



# ΟΔΥΣΣΕΥΣ

48th YEAR

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## Environmental Clean-up on Ithaca in 2021 Περιβαλλοντικός Καθαρισμός στην Ιθάκη το 2021

In just over one week, a team of 45 people, most of whom were volunteers, including 20 divers, undertook an unprecedented clean-up of the sea, coastline and four beaches on the southwest of Ithaca. Seventy-six tons of debris was removed: 5 tons of fishing nets, 32 tons of metal, 39 tons of plastic, including 150 bags full of polystyrene foam beads.

After George Lilas, a local diver and passionate environmentalist, publicized photos of an abandoned fish farm wreaking environmental havoc on Ithaca, marine conservation organisation *Healthy Seas* mobilized all its forces, together with partners *Ghost Diving* and *Enaleia*. Volunteers, local authorities including the Municipality of Ithaca and sponsors were engaged to help restore the pristine beauty of the area. *Hyundai Motor Europe* was the major sponsor of the project which was approved by the Greek government.

The project kicked off on June 8 2021, World Oceans Day, and lasted until June 16. This was the biggest project in the history of *Healthy Seas* in terms of positive environmental impact and community involvement, delivering astounding results in a short amount of time.

The fishing company that had gone bankrupt in 2012 had left behind fish farm cages and other equipment that polluted the area endangering the local community, marine life as well as maritime traffic. In September 2020, the rare hurricane-like storm Ianos, caused the tons of industrial type of plastic pipes, fishing nets, nylon ropes, concrete blocks, plastic buoys, large rusty metal pieces and all kinds of waste to be carried away, later to be found floating on the surface of the sea, laying on the seabed and on the beaches. The before and after photos, pictured right, show the amazing outcome of the environmental clean-up.

As part of its education agenda, *Healthy Seas* hosted a public event in the main square of Vathy to inform the locals about the project while 75 children took part in educational activities aimed at raising awareness about the ghost fishing phenomenon. Also, in line with its recycling agenda, the waste recovered by *Healthy Seas* was sent off to be regenerated. For example, fishing nets and any other *nylon6* waste is recycled as high-quality textile yarn for use in the production of socks, swimwear, activewear, accessories and carpets.

**Extracts from *Healthy Seas* Press Release  
June 28 2021**

Μέσα σε μία εβδομάδα μιά ομάδα 45 ατόμων, οι περισσότεροι εθελοντές, συμπεριλαμβανομένων 20 δυτών ανέλαβαν ένα πρωτοφανή θαλάσσιο καθαρισμό των ακτογραμμών και σε τέσσερες αμμουδιές της νοτιοδυτικής Ιθάκης. Αφαιρέθηκαν 76 τόνοι συντρίμια. 5 τόνοι ψαράδικα δίχτυα, 32 τόνοι μέταλλο, 39 τόνοι πλαστικό, που περιλάμβανε 150 σακκούλες σφαιρίδια αφρού πολυστερίνης.

Κατόπιν δημοσίευσης φωτογραφιών του εγκατελειμένου ιχθυοτροφείου, από τον Γιώργο Λίλα, τοπικό δύτε και

θερμό περιβαλλοντολόγο, ο οργανισμός θαλάσσιας προστασίας *Healthy Seas*, συγκέντρωσε τις δυνάμεις του, με συνεργάτες τους *Ghost Diving* και *Enaleia*. Εθελοντές, τοπικές αρχές, με συμμετοχή του Δήμου Ιθάκης και υποστηρίχτες ανάλαβαν να αποκαταστήσουν τη φυσική ομορφιά της περιοχής. Η εταιρία *Hyundai Motor Europe* ήταν βασική χορηγός αυτού του έργου, το οποίο εγκρίθηκε από την Ελληνική κυβέρνηση.

Η εργασία άρχισε στις 8 Ιουνίου 2021, *Παγκόσμια Ημέρα Ωκεανού*, και αποπερατώθηκε στις 16 Ιουλίου. Ήταν η μεγαλύτερη εργασία στην ιστορία του *Healthy Seas* σχετικά με θετικό αντίκτυπο για το περιβάλλον και την συνολική συμμετοχή, φέρνοντας άριστα αποτελέσματα σε μικρό χρονικό διάστημα. Η εταιρία του ιχθυοτροφείου επώχευσε το 2012 αφήνοντας πίσω εξοπλισμό που προκαλούσε ρύπανση στην περιοχή. Το 2020, ο κυκλώνας Ιάνος έφερε στις ακτές πολλά βιομηχανικά πλαστικά, δίχτυα, μέταλλα, τσιμεντένια κομμάτια κλπ. Οι φωτογραφίες κάτω, πριν και μετά, δείχνουν το εξαιρετικό αποτέλεσμα του καθαρισμού.

Σαν μέρος της ημερήσιας διάταξης εκπαίδευσης, *Healthy Seas* οργάνωσαν εκδήλωση στη πλατεία στο Βαθύ προς πληροφόρηση των δημοτών για αυτό το έργο, ενώ 75 παιδιά έπαιρναν μέρος σε δραστηριότητες ευαισθητοποιώντας τα ζητήματα του περιβάλλοντος. Στη γραμμή της ανακύκλωσης τα απόβλητα εστάλησαν για επαναφορά χρησιμοποίησής.



**On page 8, more photos of the clean-up can be seen as well as an interview with Costas Kaloudis, Director of the Ionian Environment Foundation, an organisation lending its support to the clean-up.**

### Messages to the IPS Executive Committee

I want to thank you all for all the work you have done to keep the Society together during these extraordinarily difficult times, times that we have never experienced before in Melbourne.

