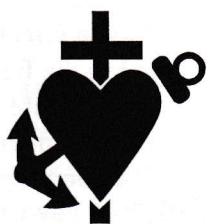


Cassie NEWS



the NEWSLETTER of the CASTELLORIZIAN ASSOCIATION OF VICTORIA

Postal Address:

PO Box 112,
South Melbourne, 3205

Edited By:

Michael Spartels

The Board of Directors

Executive Committee:

President

Michael N. Spartels

Vice President/Treasurer

Peter Coates

Secretary

Christina Pavlou

Board Members

Dianne Spartels
Sandra Varvodic
Sylvia Coates
Anna Miriklis
Iris Anastasiou

Welcome

*Welcome to the Castellorizian
Newsletter No. 117.*

In this issue you will find details on;
The Marathon Marvel, and
Fronditha Society 25th Anniversary.

St. Constantine & Helen's Day

St Constantine and Helen's Day
was held on 27th May, 2001.

The day commenced with a
church service at St Constantine
and Helen Church South Yarra.

Following the church service,
a luncheon was held at our
clubrooms, where the presentation
for the **Castellorizian of the
Year Award** was presented to
Mr Angelo Hatsatouris OAM
and VCE awards were
presented to **Colin Tarlamis** and
Angelo Mihalos.

Congratulations to all.

NOTICE OF ANNUAL GENERAL MEETING

Members are hereby advised that the
Annual General Meeting of the
Castellorizian Association of Victoria
will be held on

Sunday 7th October 2001

2.30pm sharp at Castellorizian House
250 Dorcas Street, South Melbourne

AGENDA

1. Opening Meeting 2.30pm
2. Apologies
3. Minutes of last A.G.M.
4. Business arising from minutes
5. President's report
6. Treasurer's report
7. General Business
8. Closure of A.G.M.

Meeting closed
followed by refreshments



Tribute

Chiko Demetrious -

Happy Birthday 96!

You can be inspired by a lot of things Greek if that's your heritage, but when you visit your uncle and his family to celebrate his 96th or maybe 99th birthday, that's a special event and when the door bell rings and a voluptuous belly dancer appears - that's a real special night! Chiko's Granddaughter Katie had organised this special treat for her Papou. You should have seen his eyes light up! Not to be upstaged, Chiko joined the dancer to show her how it's really done. Chiko is an inspiration to us all, being one of the first Castellorizians to settle in Melbourne, work hard and raise a wonderful family. **Happy Birthday Chiko!**

Birthday

Best wishes to Mrs Peggy Zervos in celebrating her 70th Birthday. A party with family and friends was held at her son's and daughter-in-law's home (Nicolas and Georgia Zervos) in Middle Park. Also attending was her eldest son Kevin from Hong Kong and her niece Evelyn Aroney from Sydney.

Births

Congratulations to Tass and Sandra Nikou on the arrival of their first child Billy. First grandchild for Steve and Betty Lucas.

Baptism

Claire Lemke second daughter of Leah and Stephen Lemke, was baptised at St Raphael Church Bentleigh on Saturday 30th June 2001. Claire is the sixth grandchild of Demetrios and Christina Pavlou. Here from Sydney for the baptism was Leah's Uncle - George Papacotis.

Get Well

Mrs Christina Verginis back home after having an operation.

Chris Calmer - back home after a short stay in hospital.

Terry N. Bisas still in hospital recovering from a fall.

Sylvia Miriklis recovering from a fall.

Rita Fatouros back home following an operation.

We wish the above named persons best wishes for a speedy recovery.

Tavern Night

On the 29th June, the Castellorizian Association held a function at the Aegean Greek Tavern in Fitzroy which was well attended by members and friends. A very pleasant evening was had by all.

Welcome Home

Welcome home to Nick and Val Kambouropoulos after attending their daughters wedding in Paris. Also in attendance at the wedding were Ross and Ann Golias.

Travel

- Tony and Rosa Stabelos to Greece.
- Katina Miriklis and Kristalla Bisas to Greece.
- Catina, Michael and Anna Miriklis to Queensland for the Gold Coast Marathon.
- Vivienne Mihalos and family to Greece.
- Dimitri and Christina Pavlou to Greece.
- Dianne Spartels holidaying on the Gold Coast with Daughter Marissa.

