Cretans remember the holocaust of Arcadi
On 9th November 1866 one of the most dramatic events in Crete’s modern history took place at the Holy Monastery of Arcadi. It was the defining moment in Crete’s struggle for independence against the Turks.

NEW GREEK GOVERNMENT in race against time

The formation of a new, temporary unity government under former European Central Bank Vice President Lucas Papademos is a step in the right direction despite the poor track record of coalition governments in Greece. Mr Papademos must begin implementing measures needed to secure the next instalment of an international loan as he takes charge of the debt-wrecked nation this week.

The German and French leaders have said Athens has to ratify a bailout deal agreed at an EU summit last month before Greece can receive the eight-billion-euro ($A10.77 billion) loan tranche needed by December 15 to avert default.

Papademos will be buoyed by poll numbers as he strives to restore stability to Greece’s turbulent political scene. Fifty-five per cent of those polled said they had a positive opinion of the new prime minister, compared with 18 per cent who had a negative one and 27 per cent who did not have an opinion.
The new prime minister, who heads a majority socialist coalition that includes partners from both the right and far-right, spoke in parliament on Monday 14 November ahead of a vote to confirm his new government.

Officials from Greece’s creditors - the EU, International Monetary Fund and European Central Bank - are due in Athens to evaluate progress to date in stabilising its finances.

In talks with Papademos, French President Nicolas Sarkozy and German Chancellor Angela Merkel underlined the need for Greece to act quickly on the terms of the 130-billion-euro bailout deal agreed at a Brussels summit on October 26-27.

The payment of the next tranche of the 2010 bailout can only take place when a decisive step has been taken in this matter,” a statement from Sarkozy’s office said.

Under the terms of an international bailout deal agreed in October, private banks are to accept writedowns of 50 per cent, which will allow Greece to wipe out nearly a third of its 350 billion euro debt.

But Germany’s Der Spiegel magazine, in a report due out on Monday, said Berlin has worked out contingency plans in the event that Greece has to exit the eurozone if it fails to meet its obligations.

Greek Finance Minister Evangelos Venizelos, who kept his job in the new government, said the need to implement the measures agreed to in Brussels summit was “urgent”. Papademos’s government must then force through the painful austerity measures exacted as the price for the second EU rescue package.

However, the strikes that started under Papandreou were set to continue as the main public service union, Aedey, called for three-hour stoppages, in protest at rising taxes and 30,000 job cuts across the public service.

The European Commission forecasts a 2.8 per cent contraction for the Greek economy in 2012 and a further increase in unemployment, measured at 18 per cent in August.

Papademos has already indicated that his government’s chief aim is to implement the decisions of the October 26 European Union summit where the latest debt deal for Greece was hammered out. This involves pushing through austerity measures that Greece has committed to, such as public sector layoffs. Another goal is to complete talks with the troika on a revised programme of “economic adjustment.” In addition, the government will have to pass the 2012 budget by the end of the year.

In an interview with Kathimerini, Greece’s representative to the IMF, Panayiota Roumelotis, said he believed it was likely authorities would receive the 8 billion euros but that further aid would be tougher to secure.

Roumelotis, who confirmed he was one of several candidates to whom the premiership was proposed, said that the troika still wants written guarantees from authorities confirming their acceptance of the terms of the new EU debt deal. He said the troika wants four letters: one signed by Venizelos and Giorgos Provopoulos, Greece’s central bank governor, one by Papademos and one each by the heads of the two main parties, PASOK and conservative New Democracy - to move toward the formation of a unity government.

As regards Papademos’s potential for managing the country’s dire finances, 45 percent of respondents said they trusted him to do so, although 35 percent said they did not.

If snap polls were to be held now, neither of the two main parties would emerge with enough votes to form a majority government, according to the poll which found that 28.5 percent would vote for ND, 19.5 percent for PASOK and a surprisingly high 12 percent for the Coalition of the Radical Left (SYRIZA), with the Communist Party (KKE) garnering 11 percent, right-wing LAOS 8.5 percent, the Democratic Left 7.5 percent and the Ecologist Greens 3.5 percent.

The survey also found that more than 70 percent of those questioned applauded the decision of the two main parties - socialist PASOK and conservative New Democracy - to move toward the formation of a unity government.

The survey also asked respondents what they believed the country’s biggest problems were. Six in 10 (58 percent) said the economy, 34 percent cited rising unemployment, while 29 percent saw Greek politicians and the political system as the country’s biggest burden.
The selection of Lucas Papademos as prime minister of the transitional government represents the last chance for Greece to secure its future in the eurozone. It may also represent one of the last stops in a 12-year eurozone journey, at least as far as the broad economic union envisaged since the earliest days of European integration is concerned. With Italian 10-year bond yields topping the seven percent threshold reckoned to require IMF intervention, a wedge has been rammed into the fissure created by the Greek debt crisis and the Irish and Portuguese bailouts, widening the crack even further.

But a degree of domestic political sanity has, at last, been established.

Such was the need for stability that, before he had even made a single public utterance, Papademos quickly became accepted both at home and abroad as the most suitable leader of a coalition government born out of bickering and disagreement.

A former governor of the Bank of Greece and ECB vice-president, Papademos is both a technocrat (requested by New Democracy leader Antonis Samaras) and well-versed in the language of EU bailouts and economic convergence (sought by George Papandreou and other party leaders). Efforts to forge European unity have always revolved around economic integration. The European Coal and Steel Cooperation was established as a six-member union in 1951, ostensibly to prevent future war between France and Germany. Then came the fully-fledged European Economic Community, outlined in the 1957 Treaty of Rome. The single currency union was fleshed out in the Maastricht Treaty of 1992. Unfortunately, as regards the eurozone, Maastricht was all flesh and no bones. The experience of economic integration has been characterised by politicians failing to understand the fundamentals of economics, and economists failing to understand the fundamentals of politics.

It is clearly not for Papademos alone to cure these ills, but, as a technocrat-cum-prime-minister who has the ink of Greece’s very first euro bills under his nails, he has sound credentials to judge the country’s bailout needs. German Chancellor Angela Merkel’s office was forced to deny a report that, for some time now, German and French EU officials have been discussing – at an “intellectual” level – the possibility of a breakaway group of the financially responsible few within Europe. Indeed, rather than turning its back on the euro, Germany is considering even tighter European integration through fiscal unity. And if that’s the case, Greece can scarcely hope to make the cut. Long before such considerations, however, Papademos will need to find a way to balance the needs of ratifying the October 26-27 bailout with the further austerity which that bailout will demand.

It is an unenviable task.

ATHENSNEWS

Editorial

Political sanity at last

By D. Kontogiannis - Kathimerini

The formation of a new, temporary unity government under former European Central Bank vice-president, Lucas Papademos is a step in the right direction despite the poor track record of coalition governments in Greece.

However, the outlook for the Greek economy remains cloudy at best, putting at risk the country’s membership in the eurozone.

We have long held that the mismanagement of the Greek crisis by the Socialist government, headed by George Papandreou, has augmented existing imbalances and economic problems dating back to the 1970s, bringing the country to its knees.

The referendum on the euro was the latest mistake, aggravating an already difficult situation for the country at home and abroad. Leaving aside the weakening of Greece’s negotiating position abroad caused by the ill-thought referendum, one can easily identify two other conflicting consequences at home. On the positive side, a large portion of the Greek public now realizes there is a real danger the country may exit the eurozone and that various scenarios which have appeared in the foreign press were not theoretical but actually have some credence.

On the negative side, this realization has prompted some to withdraw their deposits from local credit institutions, putting more pressure on the liquidity of the local banking system. Although banks are currently able to fill the hole opened by the drop in deposits via the Bank of Greece’s emergency liquidity mechanism, it does not bode well for the economy since they cannot afford to satisfy at reasonable interest rates even the weak demand from credit-worthy companies and individuals.

Analysts agree that foreign direct investments, a pickup in exports, a vast improvement in the absorption of EU structural funds and ample funding to the private sector by the banking sector are needed to counterbalance the adverse effects of continuous fiscal tightening, wage cuts and high unemployment on the national economy.

But it is hard to see any positive developments which could change market sentiment and the economic equation on all these fronts. Even if we ignore the partisan fights which are likely to resurface as we draw closer to general elections at some point in the first quarter of 2012 and the temporary government delivers on the main points to secure the disbursement of the sixth tranche of 8 billion euros from the EU and the IMF under the first economic adjustment program, we doubt whether this is enough.

By all accounts, the newly set budget deficit target for 2011 will be missed and the only question is by how much. The deficit was set initially at some 17 billion euros but is likely to exceed 19 billion or even more as revenues from extra taxes miss targets.

At the same time, the public debt-to-GDP ratio is likely to exceed 160 percent and end at closer to 163 percent with its dynamics becoming even worse for 2012 without the positive contribution from the so-called PSI Plus, the new bond exchange program which includes a 50 percent haircut on Greek marketable debt.

Just to remind everybody, the country’s central government debt-to-GDP stood at 32.8 percent in 1981 with the budget deficit at 9.8 percent of GDP. The same debt ratio went up to 71.4 percent of GDP in 1990 with the deficit at 13.6 percent. The general government is the biggest component of the general government.

Back to the present: Greek politicians seem to be demanding coupon rates of more than 6 percent on the new bonds to voluntarily participate in PSI Plus. If they succeed, this may affect projected interest savings since they will apply to Greek bonds with a nominal value of 100 billion euros or more if full participation is secured via collective action clauses.

In addition, it is hard to see how the country can collect the billions of proceeds earmarked from privatizations next year with asset prices depressed after the relatively easy part of extending or selling licenses to OPAP and others this year. Undoubtedly, the sale of public property could bring in billions of euros, but this requires a better economic and political environment as well as “clean” real estate assets in a country where preparatory work has not been done and all kinds of legal hurdles can be found.

All in all, the new unity government under respected former central banker Papademos is a major step forward for the country, but it may have come too late.

We are sure Papademos and many of his ministers will do their best to improve Greece’s tarnished image abroad but we are not so sure they will be equally successful in rallying the people domestically to stick to the austerity plan and meet the budget deficit targets.

The country’s economic outlook does not look promising.

By D. Kontogiannis - Kathimerini

The selection of Lucas Papademos as prime minister of the transitional government represents the last chance for Greece to secure its future in the eurozone. It may also represent one of the last stops in a 12-year eurozone journey, at least as far as the broad economic union envisaged since the earliest days of European integration is concerned.

