The National Herald wishes you

a Joyous and Healthy

Easter!
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Christos Anesti

Chronia Polla

Kalo Pascha

Michael and Robin Psaros & Family
A joyful Easter
to everyone with all
the blessings
of the resurrected
Christ

Maria Allwin
Best wishes
for a blessed
and joyous Easter
to All

Christ is risen

The Behrakis Foundation
A weekly publication of the NATIONAL HERALD, INC. (PHILODROMOS), reporting the news and addressing the issues of paramount interest to the Greek American community of the United States of America. Published Editor: Antonios H. Diamataris Assistant to Publisher: Advertising Vice H. Diamataris Papageorgiou Special Section Editor: Eleni Sakellis Production Manager: Olympadia Karatzas 37-39 30th Street LIC, NY 11101-2214 Tel: (718)784-5255 Fax: (718)784-6110 e-mail: ahepa@ektirikas.com Antiochian Orthodox Archdiocesan Order of the America-Canada, 6060, N.Y.C. Tel: (212)573-5636 536 Fax: (212)573-1600-779 e-mail: ahepa@ektirikas.com

The National Herald
Easter Special 2018
THE NATIONAL HERALD, APRIL 7-8, 2018

Hellenic Spirit Foundation
Of St. Louis, Missouri Extends Easter Greetings to all Orthodox Christians

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• Food Drive for the Needy Orthodox
• Orthodox Christian Network
• bringing Orthodox Christian radio to the St. Louis area

We are Greek Americans and Philhellenes & Proud of It!

AMERICAN HELLENIC EDUCATIONAL PROGRESSIVE ASSOCIATION GOLD COAST CHAPTER NO. 456 Manhasset, New York 11030

The members of the Gold Coast Chapter #456 wish everyone a Happy Easter!

Christos Anesti!

We are the largest chapter on Long Island and the 5 Boroughs. Our meetings are held at the Port Washington Yacht Club, located at One Yacht Club Dr., Port Washington, NY, first Wednesday of each month, 6:00 pm.

Join us! We are fun!

We have a new Sons of Pericles Chapter. Contact Chris Hadjandreas at ahepa456@gmail.com for more information. Sons are encouraged to join this new chapter.

The Gold Coast Chapter is conducting a membership drive. Please contact our chapter’s President or Secretary if you want to join our wonderful group.

We have more that 147 members to date. Please visit our website for more info: http://sites.google.com/site/ahepa456/ For additional info or other inquiries please e-mail: ahepa456@gmail.com

Membership is open to everyone who believes in the mission of the organization.

Best wishes for a Happy Easter!


Wishing Everyone a Kalo Pascha! Christos Anesti!

Eleni Sakellis

Christos Anesti! Christ is Risen! Altheos Anesti! Truly he is Risen! As the seeds ring out across the Orthodox Christian world, we wish everyone Kalo Pascha Happy Easter! This year, the celebration of Pascha, the Resurrection of Jesus Christ, marks a little while. Gold-kissed the anointing of Jesus Christ, the Ananias, at the moving experience it truly is. In the Orthodox Christian tradition, Pascha is a much bigger holiday than even Christmas. The days of preparation, prayer, the many church services leading up to the holiday, bringing home the Holy Light to bless our homes, and a divine mystery that can be quite difficult to explain to those who have not experienced it.

Food is also a major part of the celebration. Inconspicuous linked with the church-going is the sharing of food on Holy Thursday and the huge Easter feasts throughout the week. The traditions of church and family are what make the celebration of Pascha so extraordinary. While the crises continue on so many different levels, it is important to remember the fun capabilities and to pray for peace in world. Kalo Pascha, and Happy Easter!

The true meaning of Pascha, the basis of the Christian faith, the defeat of death and darkness by the light of faith in Jesus Christ fills the ocean with hope and spirituality as no other time of year. It may be easier not to believe, not to be held accountable for the way we treat people in this life, not to have to get by on hope and faith, for the light of the light of faith in Jesus Christ fills the season with light of faith in Jesus Christ fills the season with joy, peace, love, and grace. The true meaning of Pascha, the basis of the Christian faith, the defeat of death and darkness by the light of faith in Jesus Christ fills the ocean with hope and spirituality as no other time of year. It may be easier not to believe, not to be held accountable for the way we treat people in this life, not to have to get by on hope and faith, for the light of the light of faith in Jesus Christ fills the season with light of faith in Jesus Christ fills the season with joy, peace, love, and grace.

