICHAEL G. KYRIAKOS	AIF	
STEVE ADGEMIS	RAAF	
MICHAEL JOHN SPARTELS	AIF	(Deceased)
ARGUS GEORGE LIVERY	RAAF	150944
BILL HONDROS		
NICK GILLARD		

First AIF - CON MICHAEL KAILIS - Served in France. Died age 32, gas inhalation. Buried: Brisbane War Graves Section.

MEDIA RELEASE REGARDING A.G.W.S.

Below we print a media release dated 14 April 1994 from very prominent community leader Mrs. Margaret Moraitis O.A.M. which is self explanatory:

MEDIA RELEASE

It is with deep regret that I have had to tender my resignation as President and member of the Board of Management of the Australian Greek Welfare Society.

I have been connected with A.G.W.S. for nearly 25 years in various capacities and over the last seventeen months as its President. The credibility and respect the Australian Greek Welfare Society has justly earned over the years is of paramount importance to me.

Over the last six months or so I have found it extremely difficult to carry out my duties as President because of conflicts within the Board of Management. I have tried to resolve these conflicts in the interests of the organisation, its staff and the community it serves but found myself marginalised.

Of utmost importance to me was that our accounting systems be upgraded to the standard uncompromisingly demanded of any viable organisation and more so of organisations accountable for the acquittal of public funds.

I must hasten to add that the integrity and honesty of the staff, management and members of the organisation have never been an issue. Their integrity and honesty have always been above reproach.

Systems and methods have to be constantly upgraded if the Organisations to retain its credibility and respect.

It is with sincere regret that the following members and office bearers of the Board of Management of the Australian Greek Welfare Society have also tendered their resignations:

Dr. Spiro Moraitis, immediate past President, Board Member.

Mr. John Petrakis, Vice President and Board Member.

Mr. Basil Theophilos, Treasurer and Board Member.

Dr. Chris Christophi, Co-opted Member.

Yours faithfully

Mrs. Margaret Moraitis, O.A.M.

A.G.W.S. LETTER TO MEMBERS

Two days later, 16th April, 1994, the following letter was sent to members of the Australian Greek Welfare Society:

Dear AGWS Member,

I write to you with considerable sadness to advise about recent changes in your Board of Directors. Firstly, let me assure you that your organisation is functioning as successfully as ever. The range of services is growing and so is the number of clients for whom we provide. Our programmes are audited as required by the funding bodies and have always met government requirements. A new employment programme was launched just this week. The unhappy changes about which I write are the resignations of some of the members of the Board. Your President, Margaret Moraitis resigned on 25th March, 1994, and Spiro Moraitis, John Petrakis and Basil Theophilos all on the 12th April, 1994.

Spiro and Margaret Moraitis have given many years of exceptional service to A.G.W.S. as you all know, and we all feel a keen sense of loss at their departure from the Society. John Petrakis has also served for a number of years and Basil Theophilos for one year.

I and the remaining members of the Board are concerned that these events may engender a sense of crisis in the organisation. This may cause confusion and concern among the staff and alarm to our service clients who will wonder about the continuity of our services. The remaining five members of the Board of Directors are - George Darivakis, Pat Constantinou, Peter Gogorosis, Eugenia Grammatikakis, Popi Kostarakis, representing over 8 years experience in welfare service provision, planning, management and administration.

We have made the following decisions -

1. The welfare of A.G.W.S. and the continuity of its service provision is paramount. To ensure this the Board must continue to function and manage the affairs of the Society.
2. The five members constitute a quorum and thus can function as a Board in accordance with the Constitution.
3. The Annual General Meeting which is usually held in November each year will be moved forward to the earliest possible opportunity, probably July, 1994. The members will then have the opportunity to elect Directors to Board.
4. In the meantime we are co-opting suitable persons to the Board to assist us,
5. We have chosen George Darivakis to be spokesperson until the Annual General Meeting.

Finally I want to say that it is our intention to keep members informed of any developments, as we know that each of you has the interests of A.G.W.S. very close to your heart.

Yours sincerely

Eugenia Grammatikakis - Secretary

GREEK SECTION
EDITED BY STEVE ZOMBOS

ΕΝΘΕΤΟ ΣΤΑ ΕΛΛΗΝΙΚΑ
ΕΠΙΜΕΛΕΙΑ: ΣΤΕΦΑΝΟΣ ΖΟΜΠΟΣ

*Συμπατριώτες και συμπατριώτισσες,
γεια σας*

Το Διοικητικό Συμβούλιο σας εύχεται Χριστός
Ανέστη και Χρόνια Πολλά. Αυτές τις μέρες η σκέψη
μας πάει πίσω στα παλιά καλά χρόνια του νησιού
μας όπου περιμέναμε πότε θα έρθει η Πασχαλιά
μετά από 40 μέρες νηστείας.