Grant

The Association has been successful in its application in obtaining a Grant of \$6500.00 from the Victorian multi- cultural commission

The Grant will be used towards the refurbishment of our kitchen.

Vale

The association was saddened to hear of the passing of our respected member Joyce Pallaras. Joyce was an active and dedicated member of our club and a former Board Member.

Donations in Memory

Donations received in memory of :-

the late Mr Leo Koutsoukis:-

Mr & Mrs D Pavlou
Mr and Mrs H Kyriakos
Mrs Chrysanthi Christophers
Mrs Alexandra Constas

the late Mrs Joyce Pallaras

Mr & Mrs A Tannos (Sydney)
Mr & Mrs D Pavlou

Anniversary

Article prepared by Jack Bisas.

On Saturday, 16th June 2001 at Tudor Court Receptions "Froniditha Society for Care of the Elderly" celebrated its 25th Anniversary.

The President of "Froniditha" Mr Jacob Fronistas in his speech of welcome, outlined the history of the society and thanked all those who over many years have helped the society to its success.

He also highlighted the role that the AGWS (Australian Greek Welfare Society) played in the formation of The Society for the Care of the Elderly. In 1977, several members of the AGWS left to form The Society for the Care of the Elderly". They were led by the dedicated and hard working:-

President: John Basil Salvaris
Vice President: John Michael Salvaris
Secretary: Mrs Marika Bisas
Anna Mathews,
Con Constantinou

Mr J Fronistas in his speech said that due to many reasons, the only member of the original board present at the function was Mrs Marika Bisas.

Mrs M Bisas was acknowledged by a round of applause for her work with the society.

The original idea for the society came from AGWS under the presidency of Spiro Moraitis 1973-1978 and supported in the following year by Mr George Papadopoulos President 1979-1980 and Mr Jack Bisas 1980-1990.

We also should note that other Castellorizians who were involved with the Society in its early days were Mr Tony Voyage, Mr Theo Conos and Mr Peter D Paltos. Mr Michael Salvaris was also at that time, a councillor at the Clayton City Council. It was through his untiring efforts that the land needed to build the first home was successful.

We congratulate all the Castellorizians who have worked many years for the good of the Society for the Care of the Elderly. Amongst the guests at the celebration were the president of the Castellorizian Association Mr Michael Spartels with his wife Dianne. Jack & Marika Bisas, Mrs Sylvia Coates, Sandra and Michael Varvodic, Anna Miriklis Mrs G Nitties, Tassia & Iris Anastasiou

Also present representing the Premier of Victoria, Mr John Pantazopoulos and representing the Leader of the Opposition, Mr Nikos Kotsiras.

Ithacan Annual Ball

The Ithacan Annual Ball
will be held
on 6th of October 2001.

Cost is \$70.00 per head (all Inclusive).
Pre Dinner Drinks will be served at

7.30pm.

To book call
Helen Vass on
9857 6716

*Girls interested in making their debut
can also contact Helen*

Seniors

Christmas luncheon to be held
at the Sheraton Towers on
21st November. Cancellation
list only.

Mamma-Mia concert to be
attended late October.
Cancellation list only.
For further details regarding
above, please contact
Mrs Sylvia Coates.

Melbourne Cup Eve Celebration

Chicken Supper

At Cassie House 250 Dorcas Street
South Melbourne Vic 3205

Date: 5th November
Time: 7.30pm
Cost: Members \$10.00
Non Members \$15.00
(Children under 10 \$5.00).

Phantom Melbourne Cup Race Sweep

Music, Dancing

Prize for the most original Hat

BE THERE! BYO Drinks

RSVP 30th October for catering
arrangements

Ph: Anna Miriklis 9848 2453
Dianne Spartels 9596 8610

Engagement

Lisa Christofas (daughter of
Peter and Kathy) to Takayuki Sato
of Tokyo - Japan.

Best Wishes

Mrs Christina Verginis would like
to send her best wishes to Mr Peter
Pappas (USA). Mr Pappas receives
our Newsletter.