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Christos Anesti!
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HAPPY EASTER

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Best Wishes for Very Blessed and Joyous Easter to all our Greek-American friends

Dr. Ahmed Mohiuddin, MD, FACC
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Medical Center of Boston International, Inc.
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traditional easter soup: magiritsa

by eleni sakellis

magiritsa is the traditional easter soup consumed after the proti anastasi. soup, whether it is a traditional magiritsa made with the innards of the lamb, or a chicken soup, avgolemono, is an excellent way to end the fasting of great lent and to prepare the sunday, when all the parts of an animal were eaten, pretty much and which is now a culinary trend, what is called “nose to tail” eating.

most modern people are used to finding their meats pre-packaged and neatly wrapped in plastic in supermarkets, without any real sense of where the meat comes from, but traditional greek cooking leaves little to the imagination when your soup includes an extremely small one. in some regions of greece, traditionally, each portion of soup would include a lamb’s head to enjoy.

the following recipe for magiritsa is adapted to include easiest-to-find lamb parts, or just as christ was risen from the dead through the glory of the father, even so we also should walk in newness of life.” (romans 6:4)

happy pascha

by dr. john and helen collis and family
Easter Recipes to Enjoy:

**Kefedes (Greek Meatballs)**
- 2 tablespoons Greek extra virgin olive oil, plus tablespoon additional to oil pan
- 1/2 cup finely chopped onion
- 1 cup breadcrumbs
- 2 pounds lean ground lamb
- 1/2 cup chopped fresh parsley
- 1 teaspoon dried oregano
- 1/2 teaspoon freshly ground pepper
- 1 teaspoon salt
- 3 garlic cloves, minced
- 1/2 cup water
- 1 large egg, beaten

Preheat the oven to 425 degrees F.
In a large skillet, heat the olive oil over medium high heat. Add the chopped onion and sauté until translucent. Transfer the cooked onion to a mixing bowl, and allow to cool slightly.
Oil a broiler pan with the remaining tablespoon of oil or as needed and set aside.
Add the breadcrumbs, ground lamb, parsley, oregano, pepper, salt, garlic, water, and the beaten egg to the mixing bowl.
Mix to combine all the ingredients.
Shape into 1-inch meatballs and place on the prepared broiler pan.
Bake in the preheated 425-degree oven for about 20 minutes or until done.
Serve with side dishes of your choice.

**Halloumi and Veggies Appetizer**
- 1 small red cabbage, thinly sliced
- 2 bell peppers, color of your choice, cut into strips
- 2 tablespoons Greek extra virgin olive oil
- 2 tablespoons red wine vinegar
- Greek sea salt
- Freshly ground pepper
- 6-8 whole wheat pitas
- 1 pound halloumi, cut into 2-inch strips
- 1 cup hummus store bought or homemade
- 2 cups baby arugula

Add the cabbage, peppers, olive oil and vinegar to a bowl and mix together. Season with salt and pepper to taste and set aside.
Toast the pitas in the oven or toaster as preferred.
In a large frying pan, fry the halloumi for 3 minutes on each side or until crispy and golden brown.
Cut pitas in half and spread with some hummus, top with the cabbage and peppers, halloumi, and some of the arugula. Serve immediately.

**Saganaki Bites with Sun-Dried Tomato Topping**
- 1/2 cup sun-dried tomatoes, dry, not oil-packed, sliced
- 2 tablespoons Greek extra virgin olive oil
- 1/4 cup Kalamata olives, pits removed, coarsely chopped
- 1 teaspoon dried oregano
- 1/2 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1 clove garlic, crushed
- 1 large egg, beaten
- 1 teaspoon dry red wine vinegar

Add the egg, tomatoes, olive oil, lemon juice and vinegar to a bowl and mix together. Season with salt and pepper to taste. Set aside.
Preheat the oven to 425 degrees F.
In a large skillet, heat the olive oil over medium high heat. Add the onions and sauté until translucent. Transfer the cooked onions to a mixing bowl, and allow to cool slightly.
Add the breadcrumbs, ground lamb, parsley, oregano, pepper, salt, garlic, water, and the beaten egg to the mixing bowl.
Mix to combine all the ingredients.
Shape into 1-inch meatballs and place on the prepared broiler pan.
Bake in the preheated 425-degree oven for about 20 minutes or until done.
Serve with side dishes of your choice.