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It is an unenviable task.
St John's Community Care Ltd

Chief Executive Officer
Location: Cairns, North Qld

The St John’s Community Care Ltd, an activity of the Greek Orthodox Archdiocese of Australia, is inviting applications for the role of CEO. This is an exciting opportunity for a knowledgeable, qualified executive to join an expanding not-for-profit organisation. The position requires proficient strategic planning and leadership skills. An attractive salary package in excess of $120K+ will be offered in addition to a fully maintained company car.

The Organisation:
St John’s Community Care Ltd is a highly regarded community-based organisation supporting frail aged, people with disabilities and people from diverse ethnic backgrounds from Cardwell to Thursday Island. St John’s Daycare Centre is based in Redlynch and provides high quality child care services from infants to pre-school aged children.

The successful applicant will be responsible for:
Performing as the primary advisor to the Board of Directors, act as the Chief Executive Officer of St John’s Community Care Limited and provide overall management of:
1. St John’s Community Care Limited;
2. St John’s Day Care Centre; and

Specialised job knowledge/demonstrated ability:
- Relevant tertiary qualifications are desirable.
- Energy, vision and passion for providing high quality community care.
- Sound financial knowledge or experience at an Executive Management level.
- Demonstrated visionary leadership skills.
- Knowledge of or experience in the aged care / disability sectors and/or Day Care industry would be highly regarded but not essential.

An information kit may be obtained by phoning Tricia Williams on 4039 9700, by email: sjcc.tricia@bigpond.com or from the office, corner of Kamerunga and Fairweather Roads, Redlynch.

Expressions of interest should be addressed to:
Private & Confidential
Chairperson
St John’s Community Care Ltd
PO Box 44 R
Redlynch 4870

St John’s Community Care Ltd is an Equal Employment Agency
An Activity of the Greek Orthodox Archdiocese of Australia

100 YEARS SINCE
THE DEATH
OF PAPADIAMANDIS

A NEW TRANSLATION OF ONE OF GREECE’S GREATEST WRITERS

The Murderess: A Social Tale
by Alexandros Papadiamandis
Translated by Liadain Sherrard with an Introduction by Lambros Kamperidis
Denise Harvey (Publisher), Limni, Evia, Greece

From its first appearance in 1903, The Murderess has been regarded as Alexandros Papadiamandis’s finest work. Set on his native island of Skiathos it tells the story of Hadoula, a widow with grown-up children, who has convinced herself that it is better little girls should leave this life when young so that they and their parents should not suffer the trials that inevitably would be inflicted on them by an inequitable society. In the throes of this misguided compassion she first murders her own granddaughter and afterwards finds herself set on a course she is unable to stop despite the promptings of her conscience and her awareness of the consequences. Papadiamandis charts this course and the events in her life that preceded it, and against a background of the island’s verdant and untrodden places and the living presence of the Church he explores the particular evil of disguising itself as good, but without ever passing judgement on the murderess herself.

Alexandros Papadiamandis, 1851-1911, was born on the small Aegean island of Skiathos, the fourth child of the priest Adamandios Emmanuel. After a diverse and sporadic education, with long spells on his island when he assisted his father in his pastoral duties, he attended the Philosophical School of Athens University for two years but never completed his degree. While in Athens he began to earn his living as a writer, translator and journalist. Initially he wrote novels which appeared in serial form in newspapers, then later mainly short stories which became his most favoured medium.

He lived in the midst of an uncertain age of transition for modern Greece. It was a period of post-Enlightenment turmoil when the traditional old ways were being undermined and were fast disappearing. His attachment to these ways marked him out for some as conservative, even reactionary, but it was an attachment tempered with an innate and deep understanding of how the past breathes life into the present and which is particularly revealed in the remarkable modernity of the way he treats his subject in The Murderess. Long considered one of Greece’s most important writers, and compared by many to Dostoevsky and Hardy, his reflections on and observations of modern Greek life define the Greek experience in a way unmatched by any of his contemporaries.

This new translation of The Murderess was undertaken and published to mark the centenary of Papadiamandis’s death.
THE FIRST - CALLED

In the conscience of the Church through the centuries, this sacred adjective has almost become synonymous with the person and the task of the Apostle Andrew, since it was him that the God-man called, when He decided to constitute the primordial regulating structure of the Church on earth, with the group of the Twelve. Knowing the deep symbolism of the number “Twelve”, as it refers directly to the twelve tribes of Israel - which in their turn express the fullness and wholeness of God’s people, and by extension the entire humanity - one can priori guess the abysmal moral and religious value of the epithet “First-called” in the Judeochristian tradition generally.

But since Andrew, the First - called also became, as known, the founder of the church of Constantinople, namely the First-throne Church of the East, it is only natural that the content of this apostolic primacy of calling should also reflect directly on each of the successors of the Apostle Andrew, or rather - to speak more correctly - to prejudge and decisively mark the whole spiritual responsibility and mission of each Archbishop of Constantinople and Ecumenical Patriarch.

At this time, therefore, when we are a few days before the annual celebration of the Feast of St Andrew the Apostle, we suddenly experienced - both as Church and as Nation, the annual celebration of the Feast of St Andrew the Apostle, Ecumenical Patriarch. At this time, therefore, when we are a few days before the annual celebration of the Feast of St Andrew the Apostle, we suddenly experienced - both as Church and as Nation, the annual celebration of the Feast of St Andrew the Apostle, Ecumenical Patriarch.

Already the creation of the world ex nihilo was a calling from nonexistence into existence. Similarly every form of “Testament” contracted by God from time to time with his creature was a calling, honouring in them His own image. For the notion of responsibility implied in every testament is an ingredient element of the person, namely of God’s image in the reasonable creation. The Incarnation, the Cross, the Resurrection, the Ascension, were also a calling, just as the Second Coming will also be a decisive calling. In all these we see continually God’s “relishing hand”, namely His hand extended toward the world and this always in order to grant His grace in boundless ways.

Already the term “grace” which means “gift” (namely unre-payable offering of love) proves very eloquently that when God calls, He does so always in order to give a blessing. Now this blessing renders man a boundless debtor, just as boundless also is God who condescends. Therefore, a calling primarily is an honour and a favour on the part of God, which man cannot allegedly win as if he deserves it. For it is God who always takes the initiative of all movements for the good, while man’s initiative is only in sin.

The fact, then, of the calling gives the measure of the value (namely of the sacredness) of the world generally, and at the same time also the measure of man’s responsibility more particularly. For this reason man can never boast, since he becomes a “chosen vessel” in God’s hands. On the contrary, he shudders and fears, especially when he is “called” by God after the fall (cf. Gen. 33: 8-10). In any case, this was the reason for which, when the Prophets were “called” by God, they left frightened, confessing their insufficiency and unworthiness (“I am the youngest one...” was their stereotyped reply, when they refused their election, until God Himself, with a “burnt” coal, symbolically burnt their lips, so that they may be able to speak “God’s word”, not vain human words.

The fact that in the visible constitution of the Church of the New Testament Christ called first the Apostle Andrew, certainly means primarily a primacy of honour, moreover, it means a primacy of responsibility; the more deeply it is experienced as such, the more it becomes a primacy of pain. The fact that God takes you first out of the multitude does not at all mean that He recognises you as being in advance any better or superior. On the contrary, He asks that you offer with your obedience to the calling the example of humility, the rule of confession. The word of the calling does not admit any improvised response as it seems, but an analogous word, an agreeable word. Consequently, this does not mean secular “leadership”, as one could wrongly believe. It is only humility and the fullest possible adjustment to the word of the calling - which is at the same time illumination and commandment, namely gift, as well as demand - that justifies the primacy of the calling.

In any case, the power to respond to the calling from above has been placed by God in the good will, which expresses the very fact of the calling. It is for this reason that Paul says “whom he called, he also justified; and whom he justified, he also glorified” (Rom. 8:30).

From all the above it becomes clear that the “First-called” in God’s plan is also the greater debtor, precisely because he first received, he is a debtor to all.

With such spiritual presuppositions, the epithet “First-called” cannot be considered to establish a regular (of time priority) or meritorious, primacy but only a sacramental one (of purely salvific context).

This “primacy of calling” in Orthodox Ecclesiology is expressed in the person of the “First” in each Autocephalous Church (cf. 34 Apostolic canon), and in the whole system of the Orthodox Churches throughout the world, in the person of the Ecumenical Patriarch.

Now if one compares the primacy of the universal Orthodoxy as “First-called” with the “First” of the Western Church as “Pontifex Maximus”, then one understands even better the spiritual nature of the “primacy of calling” in juxtaposition with the “primacy of world jurisdiction”. In other words, while the former is based entirely on the sacramental event of the calling, thus denoting its divinely “kenotic” character, the latter, not even hinting at any point of reference or dependence, only indicates the “greatest” possible demand of administrative authority, thus proving to be precisely the opposite of kenosis in God.

For this reason it is not an exaggeration to say that, precisely on account of his kenotic function, the “First-called” of the Bishops becomes for all the “advocate”, as he guarantees the comfort, the consolation and the ministry for those near and those far.
Wine and its history go on display in Kapandriti

By Christina Sanoudou

Dedicated entirely to wine history and science, the newly established Costas Lazaridi Wine Museum in Kapandriti (pho- to), northern Attica, also holds a message of hope. The project proves that an appetite for creativity doesn’t always have to be sacrificed on the altar of success and that some people are able to keep their dreams alive, even in the current climate.

For instance, J and I share the same Christian name - both named after our grandfather. I, on my father’s side, and he, on his mother’s side. We used to play together when we were young children in Perth but then our families both moved interstate. We grew up independently and I think the last time we met was probably around 1978. The fragile link that held us together was almost ex-tinguished by the death of his mother. Despite the tyrany of interstate distance and vastly different upbringings we had somehow made contact in recent years. We ex-changed cards at Christmas and to his credit there was a touching letter.

So it was with some curiosity that I looked forward to visiting interstate and maybe even catching up. Of course, I was a little apprehensive - after all, we had not met for some 33 years. On the other hand, I thought: “What have you got to lose? What sort of example would I be setting for my kids?” Relatives, friends and acquaintances contribute to who we are. To overlook them is to neglect our very self.

On the second day I rang from our hotel. His wife an-swered. I introduced myself, saying, “I am J’s cousin from Maroubra...”. The remaining words are vague in my memory but were something about wanting to meet and catch up and if they were free to meet for some coffee with my family. You know - the usual sort of stuff.