A Celebration

On Sunday, 26 August 2001, the Greek
Orthodox Community of Melbourne
and Victoria celebrated 104 years of
Greek Orthodoxy in Melbourne and
Victoria. A church service was held
at Evangelismos Tis Theotokou
(The Annunciation) in Victoria Parade
East Melbourne, followed by a
luncheon held at the Club Rooms of
the Greek Orthodox Community of
Melbourne and Victoria at
168 Lonsdale Street Melbourne
(corner Russell Street).

Presentations and speeches were
conducted by the President of the
Greek Orthodox Community of
Melbourne and Victoria Mr George
Fountas as well as the Consulate
General of the Hellenic Republic in
Victoria Mr Dimitrios Aninos.
Also present and on behalf of the
Government was Jenny Mikakos
member of the Upper House
Jika Jika Electorate. Representing
the Castellorizian Association of
Victoria was Vice President and
Treasurer Peter Coates and Board
Members Anna Miriklis, Sandra
Varvodic and Sylvia Coates.

Marriage

On Saturday 18th August 2001, Natasha
Verginis and Stuart Ballingall were
married at St Haralambos Church in
Templestowe. Stuart and Natasha further
renewed their wedding vows at a chapel
service in the grounds of picturesque
Ballard Receptions, accompanied in the
procession by the sound of Scottish
Bagpipes. Celebrations were very happy
and spirited, helped along by a large group
from Sydney. We wish the newly weds a
healthy and happy life. Natasha is the daughter of George and
Jasmine Verginis. Stuart is the son of
Bruce and Ruth Ballingall. The Best Man
was Nicholas Verginis. Candlebearers were
Zoe Velissarus and Michael Vellisaris.

Daffodil Day

For Daffodil Day, Saturday 25th August,
Christina Pavlou and Sylvia Coates
represented the Association and senior
committees at Chadstone shopping centre
selling goods for their annual appeal.
Julian Coates (age 13 years) represented
the youth,. Perhaps next year he will have
support from other youths in our club?

Achievements

The Grandson of Cherry Peters (nee -
Mangos) and Willy Peters has signed a
five year contract to play Rugby League
Football for St George - Illawarra
Club in NSW. He has just returned from
England where he played for Windham
in the English League competition.

Cassandra Zervos, daughter of Michael
and Roslyn Zervos and Grand daughter
of Chrissy Zervos and Lucy Peronis, has
become the national champion of Australia
in Tai Kwan Do for her Division.
Cassandra is 9 years of age.



Membership

Subscriptions to the
Cassie Club of Vic.

NOW DUE

Are you a
financial
member of the
Castellorizian Association of Vic.?

**If not
Why not?**

Membership is only \$15.00 for
families, \$10.00 for singles.
All membership fees are due from
1st January of each year.
Please indicate if you are over
65 years of age

Name

Address:

Phone: (BH)

(AH)

Mobile:

Kindly fill in the above form,
detach and mail to:-

The Secretary, Cassie Club
PO Box 112
South Melbourne 3205

Memorial Service

The twelve month memorial service for
the late Maria Adgemis will be held on
16th December at St Catherines Church
Epping Street Malvern.