**Happy Easter Christ is Risen**

William C. Kallinikos
Krissie Kallinikos
George Frangiadakis
Funeral Directors
the families and personnel

Happy Easter
Christ is Risen
Appetizers and Side Dishes

• Greek sea salt and freshly ground pepper, to taste
• 1 pound kasseri cheese, cut into 1½” cubes
• 1/4 cup flour
• 1 tablespoon thinly sliced mint leaves
• Olive oil, for frying

For the topping, place the sun-dried tomatoes in a bowl and cover with 1 cup boiling water. Soak until soft for 15 minutes, then drain. Add the tomatoes to the bowl of a food processor with 2 tablespoons of olive oil, the olives, oregano, lemon zest, lemon juice, garlic, salt, and pepper. Pulse until smooth, then set aside.

Heat the oil for frying in a deep skillet to 375 degrees F. Dip cheese cubes in cold water and dredge in flour. Working in batches, fry the cheese cubes, turning them over once, until all sides are golden brown, about 1 to 2 minutes. Drain on paper towels to drain and top each saganaki bite with some of the sun-dried tomato topping garnish with the chopped mint.

Orez with Lemon

• 5 cups cooked orzo
• 2 tablespoons fresh lemon juice
• 1/4 cup chopped fresh parsley
• 1 teaspoon dried oregano
• 1/4 teaspoon freshly ground pepper

Combine the ingredients in a large mixing bowl and mix well. Taste and adjust seasoning as needed. Add additional grated cheese if desired.

Continued on page 12

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Peter Kakoyiannis, Partner
Easter Greetings
from
ALEX and FAYE SPANOS
and Family

Best Wishes
for a
Happy Easter

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Easter Recipes to Enjoy: Appetizers and Side Dishes

Continued from page 11

choose, if preferred, and serve immediately

Bulgur Salad

• 2 cups water
• 2 cups uncooked bulgur
• 1/2 teaspoon salt
• 2 cups diced plum tomatoes
• 1/2 cup fresh chopped parsley
• 1/2 cup red wine vinegar
• 1/4 cup Greek extra virgin olive oil
• 1/4 teaspoon ground red pepper

Bring water to a boil, stir in the bulgur, reduce heat to low, and cook for
10 minutes. Remove from heat and let sit for 10 minutes. Stir in vinegar,
olive oil, and pepper. Serve warm or cold. Garnish with parsley.

Bulgur Salad

• 2 cups water
• 2 cups uncooked bulgur
• 1/2 teaspoon salt
• 1 cup diced red onion
• 1/2 cup fresh parsley
• 1/2 cup fresh tomatoes
• 1/4 cup red wine vinegar
• 1/4 cup Greek extra virgin olive oil
• 1/4 teaspoon ground red pepper

Bring water to a boil, stir in the bulgur, reduce heat to low, and cook for
10 minutes. Remove from heat and let sit for 10 minutes. Stir in onion,
parsley, tomatoes, vinegar, olive oil, and pepper. Serve warm or cold. Garnish with parsley.

Bulgur Salad

• 2 cups water
• 2 cups uncooked bulgur
• 1/2 teaspoon salt
• 1 cup diced red onion
• 1/2 cup fresh parsley
• 1/2 cup fresh tomatoes
• 1/4 cup red wine vinegar
• 1/4 cup Greek extra virgin olive oil
• 1/4 teaspoon ground red pepper

Bring water to a boil, stir in the bulgur, reduce heat to low, and cook for
10 minutes. Remove from heat and let sit for 10 minutes. Stir in onion,
parsley, tomatoes, vinegar, olive oil, and pepper. Serve warm or cold. Garnish with parsley.