Her voice was warm and welcoming. She put him on. He outlined its history. Like many instances, it was dis-covered incidentally. A routine medical for heartburn pri-or to overseas travel was the tiny occurrence that un-ravelled his hopes, dreams and plans. Life now took on a new course.

This illness seemed to follow me around everywhere. It has haunted my relatives’ generations and struck the nicest people in the prime of their life. In recent months it has been like a plague around me and my neighbours, friends, acquaintances. My prayers now include a long list of names.

I have learnt how this is not an illness with just some restrictions or with some aches and pains. It is not something that will pass quickly. Even the cure has its own problems. If I am devastated then how must they feel?

But in viewing this process I have learnt a lot about courage and determination. I have seen the value of faith at first hand. On a practical level, I have learnt how important it is to support one another at all times. By the time we met, J was back in hospital. He was having a rough time. All the years of separation van-ished in an instant. It was as though we were again two kids playing on a street. On the second occasion I took my family along and I am sure it will be unforgettable for them.

I returned home from my travels a little sadder and a little wiser. Of course I now keep in regular touch with J. Life is too short and each moment is so valuable.

It was now his name-day. For the first time I sent him an email. I received a reply from his wife thanking me and saying that he has not been well. He is unable to come to the phone but sends his greetings. Hopefully, he will be on the mend. I made a mental note to call in a few days. God willing, I plan to visit him shortly when the semester is over.

In the meantime, my own telephone rang. It was an-other friend from his hospital bed. Here was a man of faith and conviction. Even after two operations and all his problems, he was ringing to wish me all the best for my name-day.

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The museum showcases objects collect-ed in the last 25 years by Costas Lazaridis, owner of one of the largest vineyards in Greece. The permanent collection includes wine presses, pumps, bottles, distilling equipment, barrels and winemaking and harvest tools dating from the 16th century to the present, while the exhibits highlight all the different stages of the winemaking process, from the cultivation of grapes to bottling.

The items on display are complemented by information regarding wine and its pro-duction. For example, did you know that Santorini’s Assyrtiko is one of Europe’s very few grape varieties boasting a natural resistance to the phylloxera pest, which in the 19th century wiped out most of the continent’s vineyards?

The museum’s permanent collection is complemented by copies of archaeological finds, primarily pots and vases depicting wine production and the cult of Dionysus in ancient Greece, as well as a 350 BC marble wine press. Also on show is a reproduction of an ancient trireme - scaled down to one third of its original size - which sank in the 6th cen-tury BC, taking an entire load of amphorae filled with wine to the bottom of the sea.

Another exhibit is a copy of an ancient in-scription originally located on the northern Aegean island of Thassos. The inscription shows legislation regarding the commer-cialization and transportation of wine throughout the country in around the 4th century BC, essentially an early form of provenance certification. Meanwhile, in the museum’s basement, visitors can take a closer look at barrels as well as vintage Domaine Lazaridi bottles.

The new museum is part of the Oenotria Gi estate, which covers some 11 acres in the area of Kapandriti. Oenotria Gi also hosts wedding receptions and other events. The museum, which was recently inaugurated in the presence of influential French oenologist Michel Rolland, is open 11 a.m. to 5 p.m. daily and 11 a.m. to 3 p.m. on weekends. Coming up soon are guided tours for schools based in the Attica region as well as foreign visitors.

Oenotria Gi, 2nd km of Kapandriti-Kalamos Road, Attica, tel 22950.52213 /52214. For more information, visit www.domaine-lazaridi.gr.

The Greek Australian VEMA

Letter from Maroubra

I still have a lot to learn!

It’s funny how the older you get, the more you realise that the people around you are so valuable.

For instance, J and I share the same Christian name - both named after our grandfather. I, on my father’s side, and he, on his mother’s side. We used to play together when we were young children in Perth but then our families both moved interstate. We grew up independently and I think the last time we met was probably around 1978.

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So it was with some curiosity that I looked forward to visiting interstate and maybe even catching up. Of course, I was a little apprehensive - after all, we had not met for some 33 years. On the other hand, I thought: “What have you got to lose? What sort of example would I be setting for my kids?” Relatives, friends and acquaintances contribute to who we are. To overlook them is to neglect our very self.

On the second day I rang from our hotel. His wife an-swered. I introduced myself, saying, “I am J’s cousin from Maroubra...”. The remaining words are vague in my memory but were something about wanting to meet and catch up and if they were free to meet for some coffee with my family. You know - the usual sort of stuff.

Her voice was warm and welcoming. She put him on. I was quite emotional and happy to hear my voice. I felt encouraged by this warm reception but quickly became saddened by the news that followed. He was ill, seriously ill. It was inoperable. I was devastated.

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Growing up fast and furious

Media’s impact on our children:

Privacy

By Fr George Liangas

Sexting is when people take explicit photos of themselves and send them electronically to others. In one study, 3 in 10 young people reported sending or receiving some type of sexting. More than 60% of those surveyed were pressured to sext at least once. 1 in 10 has shared a naked image of themselves. 29% of these images were sent to people they never met in person.

Sexting usually starts off as “harmless fun” or to please an intimate or potential friend or partner. It is not uncommon, however, for the receiver to forward the photos to his or her friends. These photos can reach hundreds, even thousands of people. People, including teenagers, found with these images on their phones have been charged by police as possessing child pornography.

‘Friends’ on Facebook

Social networking sites such as Facebook are seen as a convenient and fun way to socialise. However, unwanted people can very easily join a member’s friend list. In one recent study, 35% of 8 to 11-year-olds received friend requests from people they did not know. 23% were likely to accept this request. 61% of 12 to 17-year-olds were likely to accept friend requests from strangers. Such strangers can range from people seeking new friends to adults looking to groom vulnerable children. With newer software it is even possible to be tracked by a ‘friend’ from a social networking site, for them to know exactly where you are.

Personal information

Children sometimes provide their personal information like their email address and phone number to websites, in return for competition entry or access to games. Some websites use this information legitimately. However some websites may sell this information or make it visible to other people visiting the website. This can lead to the child and potentially the family being targeted with unwanted advertising. Personal information can also be used by other people, including criminals, to steal identities. Identity theft occurs when personal information is misused by criminals. Information could be used to steal money, take out loans or set up credit card accounts in your name. This can happen to both adults and children.

Digital reputation

Our digital reputation is made up of everything we post, say and do, online. People judge us based on what we upload on websites and how we communicate. Because content that’s posted online can be there forever, we could well be judged on how we behaved as a child well into our adult years. These are cases where employment opportunities have been spoiled by compromising photos and thoughtless comments on social networking sites and elsewhere.

Comment

It is important that parents are aware of these privacy matters, and feel empowered to help their children to protect themselves when they are on-line. The Australian Government’s Cybersmart website (see below) is a good place to start.

These concerns are yet another reminder that today’s world can be a hostile one for children. Advertisers and criminals are ready to take advantage. Too many free-dom’s are dangerous, especially for youth. Children and teenagers would not by themselves be expected to foresee and appreciate the pitfalls of putting their private affairs on-line.

This issue underlines again that more than ever, our youth need to build their relationships with Christ. Young people truly seeking Christ will not be so dependent emotionally on social media. This does not mean that they will become closed in or unsocial. A love for Christ and for each other makes young people more alert, more mature, more considerate, more creative and more contented. It makes them more wholesome people.

Rundown area of Athens given an aesthetic boost by artistic action

By Constantine Callaghan

Standing tall on a junction on busy Pireos Street a colossal mural painted on the side of a building catches the eye (photo). A pair of delicately painted black-and-white hands point to the street level. The intricate detail of the veins, knuckles and nails diverts the onlookers’ attention away from the hustle and bustle of downtown Athens.

As part of the varied “Athens-Africa 2014” urban regeneration program, the 600-square-meter mural composed by Pavlos Tsakonas has been painted on the south-facing flank of the Hotel Vienna. It is the first of three works to be completed among a group of three works to be completed among a group and soon forgotten can now be broadcast all over the world, and kept for a long time. One careless mistake can cost relationships, peace of mind and even future employment.

While children and adolescents may be very savvy with using technology and the media, they may not be so knowledgeable or mature to deal with the privacy issues related to the technology. Here are some other examples where children’s privacy may be compromised.

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1 www.cybersmart.gov.au
Caring for an older person

The Greek Welfare Centre of the Greek Orthodox Archdiocese of Australia is presenting the fourth part of the four series on care for an older person. To allow the Greek elderly and their carers to be aware of different options in aged care and to increase access to aged care services. The fourth part series is on residential care.

What is Residential Aged Care?

Residential aged care is for older people who can no longer live at home. Reasons can include illness, disability or the needs of the carer or the older person is no longer possible to manage at home without help.

What types of Aged Care are available?

There are two types of aged care available: low-level care (previously known as Hostel care) and high-level care (previously known as Nursing home care) for people with greater degree of frailty, who often need continual nursing care. An assessment needs to be undertaken by the Aged Care Assessment Team (ACAT) to inform the client what level of care they will need.

What services do Aged Care Homes provide?

All aged care homes must provide a range of care and services to the residents according to each resident's care needs.

Services should include:
- Staff to provide help assistance with daily living activities such as bathing, showering and dressing and mobility, assistance with medications and the provision of meals and refreshments and social activities.
- The residential homes should have basic furnishings such as carpets, chairs, beds, linen, towels, soap and toilet paper and provide a laundry service cleaning service and the maintenance of buildings and grounds.
- For high level care needs the homes will also provide things like continence aids, basic medical supplies and pharmaceutical supplies, nursing services and therapy services.

What is an Agreement?

Each nursing home or aged care facility should offer an agreement. This agreement is a contract between the resident and the facility itself. The agreement should proscribe the rights and obligations of the facility and the resident, for example the fees and when they should be paid, the kind of care provided, and the situations under which a resident may be asked to leave the facility or aged care center.

Different aged care facilities and hostels have different agreements and contracts and the resident and/or his/her representative should understand all the rights and obligations that pertain to his/her own situation.

If you are unsure of anything written in the agreement or contract, you should speak to a lawyer before you sign.

Will I need to move into another Aged Care Home if my care needs change?

Some aged care homes provide both low and high level care which allows a person to stay in one location even if a person's care needs increase. This is called "Ageing in place". Ask the aged care home whether you can remain in the same home, as your care needs change.

What Is Extra Care?

Some aged care homes provide "extra service". The home may be able to provide you with higher standard of accommodation and care, which will cost you more. The amount one has to pay for this extra service will vary from home to home, it is best to check directly with the aged care home.