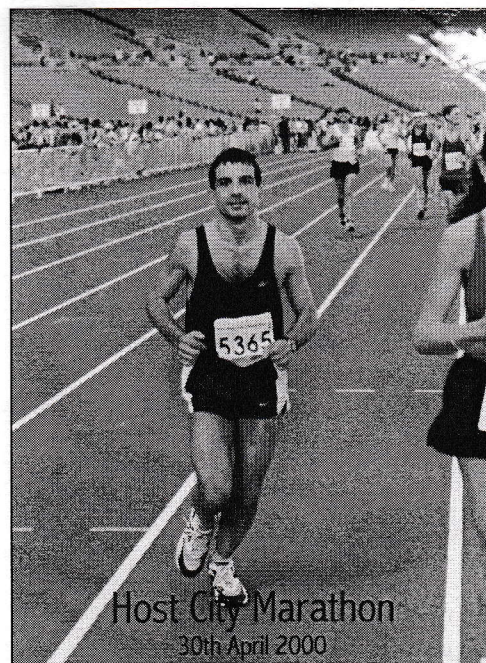
Michael Angelo Miriklis

Michael Angelo Miriklis has just completed his eighth Marathon in four years. On June 24, 2001, he ran a personal best time of 3 hours and 10 minutes at the Gold Coast Marathon, Queensland, finishing in the top 10% of all finishers and averages as such in all his marathons to date. The son of the late Angelo Miriklis and mother Catina (nee Atherinos), Michael, aged 35 is a full time accountant by profession and regularly runs throughout the year as a hobby and for health and fitness. He has successfully completed four Melbourne Marathons, three Gold Coast Marathons and the Sydney Marathon 2000 which was held a few months prior to the Olympic Games. One of Michael's aims is to hopefully successfully compete ten Melbourne Marathons and be awarded with the "Spartan" record of achievement. At 42.2km, the Marathon is by far the most difficult he says and yet the most rewarding. The committee has requested that Michael provide an insight into Marathon running.

Why a Marathon

I have often been asked the question "Why a Marathon?" "Why Bother?". I sometimes ask the same question myself! After all, 42.2km is a long way to drive, let alone run. Consider a drive from Frankston to Melbourne. Then consider running it instead - in a headwind!! Then consider the three to five months of training necessary to participate in an unglamorous event with no prize money or television coverage, and the personal sacrifice required to meet the training requirements. Consider possible injuries and rain or hot weather on the day. Why a marathon indeed to the ordinary person. Why Not? To the experienced runner, it is the ultimate challenge, much more difficult than a triathlon, the fitness sport currently in vogue. Legend has it that in ancient times, Philipides, a messenger for the Athenian army, ran 26 miles from Marathon to Athens to inform the civilians that the Athenians had defeated the Persians. From sheer exhaustion, he collapsed and died after passing on the victorious message. In 1896, the marathon was held over the same course in the Athens Olympic Games. In this first Olympics, the Gold Medal was fittingly won by a Greek, Spiridon Louis, who incidentally stopped along the way to drink an ouzo with his friends! With the incorporation of the Marathon in the Olympics a great tradition was established, and it is the final event in all Olympics. The Marathon is also a symbol of Greece and all Greeks. In 2004, the tradition will continue with the Olympic Marathon returning at its spiritual home. In recent years, the word "Marathon" has been devalued by the press.

We often hear on television of a "marathon Five Setter" "a Marathon Meeting" etc, suggesting that it is merely something that takes a considerable amount of time. Sure it takes a long time to run 42km, but it is much more than that. A Marathon is pushing your body beyond its natural limits. We were not designed to run this distance non stop and considerable mental strength is required to overcome pain barriers and maintain concentration. Whatever a person's level of training, Marathons are considerably painful, but to finish for a first time or in a fast time without stopping or walking, is an achievement. I should point out that according to statistics, 90% of the population cannot run greater than 5km without stopping to rest. At this point, I would like to stress that I do not recommend Marathon running to anyone except the very experienced. However, I believe basic exercise of walking 30 minutes a day should be every person's goal and jogging can be beneficial for health. So what is the Marathon experience in a nutshell? In the words of Rob DeCastella, if you're feeling bad at 10 miles you're in trouble. If you're feeling bad at 20 miles you're normal. If you're feeling good at 26 miles you're abnormal. The event itself is one of a journey with strangers with a common goal to extract the best from themselves - the pursuit of excellence. Marathons are also a learning experience. You learn how to overcome adversity through self belief and courage. "Digging deep" as runners refer to it. When you are down, you dig deep. And this we can all relate to in our every day lives. The most valuable things are those which are difficult to obtain or attain. I didn't originally plan to run marathons. My first attempt was in memory of my late father Angelo to whom I dedicate this article. Now I no longer need a reason. In the words of the late Emil Zatopek "If you want to experience life - run a Marathon".



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Music
Dancing

**lots of fun
for the family**



***Melbourne
Cup Eve
Celebration***

**Prize for the most
original Hat**

CHICKEN SUPPER

PHANTOM MELBOURNE CUP RACE SWEEP

**At Cassie House 250 Dorcas Street
South Melbourne Vic 3205**

**5th November
7.30pm**

***BOOK
EARLY!***

RVO Drinks

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