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• 1 cup diced red onion
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• 1/4 cup red wine vinegar
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Bring water to a boil, stir in the bulgur, reduce heat to low, and cook for
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• 1/4 cup Greek extra virgin olive oil
• 1/4 teaspoon ground red pepper

Bring water to a boil, stir in the bulgur, reduce heat to low, and cook for
10 minutes. Remove from heat and let sit for 10 minutes. Stir in onion,
parsley, tomatoes, vinegar, olive oil, and pepper. Serve warm or cold. Garnish with parsley.
Christos Anesti!
THE FOUNDERS OF FAITH WISH YOU A joyous & blessed Pascha

Mr. & Mrs. Michoulides Angelides • Mrs. Maria Alleyn • Amb. George L. Anastides • Mr. George D. Behrakis • Mr. Nicholas J. Bouras
Mr. John Cataldo • Mr. John A. Catsimatidis • Mr. James Chank • Mr. George Cymbaruk • Dr. John Davids
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Mr. John A. Paykoulas • Mr. Michael Pasco • Mr. & Mrs. George & Cathy Sakellaris • Mr. Alexander G. Spanos • Mr. Dean Spanos
Mr. Michael Spanos • Mr. Christopher Spyropoulos • Mr. Lincoln Spanopoulos • Mr. George Trouillas • Dr. R. Roy Vagelos

PROMOTING HELLENISM, SUPPORTING THE GREEK ORTHODOX FAITH AND CELEBRATING EXCELLENCE IN EDUCATION FOR FUTURE GENERATIONS. FAITH: An Endowment for Orthodoxy & Hellenism was founded with the mission to promote an understanding of the Greek Orthodox faith, Hellenism and excellence through a series of high quality innovative educational programs and cultural initiatives to cultivate the future leaders of our community.

FAITH Scholarship for Academic Excellence Application Is Now Available | Deadline: June 15, 2018

In its fourteenth year celebrating the academic achievements of young leaders within the Greek and Hellenic American community, FAITH will once again award merit-based scholarships to graduating high school seniors through its 2018 "FAITH Scholarships for Academic Excellence" program.

Recipients of the FAITH Scholarship for Academic Excellence join a network of more than 300 young people who graduated at the top of their high school class and enrolled in the country’s best universities majoring in a variety of fields. FAITH Scholars display the scholarly intellect lauded by our Hellenic ancestors, and they are also noted leaders in their churches, communities and schools and are known by mentors and teachers for their strong spirit of community service and good citizenship inspired by our Greek Orthodox Christian values.

Applicants are encouraged to follow facebook.com/faithendowment for updates. Download the application, along with criteria and instructions, at thefaithendowment.org/scholarships.
Koulourakia with Orange Flavor

- 1 pound sweet butter
- 1 cup vegetable oil
- 2 cups sugar
- 1 cup orange juice
- 5 eggs
- 1 teaspoon pure vanilla extract
- 2 teaspoons finely grated orange zest
- 2 tablespoons baking powder
- 3-4 pounds all-purpose, unbleached flour
- 2-3 eggs for the egg wash

In the bowl of a stand mixer with the paddle attachment, cream the butter with the oil and the sugar. Add the orange juice, vanilla, orange zest, and the eggs one at a time, beating well after each addition. Lower the mixer speed and add the baking powder and the flour gradually. You may need to incorporate the remaining flour by hand, depending on the size of your mixer. Add as much flour as needed to make a dough that doesn't stick to your fingers and can be made into cookie shapes. Roll the dough into cookie shapes, place them on an ungreased cookie sheet, and bake in a preheated 350 degree oven for about twenty minutes until golden brown. Roll and brush the dough again with egg wash about half way through the baking process. Cool on the baking sheets on wire racks for a few minutes then transfer to wire racks to cool completely before serving or storing in an airtight container.

Koulourakia with Orange Flavor

In the bowl of a mixer with the paddle attachment, cream the butter and sugar, then add the eggs one at a time, beating well after each addition. Add the baking powder, vanilla, milk, oil, and cognac and beat well. Lower the mixer speed and add the flour slowly, as much as the butter mixture will take to form a dough that doesn't stick to your fingers and can be rolled into koulourakia shapes. You may have to mix in the last bit of flour by hand, and be careful not to add too much flour, or over-beat or over-handle the dough since the results will be tough cookies. To make shapes, take about a teaspoonful of dough and roll it into a ball, then roll between your hands or on a flat surface to form a strip 3-4 inches long, then twist to form the traditional koulouraki shape. If preferred, you can make the shapes larger and make an additional twist, but be advised, the koulourakia do puff up, so leave at least an inch or two around them when you place them on an ungreased cookie sheet. Continue shaping the koulourakia and placing them on cookie sheets. Preheat the oven to 350 degrees. Beat one to two of the eggs for the egg wash and brush the koulourakia before baking.