Do I have to pay for Residential Aged Care?

The Australian Government provides a substantial amount of funding towards the cost of residential aged care.

Most residents will need to pay daily care fees and accommodation payments to their residential aged care home as prescribed by the Government.

What If I cannot afford to pay?

There are hardship provisions to help people who cannot afford to pay, so you can receive the same standard of care regardless of your capacity to pay. Please contact the Aged Care Information Line on 1800 550 552 to receive assistance and to obtain an application form or you can also send an email to hardship@health.gov.au.

Must a person stay in an Aged Care Facility even though they don’t like it?

You are not obliged to stay in an aged care facility if you don’t like it. The agreement you have signed should lay out clearly your obligations and rights and under which situations you are able to leave the facility.

When is an Enduring Power of Attorney or Guardianship necessary?

The aged care facility must follow privacy laws. If the carers or family members do not have legal power either through an Enduring Power of Attorney or Guardianship, then they may not be allowed to have a say in the care plan without the resident's consent.

Bringing your complaint to the attention of the Aged Care Facility

It is usually best to discuss any problems or concerns with the aged care facility directly.

If you do not wish to discuss your concerns with the aged care facility, or if you cannot find a solution to your problem, you can call the National Aged Care Advocacy Line on 1800 700 600.

If you wish to make a complaint but you are finding that the aged care facility is not helpful in this regard, you can call 1800 550 552 free of charge, or you can write to:
- Complaints Department c/- Department of Health and Ageing, GPO Box 9848, in your local city.

Do Aged Care Homes provide care for the Greek older person?

The Australian Government provides funding to a number aged care homes run by Greek specific community organisations.

The Partners in Culturally Appropriate care program (PCAP) and the Community Partners Program (CPP) enables aged care homes and ethnic communities to work together to establish and maintain links between residents of aged care homes and their social, cultural and linguistic networks.

There are also clustering programs that bring together residents who share similar cultural, language and religious backgrounds within one aged care home.

To find out what is available in your area you can call the Commonwealth Carelink Centre on 1800 052 222.

If you cannot speak English you can ring the Translating and Interpreting Service (TIS) on 130 450 and request to speak to someone from the Commonwealth Carelink service or the Commonwealth Aged Care Information line.

For further information please call the Greek Welfare Centre’s CPP Workers:
- Newton office on (02) 9516 21 88
- Illawarra office on (02) 4428 1609
- Western Sydney office on (02) 9687 8955

This information is provided by the Greek Welfare Centre aged care section, Greek Community Partners Program (CPP).


The CPP project is funded under the Department of Health and Ageing.

Greek Welfare Centre of the Greek Orthodox Archdiocese of Australia

Visit our website

www.greekorthodox.org.au
Appreciating Culture Lecture
18th October 2011

His Grace Bishop Iakovos gives the vote of thanks for the Minister

Despina Carpis
Year 11 Art student

The Hon. Minister Peter Garrett delivers the ACL 2011

Michael Arfanis
Year 10 Art student

Mrs Stefanou, Head of College gives formal welcome

The Hon. Vasilios Tolios, Consul General of Greece together with the Very Rev. Father Steven Scoulas and The Hon. Minister Peter Garrett

Soljka Belajic
Year 11 Accelerant HSC Music Student

Dylan Kontos - Year 9
Demi Koutelis - Year 9 & James Koutelis - Year

Mr James Phillips, Chairman of the Board of Governors presents the Minister with a gift

Mr Ela Economou, Parish President presents Mr Peter Wennensten and Ms Mari Claire Pringle, the Curators of the ACL exhibition with gifts

Demi Fiskis
Year 11 Hospitality Student

Mrs J. Pekmezovic, Acting Consul General Serbia & Montenegro,
The Hon. V. Tolios, Very Rev. Father Steven Scoulas,
Mrs E. Stefanou, The Hon Peter Garrett, His Grace Bishop Iakovos,
Mr E. Economou, Mr J. Phillips & Mrs A. Katsogiannis

Mrs A. Katsogiannis, Principal Senior School and MC for the event

Educational Excellence within a Caring Environment
On November 2 Greece commemorated the 100th anniversary since the birth of poet laureate Odysseus Elytis. To mark the centenary of his birth, 2011 has been designated as Elytis Year by the Ministry of Culture and Tourism. Odysseus Elytis was born in Heraklion, Crete on November 2, 1911 and died in Athens on March 18, 1996. A major poet in Greek language, Elytis is also one of the outstanding international figures of 20th-century poetry. Elytis' poetry has marked, through an active presence of over forty years, a broad spectrum of subjects with a rarefied and passionate stylistic touch. The first collections of poetry (Orientations, 1939, and Sun the First, 1943) are joyous and radiant, celebrating the Greek landscape as an ideal world of sensual enjoyment and moral purity. His experience of the war in 1940s marks a departure from the sunny atmosphere of his early youth and poetry, colouring his long poem Heroic and Elegiac Song for the Lost Second Lieutenant of Albania (1943).

The attempt of Elytis to identify himself with the nation and speak for himself and also for his country reaches its peak with Axion Esti ("Worthy It Is," 1959), his central and most ambitious work for which he was awarded the 1979 Nobel Prize for Literature. His later work consists of ten collections of poems and a substantial number of essays. Outstanding among them are: The Monogram (1972), an achievement in the European love poem tradition, and The Deepeta Elegies (1991), which include some of the most difficult but profound poems written in our times.

**Centenary Celebrations**

The Athens Concert Hall paid tribute to Odysseus Elytis by holding a two-day (October 31 to November 1) international conference titled Odysseus Elytis: The 20th century in the poetry of Elytis. The poetry of Elytis in the 21st century, exploring new approaches in the interpretation of his work. On November 2 and 3, an event was organised of original music by George Kouroupas under the title Odysseus Elytis: This Small, this Great World, with poetry and prose set to music, representing the main facets of the work of Odysseus Elytis: lyricism, a restless spirit of inquiry, courage, spirituality, sensation and true emotions. The B&M Theocharakis Foundation for the Fine Arts and Music held an exhibition titled The world of Odysseus Elytis: Poetry and Painting from September 22 to November 27. The exhibition presented for the first time all of Elytis' paintings together with manuscripts and editions belonging to the poet's private collection, as well as published and unpublished photographs. The Hellenic Foundation for Culture organised a series of events in honour of the poet in its several branches and Centers.

The tribute, which opened at Odessa and Belgrade in October, continues this month in Berlin, Sofia, Bucharest, Tirana and Alexandria, and will be concluded in Trieste in December.

**Tribute to Poet Odysseus Elytis**

**100th anniversary since Elytis’ birth**

**Australian's to suffer summer of rain pain**

With La Nina back for another summer and above average rainfall predicted for much of Australia, the weather is about to become more of a pain than people realise. The notion of rain pain is often dismissed as a myth, but experts say there is now enough evidence to suggest it exists.

What's more, they say sufferers of conditions like arthritis and chronic pain can actually use their level of discomfort to tell when the weather is about to change. La Nina was responsible for the Brisbane floods and Cyclone Yasi, and the Bureau of Meteorology says Queensland, New South Wales and Victoria in particular should brace for another wet summer. Dr. Grahame Jones, professor of rheumatology and epidemiology at the Menzies Research Institute, says the days of mythical rain pain are long gone.

He says arthritis sufferers' pain levels are without a doubt affected by the weather. "There are three things in the weather that have an effect," he said.

"The higher the ambient temperature the better the symptoms are; the higher the humidity or dew point the worse the symptoms are; and changes in the barometric pressure, so when a cold front is coming through and when the pressure drops, people tend to ache in their joints before that."

He says their ability to predict the weather is not as farfetched as it sounds.

"My patients have been telling me they can predict the weather for 20 years, and most people were fairly disbelieving, when in fact the studies on the relationship between weather changes and pain are pretty consistent," he said.

"On an anecdotal level, last summer in Tasmania people's joints were much worse because we had a fairly wet winter and wet summer with lots of changes in the weather, whereas generally our summer is very dry."

**Psychological factors**

Conjoint Professor Nikolai Bogduk from the University of Newcastle, who specialises in spinal pain, is a little less convinced.

He says psychological factors may play a part.

"There is a theory, unproven, that when the barometric pressure drops the ambient pressure is lower and so joints expand, so if you have a painful knee it swells, and that's what makes it more painful," he said.

"That may or may not be true, but it is important for people to be alert to possible intermediate affects. Among them is the general affect of weather on people's mood. A patient without pain is going to feel more miserable when the weather is miserable, so a patient that is going to be affected psychologically may well be giving you an amplified measure of their pain on that particular day," he said.

"There may actually be no difference to the pain, but because they feel worse, they will report their pain as being worse."

In terms of pain sufferers' ability to predict the weather, Conjoint Professor Bogduk says a change in blood flow may be the explanation.

"The ability to predict the weather may be related to a number of things, maybe not exactly the joints swelling, but if the ambient pressure is dropping maybe things like venous drainage out of the joint or out of the bone changes, so there might be changes in blood flow that are occurring," he said.

According to the experts, more rain means more pain.
ST EUPHEMIA COLLEGE K-12

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PO Box 747 Bankstown 1885 NSW

School Mission Statement
That within a dynamic Orthodox Christian framework, a student may strive to achieve academic excellence, a love for learning, social responsibility, spiritual growth and respect for a healthy mind and body.

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The Presentation of our Lord goes to camp

Holy Traditions of the Orthodox Church

By Roneea Patsouris

The Presentation of our Lord goes to camp

Search into Google ‘Christian Youth Camps in Victoria’ and you get thousands upon thousands of results. It seems every Christian denomination in the history of mankind has a camp. Catholics, Anglicans, Evangelicals, Baptists. What about the Greek Orthodox, a very prominent community in Victoria, I hear you ask? Well now, we have one too.

Now running for its third (and very successful) year, the Presentation of Our Lord has developed its very own Greek Orthodox Youth Camp. The camp is for children of primary to high school ages, with this year a youngened of 6 and oldest of 18. It is a chance to form friendship with kids of all ages who have one big thing in common - their faith.

The camp is held at the Christian Log Camp, in Creswick, central Victoria. The camp is built on acres and acres of land. Everywhere you look on the campsite all you can see is God’s nature. It is truly an opportunity for technology focused children to appreciate the beauty of God’s most magnificent creation, planet earth.