Και μόλις ξημέρωνε η Κυριακή του Πάσχα,
ντυνόμαστε με τα γιορτινά μας και τρέχαμε στα
χωράφια, οι κορίτσες στο αυλόγυρο του Αγίου
Κωνσταντίνου, να χορέψουν την σούστα μας και να
τραγουδήσουν Πασχαλιάτικα τραγούδια, και τα
παιδάτσα στις τέντες να αγοράσουμε φάσα-φούσου
από τα Καζακάτσα, πιτίτσες από του Σωτήρη την
αδελφή την Μισόμου--- και μετά να παίξουμε στον
μύλο του Γιώργη του Σιδερά! Οι μεγάλες κόρες
έκαναν σαντακλείδα στα σοκάκια:

*Χαλάς γιε δεν χαλάς;
έντα πα καούμε;
και του χρόνου μας*

Η ΓΙΟΡΤΗ ΤΩΝ ΑΓΙΩΝ ΚΩΝΣΤΑΝΤΙΝΟΥ ΚΑΙ ΕΛΕΝΗΣ

Όπως κάθε χρόνο, έτσι και φέτος θα γιορτάσουμε
την γιορτή των Αγίων Κωνσταντίνου και Ελένης στο
φερόνυμο Ναό στο South Yarra, στις 22 Μαΐου, 1994,
με Αρτοκλασία και Δοξολογία. Μετά τη Θεία
Λειτουργία θα ακολουθήσει γεύμα στην αίθουσα
του Συλλόγου μας όπου θα γίνει η απονομή τιμητική
πλακέτας στον Καστελλοριζιό της Χρονιάς.

Κατόπιν απόφασης της ειδικής αρμόδιας επιτροπής, ο
Καστελλοριζιός της Χρονιάς 1994 είναι ο
επιχειρηματίας Μιχάλης Καϊλής από την Perth. Ως
γνωστόν, ο κ. Μιχάλης Καϊλής χρηματοδότησε τις
αρχαιολογικές ανασκαφές του Dr. Norman Ashton
στο Καστελλόριζο.

Επίσης θα γίνει και απονομή αναμνηστικών δώρων
στους Βραβευθέντες φοιτητές δευτεροβάθμιας
εκπαίδευσης.

ΑΥΤΟΙ ΠΟΥ ΦΕΥΓΟΥΝ

Τους τελευταίους δυο μήνες χάσαμε δυο εκλεκτούς
συμπατριώτες μας.

Τον αλησμόνητο Jack Μάγκο, πρώην κάτοικο της
Μελβούρνης, ο οποίος είχε μετακομήσει στο Σύννεϋ.
Στην οικογένεια και στα αδέρφια του διαβιβάζουμε
τα πιο θερμά μας συλλυπητήρια.

Και τον αγαπητό μας φίλο Πανταξή Παλτόγλου. Ο
μεταστάς ήταν ενεργό μέλος του Συλλόγου μας και
γνωστός για τις δωρεές του σε φιλανθρωπικά
ιδρύματα. Στην οικογένεια του και τα αδέρφια του
διαβιβάζουμε τα θερμότερα συλλυπητήρια μας

ΕΚΔΗΛΩΣΕΙΣ ΤΗΣ ΠΑΝΔΩΔΕΚΑΝΝΗΣΙΑΚΗΣ ΟΜΟΣΠΟΝΔΙΑΣ

Στις 13 Μαρτίου, η Πανδωδεκαννησιακή
Ομοσπονδία γιόρτασε την ενσωμάτωση της
Δωδεκανήσου με τη μητέρα Ελλάδα, στον Ιερό Ναό
Αγίου Δημητρίου με Δοξολογία. Μετά το τέλος της
λειτουργίας ακολούθησε δεξίωση στην αίθουσα
δεξιώσεων της εκκλησίας.

Στις 26 Μαρτίου, η Πανδωδεκαννησιακή
Ομοσπονδία οργάνωσε χορό στην πολυτελέστατη
αίθουσα δεξιώσεων της Κοινότητας των Αγίων
Κωνσταντίνου και Ελένης το οποίο τίμησαν με την
παρουσία τους ο Πρόεδρος μας κ. Πισσάς με την
σύζηγό του, και πολλοί Καστελλοριζιοί.

Το Διοικητικό Συμβούλιο της Πανδωδεκαννησιακής
Ομοσπονδίας ευχαριστεί ευχωριστεί τον κ. Πισσά
για την συνεργασία του μέσω του Castellorizian
Newsletter καθώς και τον κ. Νίκο Πατηνιώτη για την
συνεργασία του μέσω της εφημερίδας
Καστελλοριζιακά Νέα.