Easter Special 2018

Our Favorite Koulourakia

By Eleni Sakellis

Koulourakia for Pascha are a traditional favorite and are always a centerpiece of the dessert table at the Easter feast. The stacks and stacks of koulouria made with love are a special treat after the fasting of Great Lent. The following recipes are some of our most requested over the years. The variations are endless with classic Greek flavorings including orange, mastic, and cinnamon. The tradition of making koulourakia goes back well before Christianity. The Minoans in Ancient Crete made snake-shaped koulourakia reflecting the healing power of snakes that were part of their religious practice. In more recent Greek tradition, typical Easter koulourakia shaped like twists are flavored with vanilla. Orange flavor koulourakia are also a particularly popular flavor. The addition of orange juice and orange zest impart a fresh, fragrant essence to these tasty cookies that will impress your guests at Easter or any time of the year.
Recipes for Easter

Koulourakia me Krasí (Wine Cookies)

3 and 1/2 cups unbleached all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 cup sugar
1/2 cup vegetable oil
1/2 cup dry white wine
Additional sesame seeds, if desired

In a large mixing bowl, whisk together the flour, baking powder, sugar, and vegetable oil. Make a well in the center and add the dry and wet ingredients together. Stir until just combined.

Smyrneica Koulouria

5 cups unbleached all-purpose flour
1 teaspoon baking soda
3/4 cup sugar
1/2 teaspoon cinnamon
1/2 cup vegetable oil
1 beaten egg white
1/2 cup sweet red wine
Sesame seeds, if desired

In a large mixing bowl, whisk together the flour, baking soda, salt, and cinnamon. In a separate bowl, whisk together the vegetable oil, egg white, and red wine. Stir until just combined.

Koulourakia Methimena (Drunk Cookies)

3 and 1/4 cups unbleached all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 cup sugar
1/2 cup dry white wine
1/2 cup sesame seeds
Additional sesame seeds, if desired

In a large mixing bowl, whisk together the flour, baking powder, baking soda, sugar, and vegetable oil. Make a well in the center and add the dry and wet ingredients together. Stir until just combined.

Community Credit Union wishes A Happy Easter
TO ALL OF OUR MEMBERS AND FRIENDS
Dr. Nicholas Sarantopoulos, President/CEO

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There is a real danger in providing Turkey’s authoritarian president with advanced weapons that he may turn against our allies - including Greece, Cyprus, Israel, and Armenia - and, possibly even U.S. forces. There is also the likelihood that Turkey may leak highly classified F-35 technology to our adversaries, including Iran and Russia.

The US must take a firm stand against Turkey’s belligerence and send a strong message that allies must act like allies. Turkey’s provocative and destabilizing behavior in the region should not be rewarded.

Help stop the sale of F-35 fighter jets to Turkey by contacting your Senators at hellenicleaders.com/NojetsForTurkey.
By Constantine S. Sirigos

The Acropolis, whether it is shining by the incomparable light of the incomparable light of Athens, or honored by man-made illumination at night, the atten-
tive visitor will find that the exquisite taste and architectural illumination at night, but the atten-
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in the spiritual shadow of the Metropolitan Athens, the city's neoclassical style cathedral dedicated – for a few seem to know – to the Annunciation of the Mother of God.

The Metropolitan was never cluttered with additions, and clearly reveal an aesthetic that evolved and was progressively improved. Among the monumental Hagia Sophia, encumbered by later modifications hide.

While classical Athens abundantly thrives in evidence Byzantine reverence for symmetry, harmonious proportions and the golden mean. Even the monumental Hagia Sophia, encumbered by later restorations and other additions, was designed as a perfectly symmetrical space and edifice, an ideal that is echoed in the tiny Athenian church measuring only 21.5 by 17.5 feet.

The space inside all these churches in Athens proper can range from the 8th to the 15th centuries, and widely varying on the mystical.