Every camp is built around a topic, this year’s being Tradition in the Orthodox Church. Tradition is the passing on from generation to generation. Some view it as a good thing, others as a bad (I myself considered tradition to be one of society’s evils until a very convincing deacon showed me otherwise). Through discussion we uncovered what is actually a tradition of the Orthodox Church and what is really a custom, masquerading as church tradition.

The two traditions of Greek Orthodoxy we examined in detail were chanting and iconography. Iconography lessons were conducted by Deacon Leonidas Ioannou, an iconographer who has been studying the blessed art form for 16 years. Every child, from the oldest to the youngest, was given the opportunity to paint their own icon, with depictions ranging from the Theotokos to St Maximos.

A chanting lesson was held by St Haralambios head chanter, Vassos Anastasopoulos with some assistance from Deacon Stergios Patsouris. We learnt Byzantine scales (klimaka) and how to read very basic Byzantine notation. For the first time in many of the campers lives, we finally had an understanding of the divine music we hear every Sunday.

Not only was the camp an opportunity to connect with our inner Christian, but it was a chance to have pure and care-free fun. There were giant trampoline which became a hub of over-energised children trying to out-jump each other. Nearby, an impressive field, which a group of authentic Greek teens turned into a soccer pitch. Inside a fireplace to take away the bushland chill. All around there were children of all ages, mingling with children they would never usually interact with and having fun.

Group activities including the flying fox, the Giant Swing and Archery had everyone screaming with enjoyment and possibly a little fear.

The word ‘spiritual’ often springs to mind ideas of new age hippies who meditate in the sunrise and worship the earth, wind and water. So categorizing the camp as ‘spiritual’ would be a mistake. But it was in fact a ‘spiritual’ camp.

It was a spiritual camp because at the core of the camp was our spirituality, our relationship with both God and ourselves. The camp was a time away from the media, from social networking, from our phones, our parents, from Western influence and from television. It was us and God. The distractions of our hectic world were not present on camp, which allowed time for reflection, thought and questions.

The camp was run by the Sunday school teachers of the Presentation of our Lord and some parent helpers. However, the camp quickly became a buzzing hub for Orthodox clergy. For the whole duration of the camp we were blessed with the presence of Deacon Leonidas Ioannou. For 2 days we were given a surprise visit by Father Efthimios Papadopoulos and Deacon Stergios Patsouris. Then, as if we weren’t surrounded by enough clergymen, we were extraordinarily blessed to be visited by His Grace Bishop Ezekiel of Oerbis! His Grace was the guest speaker, surprising all campers, firstly, when he arrived and then when he gave a very interesting talk on the 7 sacraments. It was the first time we had a chance to properly interact with His Grace and ask him some question.

Even though, in my mind I think I may be a little too cool or mature or lazy for sleeping bags and all-nighters, I don’t think I will ever feel too cool/mature/lazy for this camp until of course I turn eighteen, then I’ll just have to wallow in self pity.

I typed up a description of the camp, not wanting to call it an Orthodox camp. I decided it was a-get-to-know-your-ownself-and-understand-the-way-you-feel-and-spend-some-time-away-from-corrupt-society-and-live-a-couple-of-days-like-a-proper-Christian camp. And then I realised, that that description is Orthodox. That is the perfect summary of Orthodox! This is an Orthodox camp.

This camp is truly a gift from God.
Health

SKIN CANCER

So summer has almost arrived and you have decided to go to the beach and seek a “healthy tan.” The suggestion that a tan is healthy is a myth!

Sun fans are not healthy! In fact tanning is dangerous! Unsafe exposure to the sun can lead to a deadly melanoma.

Australia has the highest incidence of skin cancer in the world and in this article I will try to explain the cause of skin cancer, the types of skin cancer along with treatment options and measures that can be taken to prevent skin cancer.

Skin cancer is the uncontrolled growth of abnormal skin cells. It usually occurs in people who have been exposed to too much ultraviolet light from the sun. Skin cancer can advance locally in the area in which it occurs or spread to other parts of the body if undetected and left untreated.

What are the causes of skin cancer?

The most common cause of skin cancer is the over-exposure to the harmful ultraviolet rays of the sun over a prolonged period of time. Exposure to sunlight in childhood and adolescence is a major factor in the development of skin cancer. However, it is not the only factor and indeed skin cancer can occur in areas of the body that have had little or no exposure to the sun.

Other, but much less common causes of skin cancer include some medications, such as immunosuppressant drugs and use of sun lamps and solariums. Even ultraviolet therapy for treatment of skin conditions such as psoriasis can cause skin cancer. Over exposure to chemicals such as coal tar, soot, paraffin waxes, arsenic and polycyclic hydrocarbons can cause skin cancer.

The signs of skin cancer

People who have fair skin are most at risk, but people with dark or olive skin are not necessarily immune. People who live in sunny climates are at high risk group and people with freckles are also at risk of skin cancer.

People with crusty, non-healing sores or sunspots, people who have a persistent small lump that is red, pale or pearly in colour, or people who have a new mole, but can start in previously normal skin as a new mole, but can start in previously normal skin as a new lump, can be disfiguring or if a person is unfit for surgery.

Children must be protected from the sun with sun screen, swimming vests and hats. The skin of children is more sensitive than the skin of adults.

Early detection of skin cancer

Early detection is important. The earlier the skin cancer is treated, the more easily and better it can be treated. Talk to your doctor today about a skin cancer check. If you develop a skin lump or change in the appearance of a mole or area of skin, or have a sore which will not heal or bleeds, see your doctor without delay!

Curettage and Diathermy: Small BCC can be treated this way where the doctor uses an instrument called a curette to scrape away the lesion and then uses the electronic diathermy to stop bleeding and destroy the remaining cancer cells.

How can skin cancer be prevented?

Protection from the sunlight is important. It is important to avoid direct sunlight when the sun is at its strongest from 10am to 3pm standard time, and from 11am to 4pm during daylight saving time. Always wear a broad brimmed hat, be wary of reflected sun on cloudy days and wind that dries the skin. Cover your forearms with a shirt or dress with sleeves. It is important to use a sunscreen with a minimum SPF 15 factor on exposed areas of the skin and renew it regularly.

Non-surgical treatments of skin cancers include:

Chemotherapy: This can be used when surgery may be disfiguring or if a person is unfit for surgery.

Chemotherapy: This is in the form of a cream containing 5-Fluorouracil. This is sometimes used for skin cancers in the early stage of development.

Medications: There are a variety of other drugs available to treat some superficial BCC’s.

Cryotherapy: is where the skin conditions are treated with liquid nitrogen which freezes the lesions and kills the abnormal cells. It is not used to treat skin cancers or moles. It is used for the treatment of solar keratoses(commonly called sun spots).

How to prevent skin cancer

In general, the areas to watch are the exposed areas of the body: face, ears, neck, shoulders, arms and backs of the hands and feet. But skin cancer can occur anywhere, especially melanomas.

In general, it is worth having a skin cancer check once a year with your general practitioner.

Diagnosis & Treatment of skin cancer

If your doctor suspects a skin cancer, a biopsy may be taken to confirm the diagnosis. The disadvantage of cryotherapy is that a biopsy is not taken.

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Theo and Margaret Goumas receive national honour

By AMY EDWARDS

Passionate Newcastle cinema identities Theo and Margaret Goumas will receive a national honour this month for their contribution to the industry.

Theatre meant a lot in our lives. We were grateful to be part of the local Newcastle community and they expressed their appreciation by supporting all our cinemas," Mr Goumas said.

Originally from Sydney, the Goumas family began in the industry more than 45 years ago when they opened the Newcastle Roma in April, 1966.

"They were responsible for a number of cinema "firsts" in Newcastle, including the first airconditioned theatre, introducing subtitled films to a Hunter audience. During the 1970s, they operated three successful cinemas in Newcastle - the Roma, Kensington cinema and The Lyric. They then spent 11 years operating the Showcase City Cinemas in Newcastle before GPT, which owned the premises, suddenly asked them to cease trading in May 2008.

"They said a dividing wall between us and next door was not fire-compliant and we were told to shut the doors immediately," Mrs Goumas said.

However they still maintain contact with film distributors, American studio bosses and friends they made during their time in the cinema industry.

"We are movie people," Mrs Goumas said.

Cinema pioneers

One way or another, longtime Newcastle cinema operators Margaret and Theo Goumas gave the city plenty of entertainment during their years in business. Mrs Goumas, a former member of Newcastle City Council, was never afraid of controversy, as her famous stand against breastfeeding in her cinema demonstrated.

The couple arrived in Newcastle in the 1960s to operate the Roma Theatre, charting a string of cinema firsts in the years that followed. In more recent times they championed quality films at the Showcase cinema - an enterprise brought to an untimely end by a controversial decree that would be a city redeveloper GPT, which alleged the building failed fire standards.

These pioneers of Novocastrian cinema deserve their latest accolade.

The Greek Australian VEMA

The Arcadi Monastery is a powerful symbol of freedom for all Cretans and a defiant warning to those who may seek to subdue them. The sacrifice of the heroes of Arcadi was not in vain as it created a wave of sympathy and support for their cause among New Zealanders and others whose lands were occupied by the Turks. The massacre of the Cretans included women and children as well as men, as they were killed in cold blood by the Turks.

The Arcadi Monastery has now been restored and continues to function. A small museum on the site contains artefacts from the famous battle as well as other material depicting life in Crete at the time of the 1866 uprising. One striking reminder of what took place there is a lock of hair from a young girl who was killed during the final stages of the battle.

In November each year, Australians of Cretan background remember the Holocaust of Arcadi with commemorative church services and dinner dances. In Sydney, a memorial service was held at the Greek Orthodox Cathedral of the Annunciation of Our Lady on Sunday 13 November 2011 followed by a commemorative dinner dance on Saturday 19 November 2011.

On 9th November 1866 one of the most dramatic events in Cretan modern history took place at the Holy Monastery of Arcadi. It was the defining moment in Crete's struggle for independence against the Turks.

The monastery is situated 23 kilometres from the city of Rethymno on the edge of a plateau overlooking a wild gorge and resembles a fortress more than a monastery. Due to its strategic location and religious significance it became a natural centre for the Cretan revolutionaries.

The background to the events of 1866 originates with the Turkish occupation of Crete which was finally achieved in 1669 after many previous attempts to do so. The Turks stayed on the island for around 250 years. However, their stay was not welcomed and the locals staged no less than eight uprisings to throw off the Turkish yoke. One of these uprisings took place in 1866. Like all previous uprisings it was put down brutally by the Turks.