ΚΑΣΤΕΛΛΟΡΙΖΙΟΣ ΤΗΣ ΧΡΟΝΙΑΣ 1994

Κ. ΜΙΧΑΛΗΣ ΚΑΙΛΗΣ

Ειδική απονομή στη Λέσχη μας
την Κυριακή, 22 Μαΐου, 1994
μετά από την Αρτοκλασία και Δοξολογία
στην Εκκλησία Αγίων Κωνσταντίνου &
Ελένης

Barry Street, South Yarra

Θα γίνει και η απονομή αναμνηστικών
δώρων στους βραβευθέντες φοιτητές V.C.E.
1993

The following article is about Dr. Theo Macrides' achievement in research printed in the New Generation supplement of Neos Kosmos. Dr. Macrides is the son of Aurthur and Helene Macrides, grandson of Evangelia Harmanis and nephew of the late Nick and Flora Macrides.

Greek researchers provide medical breakthrough

Millions of people worldwide who suffer from arthritis could find relief thanks to mussels from New Zealand and the outstanding work of two Greek-Australian researchers.

Research into a natural extract of the New Zealand Green Lipped Mussel by senior lecturer Dr Theo Macrides and his assistant, Master of Chemistry student, Nicole Kelafatis, has resulted in the discovery of a major new anti-inflammatory agent.

Dr Macrides and Nicole Kalafatis are researchers at RMIT's Faculty of Biomedical and Health Sciences. Along with the RMIT Department of Medical Laboratory Science they have been working with researchers at the Queen Elizabeth Hospital and Adelaide University and have recently completed a major research project.

The results of their research shows that quite clearly the isolated fraction, or stabilised compound in New Zealand mussel extract is a very effective anti-inflammatory agent which may offer potential benefits and relief to millions of people suffering inflammatory diseases such as arthritis, including many older Greek-Australians.

The researchers agree that this natural product may show advantages over currently prescribed synthetic drugs if taken on a continual basis.

The product Seatone is produced and marketed by Melbourne based company McFarlane Laboratories.

For years users of a natural extract of the New Zealand Green Lipped Mussel have proclaimed its benefits in relieving the symptoms of Rheumatoid and Osteoarthritis and the product has achieved considerable following in Japan and Europe.

Several clinical studies carried out in earlier years produced conflicting results and in 1992 McFarlane Laboratories approached Professor Robert Borland, then head of the department of Applied Biology at RMIT with a view to having RMIT study the chemistry of the mussel extract, to ascertain whether or not any anti-inflammatory activity could be detected.

After studying the evidence presented to him Professor Borland agreed to become involved and the investigation was undertaken in the Natural Products Chemistry Unit of the Department of Applied Biology. The chief researcher was Dr Theo Macrides.

Early work suggested that there was a significant level of anti-inflammatory activity present but that the active fraction involved was extremely unstable and very difficult to handle. This problem severely restricted the program in the early years.

In 1987 RMIT's Dr Macrides spent several weeks in Japan working with Japan's foremost Natural Products expert Professor Kusage at the University Shizuoka and this work culminated in the development of a stabilisation process for the extract which McFarlane now uses in its manufacturing process.

As a direct result of this development Dr Macrides was able to overcome his previous problem with the instability of the fraction that he had isolated and between 1985 and 1991 he continued to refine and purify this fraction.

In 1992 Dr Henry Betts, Principal Scientist, Rheumatology Research Laboratory at the Queen Elizabeth Hospital in Adelaide, was approached to ascertain whether he would be prepared to test the isolated fraction in his vitro assay to determine potential anti-inflammatory activity. Dr Betts readily agreed and has been working closely with Dr Macrides since that time.

In 1993 it was decided that the fraction should be tested in an accepted in vivo model and Dr Michael Whitehouse, who specialised in such studies was approached.

Dr Betts and Dr Whitehouse worked independently of each other and their results indicate quite clearly that the isolated fraction is a very effective anti-inflammatory agent.

Future work will concentrate upon the development of a synthesis for this compound and the RMIT/McFarlane consortium will be seeking the involvement of a major drug company to further this work. In the interim McFarlane Laboratories will continue to market the stabilised mussel extract known as Seatone through pharmacies and health stores.

Mr Jim Broadbent, a representative from McFarlane Laboratories told 'New Generation', that the Greek community of Australia should be proud that two of its members, Theo Macrides and Nicole Kelafatis, have been instrumental in the recent project. "Both achieved a major breakthrough, despite being told by many in the field they would not achieve the results they wanted," he said.

The Castellorizian Association of Victoria
.....

celebrates
.....

SAINTS CONSTANTINE
& HELEN'S DAY
.....

SUNDAY 22ND MAY 1994
.....

*And you are cordially
invited to attend*
.....

- Church Service at the Greek Orthodox
Church of Saints Constantine and Helen,
Barry Street, South Yarra, at 10.00am
.....

- Presentation of the
Castellorizian of the Year, 1994,
Mr. Michael Kailis C.B.E., A.M.,
immediately after the Service at our
Club Rooms in South Melbourne
.....