Modern world intrudes, but the sound of breakdancers and the experience of Daphne. Its mosaic icons are predating Giotto by more than 200 years. Take the Metro’s Blue Line to Odos – the Holy Way.

the little Metropolis was built of marble blocks taken from non-Christian temples and decorative marble plaques reused from Early Christian basilicas.

The interior of the little Metropolis. LEFT: The little Metropolis was built of marble blocks taken from non-Christian temples and decorative marble plaques reused from Early Christian basilicas.

Byzantine Jewels that Shine During Holy Week and Pascha

Lambros (AKA) Larry Stassinos, the President of the Foundation for Modern Greek Studies, wishes to all the Diaspora the Happiest of the Easter Holidays with Good Health, Peace, Love and Prosperity for all. God Bless America!!!

Please Help Preserve the Hellenism, the Greek Heritage and the Greek Culture in America. Send your donation to: Path to Freedom 15150 Cleat Street, Plymouth, MI 48170

April 7-8, 2018 - The Medieval Churches of Attiki

The Church of Panagia Kapnikarea was built around 1056, possibly over a temple dedicated to Athena or Demeter.

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The interior of the little Metropolis. LEFT: The little Metropolis was built of marble blocks taken from non-Christian temples and decorative marble plaques reused from Early Christian basilicas.

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AHEPA
Wishes everyone
ΚΑΛΟ ΠΑΣΧΑ

Since 1922 the Order of AHEPA has initiated over 500,000 members into its 400 chapters worldwide. With chapters in the United States, Canada, Australia, New Zealand, Greece, Cyprus, England, France, Germany, Bulgaria and Constantinople. Our mission and our reach are ever growing.

AHEPA is the world’s leading membership organization of Hellenes. We salute you, our members, who promote our active works of charity and promote the great deeds our chapters do in our communities. Be proud of AHEPA’s work.

Listed below is a sample of the work we have accomplished together the last 5 years.

1. Launched a fundraising initiative to raise $1Million in support of the rebuilding of the St. Nicholas shrine at the World Trade Center collecting over $816,780 to date. $1Million to be finally delivered upon completion.
2. Raised over $502,800 for Greek Relief securing shipments of medical supplies totaling $12 Million.
3. Awarded $1,250,000 in AHEPA Educational Scholarships in 2017 cumulatively.
4. Awarded $54,750 in Athletic Department Scholarships.
5. Fed tens of thousands of needy children and families in Greece since 2011
6. Received a $1,249,000 donation from the Estate of Nancy Horton, wherein the interest will support the charitable work carried out in our hospitals in Greece
7. Maintained the AHEPA Journey to Greece Program which sends 25 students to participate in the summer credited program, tuition free, on an annual basis
8. A donation of $25,000 from L.M.Kohn and Company for the Educational Seminar and sponsorship of the annual Hellenic History Tournament where $10,000 in scholarships are awarded.
9. $10,000 to the Ionian Village towards their rebuilding after the recent tornadoes.
10. $3,000 sponsorship of the three regional Hellenic History tournaments
11. Donated $60,000 to the Ecumenical Patriarchate
12. Raised over $35,000 for Hurricane Sandy relief in 2012. $100,000 for Hurricane Harvey Relief in 2017
13. Donated over $23,000 since the 2012 by supporting the AHEPA Athens Marathon for AHEPA charities.
14. $5,000 in children’s toys to Children’s Hospital at Christmas time.
15. AHEPA Veterans Committee launched the web site for registration of veteran members of the AHEPA and for the collection of donations to Veteran’s Programs.
16. Publish The AHEPAN AHEPA’s quarterly magazine.
17. Coordinated and donated over 10,000 gallons of milk to the families affected by the lead poisoning in Flint, MI.
18. Raised awareness and funds for the K-9 for Warriors project where AHEPA has purchased 5 dogs valued at $20,000 for PTSD veterans.
19. Hosted events across the United States and Canada in support of the Sons and Maids and many other projects.
20. $50,000 sponsor of Religious Freedom Conference, Washington, DC.
21. Establishment of Hellenic Department Chairs in Universities in the U.S. & Canada

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A Hellenic Perspective on Pascha – Notes from Papadimitriou

Christians and Muslims on Captasing Boats

By Dimitris Pountorphos

The painting “After the De-
struction of Psara” by Nikolaos
Gyzis may cause some to think in
a slightly different way about the
crossing to Europe, risking their
lives by sailing on small boats.