During the uprising of 1866 the Holy Monastery of Arcadi had become the headquarters of the Revolutionary Committee. By November 1866 approximately 950 Cretans, mostly unarmed women and children, had taken refuge in the monastery under the leadership of Abbot Gabriel Marinakis. Only about 250 of the Cretans were armed. The monastery was surrounded by 15,000 Turkish soldiers armed with 30 cannons.

The Cretans refused the call to surrender and heroically fought off repeated Turkish attacks for two days. In the meantime, the Turks received reinforcements including two huge cannons which were used to blow apart the main entrance to the monastery as well as a large part of the outer wall. The Cretans fought to the last man as the Turks stormed the monastery.

With the end in sight the women and children, who had barricaded themselves inside the gunpowder store, made the fatal decision to blow up the gunpowder store rather than surrender and face the inevitable Turkish atrocities. The massive explosion killed nearly all of the surviving Cretans as well as hundreds of Turks that were inside the monastery. Total Turkish losses in this battle have been estimated at around 3,000.

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The Greek Australian VEMA

www.theherald.com.au
Mediterranean diet linked to better fertility

Women who eat a Mediterranean-style diet - high in fruits, vegetables, fish and whole grains - are less likely to have trouble getting pregnant, hints a new study from Spain.

The findings add to a growing body of evidence linking the Mediterranean diet to all kinds of health effects, including lower risks of obesity, diabetes and heart disease. But despite this, Dr Jorge Chavarro, who was not part of the study, cautioned that the new results are based on observations, not an experiment.

"There's always the possibility that this association is not causal," said Chavarro, who studies nutrition at the Harvard School of Public Health in Boston. Researchers looked at nearly 500 women with fertility problems and more than 1,600 women of the same age who had at least one child. Based on questionnaires, they measured how closely women followed either a Western-style or a Mediterranean diet.

The Western diet consisted of red meat, fast food, whole-fat dairy products, potatoes, refined grains and sugar-sweetened soda, and was not linked to fertility. In other words, there was no difference in fertility problems between women who followed this type of diet religiously and those who followed it less strictly. But the picture changed for women with a Mediterranean diet.

"The Mediterranean-type diet may have a protective effect on insulin resistance and type 2 diabetes," said study researcher Dr Estefania Toledo, who studies nutrition at the University of Navarra in Spain.

Insulin resistance means that the body’s cells have a hard time absorbing sugar from the bloodstream. But researchers have also found a link between insulin resistance and ovulation - when the egg is released from the ovary and can be fertilised.

"Insulin has other functions in the body," Chavarro told Reuters Health. "It also regulates a number of hormones, in particular the amount of hormones needed for ovulation which is essential for reproduction."

Chavarro thinks the Mediterranean diet indirectly influences ovulation.

"The Mediterranean diet contains nutrients that help your body clear sugar from the bloodstream while using less insulin to do this job," he said. "This makes it easier for the body to keep the balance of reproductive hormones." For women who are thinking about getting pregnant, Chavarro sees no harm in adopting the Mediterranean diet.

But for women who are having fertility problems, he said, "we don't have enough data to show that this diet pattern can help you get pregnant as a result of fertility treatment."

More than six million US women of childbearing age have difficulty getting pregnant or staying pregnant, according to the Centres for Disease Control and Prevention. But men might also want to watch their diet and lifestyle if they are interested in maximising their chances of becoming fathers. A recent study by Chavarro and colleagues found that overweight men have lower sperm counts than their leaner peers.

"Other than that, there's very little we know about body composition and male fertility," he said. "That's an area that we're working on right now."

Renowned surgeon never forgot his roots

In his life, Mitchell Notaras travelled a long way from his birthplace in rural Australia and made his mark in medicine but he never forgot his home in Grafton or his gratitude for his education at the University of Sydney.

He was proud to be Australian and never lost his Australian accent. As a form of appreciation, he funded in perpetuity a scholarship in colorectal surgery through the University of Sydney. These scholarships are to help aspiring Australian surgeons through three years of colorectal clinical work, as well as sponsoring them for a year of work overseas.

Mitchell James Notaras and his twin brother Angelo were born in Grafton on March 26, 1933, two of five children to Kytherian-Greek immigrant parents, Anthony and Ianthe (nee Megalokonomos).

Mitchell was captain of Grafton Primary School, then went on to Grafton High School, where, along with his studies, he created a school newsletter by learning to type, then did the reporting, drew the comic strip and even managed to bring in a modest advertising revenue for the school. He was dux of the school when he did his Intermediate Certificate.

He finished secondary school as a boarder at Newington College and at 16 entered the University of Sydney to study medicine with a Commonwealth Government Scholarship.

He did his clinical undergraduate studies at Royal Prince Alfred Hospital, then returned to the hospital as a junior, then senior, medical officer. To gain experience abroad, he travelled to England as a ship’s surgeon on a cargo vessel and took work in London.

Notaras continued his studies while working at Hamersmith Hospital.

He obtained fellowships of the Royal College of Surgeons of Edinburgh and the Royal College of Surgeons of England.

He was also a senior registrar and Medical Research Council fellow at St Mark’s Hospital for Colorectal Diseases in London, and a senior registrar in surgery at University College Hospital in London.

In 1962, he married Dr Lorna McPhail, with whom he had three daughters. They separated in 1970. He was also a fellow of the American College of Surgeons and he held a number of consultant posts, including senior lecturer and honorary consultant surgeon at University College Hospital in London and was a consultant surgeon to the Italian Hospital London, St Luke’s Hospital for the Clergy, and Barnet and Edgware general hospitals.

He was a recognised teacher in surgery at the University of London, and visited and lectured in 28 countries.

Notaras published in various surgical journals, and wrote chapters for a number of surgical textbooks, including Maingot’s Textbook of Abdominal Surgery, Rob and Smith’s Textbook of Operative Surgery, Nyhus’s Textbook of Operative Surgery, Nyhus’s Textbook of Abdominal Surgery (Spanish) and Surgical Clinics of North America.

He was a member of the editorial board of two journals, ColoProctology and Hernia.

In Britain, Notaras was instrumental in establishing a company, Abgene, which became a leader in Europe in the manufacture of molecular biological reagents, plastic consumables and instrumentation for life sciences. It also became involved in research, both in-house and through collaborations with universities and industrial partners, particularly in gene and DNA technology.

Abgene was later bought by Applied Corporation, USA. In 1981, following a divorce, Notaras married Bente Fazmery.

When Notaras retired he restored his grandfather’s house in the village of Frilinakia, on the island of Kythera, Greece.

He also became involved with the Kytherian community there, helping to fund the purchase of equipment needed by the local hospital and aged care facility.

He regularly travelled to Australia, including Grafton, where he, along with his brothers Angelo and John, and cousin Spiro, restored the heritage-listed Saroten theatre, originally built by his father and uncle in 1926.

Notaras was a proud reader throughout his life, particularly in his retirement, and a great story teller. Lorna McPhail predeceased him. Mitchell Notaras is survived by his daughters Fiona, Nicola and Lorna, from his first marriage, and wife, Bente, and their sons Anthony and James, six grandchildren, and siblings Angelo, Irene, John and Betty.

Mitchell Notaras, 1933-2011

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He was a recognised teacher in surgery at the University of London, and visited and lectured in 28 countries.

Notaras’s special interest was in colorectal surgery, mesh repair of hernias, and rectal prolapse. He introduced lateral subcutaneous internal and sphenicterotomy for anal fissure, now an established procedure.

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Angelo and John Notaras
Industrial innovations from Thessaloniki and Crete

By Thanasis Tsinganas

Researchers in Thessaloniki and Crete recently presented two revolutionary products that may just conquer the world.

One, developed at Aristotle University of Thessaloniki’s School of Engineering under the supervision of Professor Manassis Mitrokas, is known as AquaZero and it is designed to clear arsenic from drinking water, providing a solution for many parts of Greece and the rest of the world. The other, a pioneering photocatalytic material of nanotechnology developed by the Foundation for Technology and Research on Crete under Professor George Kyriakidis, can be mixed with emulsion paint and helps clean the environment of pollutants in homes and offices.

These new materials, presented on the last day of the Thessaloniki International Fair as part of a research and innovation project sponsored by the Helenic Federation of Enterprises (SEV) and Eurobank EFG, are already being mass-produced by a company in Sindos, a suburb of Thessaloniki, and companies from three European Union countries have expressed an interest in acquiring them.

Domestic producer Loufakis Chemicals has been a participant in the AquaZero project since its inception, while the proposal received funding in 2009 from the 7th Community Support Framework. After testing more than 200 compositions, the members of the research team finally produced the new grainy substance that filters water of toxic and other carcinogenic elements to a much greater degree than other similar products, made in Germany, that are available on the market.

"It is more effective because it has better absorption (50 percent) than the other competitive products. It immediately removes all arsenic III and V. It also lasts longer and costs less than 10 euros a kilo, which is the price of the existing product," Kyriakos Loufakis, the firm’s president and CEO, told Kathimerini.

The pilot production unit in Sindos will soon be able to produce 1 ton of AquaZero a day. It is currently being used by an oil distillery, while the company is looking at the possibility of exporting filters to India and Bangladesh.

In Greece, areas such as around the Axios River delta, parts of Halkidiki, Kos and Serres, as well as parts of Kavala, Larissa and Imathia, where there is a problem with high levels of arsenic in drinking water, can benefit greatly from this new product. According to Loufakis, Greece needs around 300 tons of AquaZero a year, while there is also a market for the product in countries such as Hungary, Spain and especially the United States.

Equally impressive results have been reported by researchers on Crete concerning a material which can deconstruct pollutants and clean the air inside constructions whose occupants suffer from sick building syndrome.

According to research, urban residents spend an average of 90 percent of their time indoors, and the atmosphere around them is polluted by all sorts of factors, including simple breathing, cooking, using cleaning agents etc.

The product developed by Professor Kyriakidis and his team is a powder that can be mixed into paint or whitewash. It is activated by both sunlight and artificial light and helps dissolve pollutants. For the time being, it is still in the testing phase, though on a broad scale.

Lung cancer cases soar among women

Lung cancer cases have soared among women but fallen for men, a new government report shows.

Rates of the disease surged 72 per cent for women while they fell by nearly a third for men between 1982 and 2007, the Australian Institute of Health and Welfare report said.

Survival rates for both sexes have also shown only small improvements with 11 per cent of men still alive five years after being diagnosed compared to 15 per cent of women.

Experts attribute the rise in the number of cases among women to an effective catch up of the long-term health effects of smoking, the report said.

"The different pattern of lung cancer incidence rates in males and females would have been affected by different histories of tobacco smoking," the report said.

"The rate of smoking among Australian teenagers aged 14 to 17 is higher for girls than boys, so it’s important we remove the glamour that some young women associate with smoking.

"Federal parliament has an ideal opportunity to do that now by passing the plain packaging for tobacco bills."

The report said tobacco smoking was the largest single cause of lung cancer in Australia, responsible for about 90 per cent of lung cancers in men and 65 per cent in women.

Compared with non-smokers, smokers have more than a 10-fold increased risk of developing lung cancer.

A total of 4,715 men and 2,911 women died from lung cancer in 2007, making the disease the leading cause of cancer deaths for both sexes.

On a state-by-state basis, the highest number of lung cancer cases among men was recorded in the Northern Territory while for women it was Tasmania.

The lowest number of cases for both sexes was recorded in the ACT.

One republic

Australia only recognizes the Republic of Cyprus as the legal government of Cyprus and supports UN efforts for solution to the Cyprus problem, Australian Foreign Minister Kevin Rudd stated.

According to Athens News Agency, Rudd outlined this position during a forum organised by Labour Member of the Parliament Steve Georganos in Adelaide.

Replying to a question on Cyprus, Rudd stated that Australia only recognises the Republic of Cyprus as the legal government of Cyprus. He added that his country supports UN efforts and encourages the two sides in Cyprus to work for a just and viable solution.

Australia maintains a contingent in Cyprus since 1964 (serving with the UN peace-keeping force) and will continue to provide it as long as necessary, he concluded.

Consumers spend despite global uncertainty

Acting prime minister Wayne Swan has lauded new data showing a third consecutive month of growth in retail sales as a further sign of the resilience in the Australian economy at a time of heightened global instability.

Retailers also saw the $20.9 billion spend-up in September as lifting hopes for a bumper Christmas season, buoyed by this week’s cut in mortgage rates.

Westpac boss Gail Kelly believes the 25 basis point cut by the Reserve Bank of Australia (RBA) is unlikely to be a one-off, predicting a further drop in December or early next year, and doubts that one reduction will be enough to lift the economy out of its current soft patch.

"The RBA’s rate cut, a decision Ms Kelly said was "difficult to make".

"Our economy really had been soft in recent times and there has been so much caution and uncertainty out there that it really struck me that it was time for a positive signal for the economy,” she said.

Ms Kelly said Australians were more likely to use the lowest cut to save and reduce their debt.

"I think people will be cautious simply because of what is going on in Europe," she told ABC Radio.

Ms Kelly’s comments coincided with crisis talks involving French President Nicolas Sarkozy, German Chancellor Angela Merkel, International Monetary Fund (IMF) managing director Christine Lagarde and top EU officials over Greece’s debt on the eve of the Group of 20 (G20) leaders’ summit in Cannes.
Unearthing ancient Macedonian treasures

An intricate 4th century BC wreath of gold oak leaves discovered in 2008 at a site identified as ancient Macedo-
nia’s first capital is, perhaps, the crown jewel of a newly-
lunched exhibition at Paris’ Louvre Museum.

In the Kingdom of Alexander the Great - Ancient Mace-
donia brings together more than 500 works tracing the
history of ancient Macedonia from the 15th century BC to
the Roman Empire.

Curated by a team of Greek and French experts, the ex-
hibition - which is being hosted in the museum’s Napoleon
Hall - opened to the public on October 13 and runs through
January 16.

Excavations in 2008 at a burial site in Vergina known in ancient
times as Aegae, believed to be ancient Macedonia-
nia’s first capital, uncovered the gold crown, which dates
to the second half of the 4th century BC. The Archaeologi-
cal Museum of Thessaloniki has lent the artefact, and a
number of others, to the Louvre.

Exhibition visitors can explore the rich artistic heritage
of northern Greece, many of whose treasures still remain
relatively unknown to the general public, due to the rela-
tively recent nature of archaeological discoveries in the
region.

It was not until 1977, when Greek archaeologist Mano-
lis Andronikos unearthed three royal sepulchral monu-
ments at Vergina, that the full archaeological potential of
this region was realised. Among the treasures found was
the unopened tomb of Macedonian king Philip II, father
of revered ancient Macedonian ruler Alexander the Great.

Up until then, the visible ruins of Africa and the Pelopon-
nesse, along with those of Turkey, Sicily and southern Italy,
had virtually monopolised the attention of archaeologists.

Further excavations at Vergina resulted in Andronikos’
1992 discovery of the theatre where Philip was assassi-
nated in 336BC, as well as the tomb of Alexander’s grand-
mother Eurydice in 1897.

This tomb, currently to be the burial place of Hera-
cles, Alexander the Great’s illegitimate son.

The only known written sources at the time, such as the
speeches of Demosthenes, described Philip as a drunken
barbarian.

With shrewd political skill, ancient Macedonia’s rulers, of
whom Alexander the Great remains the best known, or-
chestrated the rise of Macedonia from a small kingdom to
one which came to dominate the entire Hellenic world. He
later defeated the Persian Empire and conquered lands as
far away as India.

Superb technical skill

The exhibition focuses on the glorious past of this king-
dom, impressive in its reach at the height of its promi-
nence. It also provides an opportunity to explore the na-
ture of royal burial sites in northern Greece at the time of
these rulers.

The wondrous artefacts unearthed, which had been pro-
tected by tumuli, provide unique insights into the skills of
this period’s artists and the phenomenal achievements of
this civilisation.

Silver and gold objects exemplify remarkable technical
virtuosity. Wall paintings provide compelling early evi-
dence of the ease and mastery with which the period’s artists made use of techniques such as the optical fusion
definition of colours, chiaroscuro and perspective.

Two superb chalices, one depicting a roaring lion and
the other a confrontation between two sphinxes, feature in
the exhibition.

Three works discovered in Philip’s tomb have been spe-
cially loaned by Vergina’s Great Tumulus Museum to the
Louvre: an onyxin (wine jug), a silver platter, and a
60.5cm-tall inscribed tripod - a prize awarded at the Argos
games to one of Philip’s ancestors.

The exhibition also explores the daily life of Macedonian
women through ornaments, jewellery and everyday ob-
jects, including a stunning jewel box decorated with a gold
necklace.

Organised by the Louvre and Greece’s culture and
tourism ministry, the show will feature a number of paral-
lel events such as presentations, a December 3 sympo-
sium, a December 6 concert of music from antiquity and
the presentation of a documentary titled Alexandre le
Grand le Macedonien.

Death toll from Thailand floods above 500

The death toll from Thailand’s worst floods in half a
century has climbed above 500, as advancing pools of
polluted black water threaten Bangkok’s subway system
and new evacuations are ordered in the sprawling capi-
tal.

The latest district added to the government’s evacua-
tion list was Chatuchak, home to a large public park and
an outdoor shopping zone that is a major tourist attrac-
tion.

So far, Bangkok Governor Sukhumbhand Paribatra has
ordered evacuations in 11 of Bangkok’s 50 districts, and
partial evacuations apply in seven more. The evacuations
are not mandatory, and most people are staying to pro-
tect homes and businesses. But the orders illustrate how
far flooding has progressed into the city and how pow-
erless it has been to stop it.

Chatuchak, just a few kilometres north of Bangkok’s
still-unaffected central business zone, is home to the
government’s national emergency flood relief headquar-
ters. It is housed in the Energy Ministry - a building now
surrounded by water.

The relief headquarters moved several days ago out of
Bangkok’s Don Muang airport after it, too, was flooded.

Relentless rainfall has pummelled vast swaths of Thai-
lan since late July, swamping the country and killing 506
people, according to the latest government statistics.

Most victims have drowned, while a handful died from
flood-related electrocutions.

No deaths have been reported in Bangkok. The nearby
province of Ayutthaya, which has been submerged for
more than one month, has the highest toll with 90 re-
ported dead.

Floodwaters have begun receding in some provinces
north of the capital, and a major cleanup is planned in
Ayutthaya this week. But the runoff has massed around
Bangkok and completely submerged some of the city’s
outer neighbourhoods.

In Chatuchak, water has begun approaching a main
road near the Mo Chit bus terminal, a major gateway to
northern Thailand. The bus station and roads in the area
remained open, traffic police chief Uthaiwan Kaewsar-
d said.
James C. Sourris AM: 
Benefactor honoured by Queensland Art Gallery

By Dr Ann Coward

From 12 November, 2011 to 19 February, 2012, the Queensland Art Gallery’s Gallery of Modern Art (QAG GoMA) will be hosting an exhibition of artworks represen-
tative of contemporary art practice of the first decade of the 21st Century, honouring one of its most significant benefactors, Mr James “Jim” Christopher Sourris. The QAG’s GoMa in its media release for the exhibition, “Ten years of contemporary art: The James C. Sourris AM Collection,” stresses the relevance of the exhibition to the State due to the number of Queensland artists represent-
ed in this landmark exhibition. However, Jim Sourris him-
self has noted that it has always been his intention to form a collection that was both worthy of a state collection as well as one which was not to be Queensland parochial, but representative of international as well as Australian contemporary art. A look through the catalogue of another exhibition, this time hosted by the Brisbane Club in 2010, of a selection of works from the James C. Sourris Collection, reveals that his collection is also a personal one, with a number of threads running through it relating to Jim’s life - including his earlier years on the land - and his interests and sense of humour.

On Australia Day, 2011, Jim was made a Member of the Order of Australia in recognition of his service to the arts and to the community, specifically in his life’s involvement in the motion picture industry, and through his philanthropic contributions. While significant, the QAG GoMA’s exhibition cannot indicate the full extent of the contribution made by Jim over the years, which also includes a signif-
ificant donation of funds and commitment of time and effort to the State Library of Queensland, and contributions to the National Film and Sound Archive. For its part, the Motion Picture Exhibitor’s Association of Queensland had earlier honoured Jim by making him a Life Member. His expertise in the industry has long been given recognition by the Queensland government, appointing him Board Director of Screen Queensland, and earlier on, a member of the Film Assessment Panel, Script Assessors and Film Advisory Committee of the Queensland Government’s Queensland Film Development Office.