Psara, the heart of the Aegean,
remains an island with its own
pace and way of life. The sea is
rough and the plains is calmly
stirred by the north wind howling.

The Greek people feel this sub-
tenant intoxication! The sea is
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**Kyriakos A. Kirou, MD, DSc, FACP**

Rheumatologist
(Specializing in Lupus and other types of Arthritis)
Hospital for Special Surgery
Assistant Professor of Clinical Medicine
Weill Medical College & Cornell University

*Best wishes to the entire Greek American Community for a
Happy Healthy Easter*

By appointment
535 E 70th Street, New York, NY 10021
Tel: (212) 606-1728, Fax: (212) 606-1012
www.hss.edu/physicians_kirou-kyriakos.asp

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**Kaló Πάσχα**

Congressman John Sarbanes and his family extend warm wishes for a peaceful and Happy Easter

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**THE HELLENIC AMERICAN ASSOCIATION FOR PROFESSIONALS IN FINANCE**

wishes all

[HAPPY EASTER](#)

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A very Blessed Easter
Kaló kai
Euloghemeno Pascha

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**Wishing You**

a Happy Easter

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**The OCL Board, staff and supporters wish you a joyous Paschal Season.**

**MARK YOUR CALENDAR**

and plan to attend our 31st Annual Conference on October 19-21, 2018 in the most Pan Orthodox City of Cleveland at historic St. Mary Romanian Orthodox Church Community Center, 3328 Warren Road Cleveland, Ohio 44111. The keynote speaker is the Very Rev. Dr. Chad Hatfield D.Min., D.D., President St. Vladimir’s Orthodox Theological Seminary. His topic will relate to Pan Orthodox Truth or Fiction? Program also includes speakers and highlights Pan Orthodox Programs that are part of the Cleveland Community. The OCL Hotel Headquarters will be: Cleveland Marriott North Hotel 4277 West 150th Street Hopkins International Airport CLE. Book direct: Book your group rate for OCL Meeting Room Block (parking included).

[Check www.ocl.org for updates and hotel information. Contact: George E. Mantelakis, Executive Director (216)565-0245.]
Tsoureki and Tsoureki French Toast

By Eleni Sakellis

Tsoureki is a staple food at Easter time. Ideally any Easter table would be complete without the deliciously-fermented bread with its light texture and sweetness, a perfect accompaniment to red eggs or on its own with a little butter on top. Any leftover tsoureki, especially day-old or even a few days old, makes excellent French toast.

Tsoureki

- 2 packets active dry yeast
- 2 packets active dry yeast
- 6 1/2 cups flour
- 1/4 cup butter, melted and cooled slightly
- 1 tablespoon finely ground mahlepi
- 1/2 cup of the sugar
- 1/4 cup of the sugar
- 2 red-dyed eggs
- 2 red-dyed eggs
- 1/2 cup almonds or 1/4 cup sesame seeds

For the glaze and decorating:

- 1/2 cup slivered almonds or 1/4 cup sesame
- 1 egg

Steps:

1. In a bowl, combine the sugar, yeast, and 3 1/2 cups of flour. Cover and set aside in a warm place to proof for about one hour.
2. In a large bowl, whisk together 7 cups of the flour, the ground almonds—if using, the salt, the remaining sugar, the mahlepi, and yeast. Add to the yeast mixture, along with the melted butter, and knead to form a smooth but sticky dough. Cover and set aside in a warm place to rise until doubled in bulk, about two hours.
3. After the first rise, punch down the dough and divide into 6 balls. Roll each one into 1-inch thick rounds. In the center of each dough ball, place a red-dyed egg. Place the balls on a parchment-lined baking sheet, cover, and allow to rise in a warm place to double in size. (You can refrigerate the dough on racks before storing in an airtight container or serving.)
4. Place the tsourkia on a parchment-lined baking sheet, cover, and allow to rise in a warm place for another two hours, until the tsourkia have completely risen and are golden brown.
5. After the second rise, remove the tsourkia from the oven and cool completely on racks before storing in an airtight container or serving.

Wines to Enjoy at Your Easter Feast

By Eleni Sakellis

This Easter, add a Greek wine (or two, or three) to your traditional Easter celebrations.

Douglas Winery, located in Itea Larissas, the heartland of Greece’s kommos vineyards, is 100 percent organic, making it a natural choice for Easter. Dougos Winery, located in Itea Larissas, the heartland of Greece’s kommos vineyards, is 100 percent organic, making it a natural choice for Easter.

For the past 25 years, the Dougos family has been crafting wines that reflect the unique character of their land. Their wines are made from a variety of grape varieties, including Xynisteri, a white grape that is well-suited to the region’s cool climate.

The Dougos family is known for their attention to detail and commitment to quality. Their wines are produced using traditional methods, such as open-top fermentation and basket pressing, which allow the flavors and aromas of the grapes to develop naturally.

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Dr. Spyros G.E. Mezitis, MD, PhD President

inviting all Laiconians to the 70th Annual Convention

in Lowell, Massachusetts

June 7, 8, 9 and 10
Sharing traditional food with family is a treasured part of the Easter holiday. It can also be exhausting for the home cook. For those who prefer leaving the cooking to the experts, there are many options available among the Greek restaurants in New York City. Make a reservation and let someone else take charge of the souvla. The National Herald spoke with two top chefs from Greek restaurants in Astoria and Manhattan who created delicious Greek Easter dishes for a family feast this year at their respective restaurants—Executive Chef Giuseppe Scalco of Merakia: Greek Mountain Thief Spithouse + Steak, and Akrotiri’s Executive Chef Nicholas Poulmentis. Executive Chef Scalco told TNH “My all-time favorite Greek Easter recipe to eat and cook is Margeritisa. I love it because of the rich flavors of the ingredients, including the lamb. I am excited to share this traditional dish with the diners at Merakia.” Located in Manhattan’s Flatiron District, Merakia: Greek Mountain Thief Spithouse + Steak offers a Greek Easter feast for large groups. Guests can pre-order a whole lamb cooked on a spit and served table-side. The group dinner by Chef Scalco features lemon pita, Marouli salad, and Kokoretsi. For dessert, Merakia offers Tsoureki drizzled with chocolate. Parties who reserved Chef Scalco’s specialty lamb will greet the guests before they walk into the restaurant. The meal begins with magiritsa soup and kokoretsi. Chef Poulmentis slices the lamb off the spit for the guests as they relax and enjoy a glass of Greek wine from the list which features many of Greece’s top regional grape varieties.

Chef Mina Newman of Christos Steak House, also in Astoria, also created a traditional family feast with a spit-roasted lamb on the outdoor charcoal grill in the restaurant’s backyard area where guests can soak up the sun and enjoy Chef Mina’s take on the classic Greek Easter dishes, Magiritsa soup, Prasini salad, and Kokoretsi.

By Eleni Sakellis

Easter Special 2018

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For more information contact us: 718-784-5255, ext.108 or email: subscriptions@ekirikas.com
The Municipal Choir of Athens led by its Music Director Stavros. The Choir is part of the Municipal musical collective that includes an orchestra and a big band.

Some forward thinking initiatives like the Ionian-Chamber and the Municipal Choir of Athens have created a new outlook that art is not a luxury and other support – especially for young talent that might be lost to money, representing cultural life even as prosperity returns. Katerina Nounopoulou, Assistant Director of the Municipal Choir of Athens, says: “We all know that music is important but costly study abroad. And that light inspires not only us but our fellow citizens, helps me.”

The Sofia & Angelo K. Tsakopoulos Family
Kativa Tsakopoulos
Ambassador Eleni & Markos Kounalakis
Athena Tsakopoulos
Brianne & Kyriakos Tsakopoulos
Chrys and George D. Devos
Alexandra & Alessandro Hillman

Happy Easter
Kαλό Πάσχα

Easter Special 2018

Best wishes for a Happy and Healthy Easter!
The Pappas Family
In loving memory of our beloved husband, father and grandfather

Peter J. Pappas
Drs. Spiro & Amalia Spireas and Sigmapharm Laboratories

Wish you a Happy Easter

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