James C. Sourris has made his own mark in a family that has contributed much to Australia’s history. His pedigree in the motion picture industry dates back to the earliest days of touring picture show men, with his Kyltheran-born father, Christopher Sourris being one of, if not the very first, Greek picture show man in Australia, touring with his films around northern New South Wales and south-east Queensland, before opening his own cinemas. On his mother’s side, Jim’s grandfather, Peter Sourry, another Kyltherian, and business partner Alec Corona were the first Greeks in Australia to open a hard-top cinema, in the particular one being in the northern NSW town of Armidale. 2010 marked the end of Jim’s own full-time involvement as a ‘picture show man’, with Hoyts purchas-
ing his cinema chain, Australian Multiplex Cinemas, which he had built up over the years to a point where it had a total of 44 screens in five cinema complexes spread across three states, Queensland, New South Wales, and Victoria, and employed over 300 people.

With such a background, it is not surprising perhaps that initial funds donated by Jim to the QAG before the mid-1990s focussed on enabling the Gallery to purchase sign-
ificant international and Australian video works. As dis-
cussions progressed with the then director of the QAG, Doug Hall, over a possible direction for Jim’s contribution to the Gallery, it was decided that a collection to be named “The James C. Sourris Collection” should be broader in scope, to include painting, photography, sculpture and installa-
tions. To this title now, has been added the initials ‘AM’ - with Jim being the second person in his family to be recognised with an Australia Day honour. His mother’s brother, Andrew Sourry, who had served in Greece from 1945 as a member of the Australian Red Cross and had been awarded the Greek Red Cross Medallion for Meritorious and Distinguished Service, in 2001 had been awarded a Medal of the Order of Australia, an AM, for services to the environment.

It is fascinating to read the citations of people, such as James C. Sourris and his beloved uncle, the late Andrew Sourry, given recognition, and thanks by our country by being included in Australia Day Honours lists. A short sum-
mary, though, can’t possibly do justice to a person’s life-
time of contributions to society. However, what an Australia Day award expresses is the belief that a man’s greatness is not to be measured by success in business, or the degree of material wealth - although he may achieve both - but is determined by his commitment throughout life to “do good” or as the Latin’s would have said “bene facere” - that is, to be a benefactor.

For anyone interested in learning more about the James C. Sourris AM Collection, there are several publications available, especially if you are not fortunate enough to be able to see the exhibition in person. These publications include the catalogue produced by the Brisbane Club for the 2010 exhibition, the 156-page catalogue for the pres-
ent QAG GoMa exhibition, and a feature article in the QAG’s excellent publication ‘Artlines’, the Sep/Oct/Nov 2011 issue. All of these are available through the QAG/GoMA’s Gallery Store, with discounts available for online orders.

http://www.qag.qld.gov.au

The Greek Australian VEMA

Editor: Imogen Coward

James C. Sourris AM: Benefactor honoured by Queensland Art Gallery

This CD is an absolute gem for anyone interest-
ed in the music or history of Greece and Asia Mi-
nor. As part of a series of recordings by the Hel-

diac Music Archives Ensemble (a group of artists/researchers supported by numerous collab-
orators), Melodies d’Orient presents songs notated in Smyrna by the 19th century French musicologist, composer and teacher, Louis Albert Bourgault-
Ducoudray. The performances by the ensemble and their collaborators are vibrant, heartfelt and engaging. A particularly memorable performance is Savvina Yiannato’s rendition of the lullaby ΑΕΙ‑
ΝΤΕ ΚΟΙΜΗΣΟΥ ΚΟΡΗ ΜΟΥ, (“sleep my daughter”) the CD also comes with a book contain-
ing lyrics and information about the performances and origins of the songs. The CD is available from some specialist record stores (Sydney), or online through websites such as Amazon.

Melodies d’Orient: Songs of Smyrna

The Hellenic Music Archives Ensemble
FM Records FM 800

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By Alan and Jackie Gear (published by Watkins, 2009)

With popular interest in organic gardening and food production at an all-time high in Australia and in many other regions around the world, Alan and Jackie Gear’s insights into the heart of the organic movement in the United Kingdom, and the founding of the Henry Doubleday Research Association (HDRA) in this book are both timely and fascinating. As former mainstream scientists who turned to organic gardening in the mid-1980s and would go on to become directors of the HDRA, the authors of this book bring detailed and per-
sonal knowledge as well as an inspiring enthusiasm to the discussion on organic gardening. Whether your passion is gardening, good food or the environment, this easy to read and information packed book is sure to fascinate everyone.

Food & Wine

Organic Gardening: The Whole Story

by Alan and Jackie Gear

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Out of this world

Russian cosmonaut and photographer Fyodor Yurchikhin revealed details about his space exploration missions in a talk at the Athens’ Eugenides Foundation on November 8. His address was delivered in Russian with simultaneous interpretation in Greek, and forms part of the two-day seminar “Art - Science - Universe”, which was held on November 8 and 9 in collaboration with the Chamber of Fine Art of Greece. Yurchikhin’s appearance was organised to coincide with the foundation’s hosting of an art exhibition entitled The Universe of Russian Innovation: Art and Space Exploration, 1900-1930, including 58 works from the Costakis Collection, which runs from November 8 through December 31.

Yurchikhin was born in Batumi in the Georgia in 1959 to Pontic Greek parents Nikolai Fyodorovich Yurchikhin and Mikrula Sofoklevna Yurchikhina.

For the first time Athenian audiences had an opportunity to view works created by 19 prominent Russian visual artists mesmerised by the universe and its mysteries.

Australia skills fair

More than 500 people attended a two-day skills fair organised by Australia’s immigration and citizenship ministry in Athens on October 8-9 to learn about immigration opportunities. The event, which was called a Skills Australia Needs Information Session, proved a unique opportunity for Greeks to learn about the occupations in demand in Australia and to hear directly from officials about visa options and potential employment and sponsorship opportunities.

Some 12,000 Greeks applied to attend the event, which was by invitation only. Australia is seeking to attract skilled workers to “enhance the country’s development both economically and socially.”

In a statement, the Australian embassy stressed that attendance at the skills fair is neither a formal application for migration nor a guarantee for visa approval. “Migration chances are equal for those having attended and all future applicants from both Greece and other countries,” read the statement.
Isolate yourself

This sparsely populated district of Epirus in northwestern Greece allows visitors to get close to rare natural beauty.

BY H. ARGYROPoulos

Tzoumerka is the largely inaccessible and isolated mountainous district in southeastern Epirus, between the Arachthos and Achelous rivers in western Greece, where the ancient mythical hero Althamas established his kingdom.

Many summits here rise to over 2,000 meters, and along with the region’s forests, waterfalls and rivers, compose an inspiring setting. Althamas’ subjects acquired a reputation as fierce fighters, an opinion which has been inherited down the line by their descendants.

A number of present villages in the area were established in the 14th and 15th centuries and played an active role in subsequent Greek history, notably in the rise against the Ottoman Turks and the resistance against the Germans in World War II. Several villages, such as Melissourgoi, Theodarionia and Voulgaris, were strengthened by the fact that the locals’ native language was the Latin-based Vlach.

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Starting from the town of Arta, the broader area’s administrative center, follow the road ascending along the left bank of the Arachthos toward Aigiona. The villages of Elisatos, Plistiana, Rodagi, Skoupa, Platanousa and Monolithi offer a beautiful introduction to the area, despite being encircled by mountains.

Past Monolithi, cross the river over an iron bridge and after a short distance you’ll reach the stone bridge of Plaka – an architectural masterpiece built in 1866, with a single arch spanning 40 meters. Follow the signs south to the village of Katarraktis (Waterfall) and over the next 12 km take some time to look above. The roar of the waterfall, more than 100 m high, can be heard throughout the surrounding valleys even before the village of Milea, 4 km away.

In Katarraktis, the sound has a soothing effect – though this is not the case in the summer, when the water slows to a trickle. The setting is breathtaking.

The Aigiona area, northeast of Plaka on the western approaches to the snow-capped summits of Tzoumerka, includes several beautiful villages worth touring. Near Klistades, 5.5 km north, is the Anemotrypa Cave, while 4 km away is the village of Pramantia, nestled at the foot of Strogoula summit (2,100 m), which casts its shadow over the gorges of the Melissourgoiokos River and the Kakarotis range.

Pramantia is one of the liveliest villages in mountainous central Greece, with schools, shops, a health center and a library. Its highlight is the Church of Agia Paraskevi, which shares the central square with an old plane tree and the Arapis spring.

About 2 km east is the settlement of Tsoptas, with some beautiful villas and guesthouses.

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An equal distance down the road is the crossroad leading on the right to the Monastery of Aghia Paraskevi and the mountain refuge of Isomia. Just before the village of Melissourgoi, the road brings you to wonderful alpine meadows. North of Pramantia, the road leads down toward Provato.

About 20 km on, the view of Syrrako and Kalarrytes further east is even more rugged and breathtaking. These are two of Greece’s most amazing traditional settlements - with few inhabitants in winter. You have to leave the car outside Syrrako and walk the cobblestone path into the villages.

From the square, follow the path down into the gorge of the Kalarrykos River and over the small iron bridge.

This was the border between Greece and Turkey until 1913. The path ascends and, less than two hours after leaving Syrrako, flanked by another stunning waterfall visible from the opposite bank, you’ll reach Kalarrytes, full of wonderful, old stone mansions built by local traders and goldsmiths who made fortunes abroad - the most famous being Spiros Voulgaris, founder of the Bulgari luxury brand.

ATHENSPLUS

Archontiko Tzoumerkon, lovely small hotel with good service (Katarraktis, tel 26850.31791; 6972.358.393); Taverna Papa, in Melissourgi: big tav-

Where to eat


Transport

From Athens there are two options: either via the Rio-Antirio bridge and A 460 km or via Trikala slightly longer but more scenic. From Theas-

erdenei, it is a two-and-a-half hour drive to Ioannina (380 km), from saloniki, it is a two-and-a-half hour drive via the Rio-Antirio bridge and A 460 km or via Trikala slightly longer but more scenic. From Theas-

Where to stay

Archontiko Tzoumerkon, lovely small hotel with good service (Katarraktis, tel 26850.31791; 6972.358.393); Taverna Papa, in Melissourgi: big tav-

What to see

Tzoumerka is the one of the few areas in Greece where baby boys are given the name Napoleon. Many were christened so by Napoleon Zer-

Napoleon who?

This sparsely populated district of Epirus in northwestern Greece allows visitors to get close to rare natural beauty.

Travel

Isolate yourself

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