On top of that, there was the loss of the longstanding tenant. So, I am sure that there needed to be some repairs and updates to the property before seeking new tenants. With restrictions and lockdown, how EASY must THAT have been!!

BRAVO to all, you came through in "flying colours". Congratulations and I hope it will not be too long before we can see each other "in the flesh" as it were. God be with you.

**Olga Maria Black**

Very appreciative of all the good work done by the committee during COVID. I read the Annual Report and was impressed by the incredible work done by the committee during what has been a very difficult period in the club's history.

**Sue Walker**

My sincere congratulations to the Executive Committee for their hard work in keeping the Club functioning in the most difficult conditions since the Second World War.

**Peter Lecatsas HLM**



### HLM Peter Paxinos Calls It a Day

After 28 years of loyal service to the Society, it was with mixed emotion that we announced at the recent AGM Peter Paxinos' decision to retire from the IPS and IHS committees. Peter's contribution to the IPS has been enormously significant. He has given loyal and unstinting service to the Club as a committee member and as President of the IPS for twelve years.

Peter's experience and wise counsel have been vital to the operation and growth of the Society as well as his leadership in engaging the Society more meaningfully with the broader Greek community. His involvement with the Historical Society in recent years has been invaluable with his deep knowledge of Ithaki, our community and our history. Although Peter may have retired from both the IPS and IHS committees, we look forward to his ongoing involvement with the Club into the future, albeit in a less formal capacity.

Μετά 28 χρόνια πιστής υπηρεσίας στον Σύνδεσμο, με ανάμεικτα συναισθήματα, ανακοινώσαμε στην πρόσφατη ΕΓΣ την απόφαση του **Παναγιώτη Παξινού** να αποσυρθεί από τα συμβούλια των ΦΣΙ και ΙΣΙ. Η συμβολή του Πάνου στο ΦΣΙ ήταν εξαιρετικά σημαντική. Προσέφερε αδιάκοπα και πιστά τις υπηρεσίες του σαν μέλος συμβουλίου και σαν Πρόεδρος του ΦΣΙ για 12 χρόνια.

Η εμπειρία του Παναγιώτη και οι σοφές συμβουλές του ήταν ζωτικής σημασίας στην λειτουργία και στην ανάπτυξη του Συνδέσμου, καθώς η ηγεσία του έφερε τη σύνδεση του Συνδέσμου πιο ουσιαστικά με την ευρύτερη ελληνική κοινωνία. Η συμμετοχή του στο Ιστορικό Συμβούλιο τα τελευταία χρόνια ήταν ανεκτίμητη με τις βαθιές γνώσεις του για την Ιθάκη, την κοινωνία μας και την ιστορία μας. Παρ'ότι που ο Πάνος αποσύρθηκε από τα συμβούλια των ΦΣΙ και ΙΣΙ, θέλουμε και ανυπομονούμε για την συνεχή μελλοντική συμμετοχή του με το Κλαμπ, έστω και σε λιγότερο επίσημη ιδιότητα.

# Social News

## BIRTH



On the 15 August 2021, the third anniversary of their marriage to the day, Angelos and Jessica Katsamas became the proud parents of a baby girl, **Maisie Loulouka**, tall, big, strong and healthy, weighing in at 4.65 kilos and 60cms long. Maisie Lou is named after Jessica's maternal great-grandmother and Angelos' maternal grandmother. Angelos is the son of Dennis and Erasmia Katsamas and Jessica, the daughter of Leeonie Gleeson. Congratulations and Να σας ζήσει.

## WEDDING



On 11 July 2021 **Emilia Collins** and **Christopher Zervas** were married at Saints Anargiri Greek Orthodox Church in Oakleigh. Emilia is the daughter of George and Kristalena Collins and the granddaughter of Andriana and the late George Zervoulis and the late Yiannko and Milia Kallinikos. Christopher is the son of Bill and Regina Zervas. Congratulations and best wishes. Να ζήσετε.

## 60<sup>th</sup> BIRTHDAY



**James Dimos Razos** celebrated his 60<sup>th</sup> birthday in style at Stones of the Yarra Valley. He was surrounded by his loving family, beautiful food, flowing wine and champagne and a stunning croquembouche birthday cake. Celebrations ensued with a gathering of close friends at Citta De Stasio. James looks forward to the future when he can continue his celebrations on Ithaki with family and close friends. We wish James a healthy and happy future ahead. James is pictured above with his nieces and nephews, front row: Andrew Karabatsos, James Razos, Angelo Rigopoulos, Stephanie Tsalikis; back row: Elena Tsalikis, Christopher Tsalikis, Jana Volfson, Anna Tsalikis.

## CYCLONE RECONSTRUCTION PHOTOS - PAGE 3

1. Rebuilding of retaining walls at Kourvoulia No1 Beach, Frikes
2. BEFORE: collapsed steps at Kourvoulia No 2 Beach, Frikes
3. Construction of new steps and retaining walls at Kourvoulia No 2 Beach, Frikes
4. New pier for the mooring of boats, Frikes
5. The new concrete landing with outdoor seating at the top of the steps leading to Aphales Beach
6. Newly constructed steps leading to Aphales Bay
7. BEFORE: Damage to coastline at Mavrona Beach, Kioni
8. Newly constructed pathway and boat landing, Mavrona Beach, Kioni
9. BEFORE: Damage to park in Stavros
10. Re-landscaped Stavros park and construction of new canopy to house Bruno's model of Odysseus Palace. Photo shows park decorated for Christmas.
11. BEFORE: Damage to the roof of the former medical surgery in Stavros
12. Re-roofing the former medical surgery which now houses the Dimitri Danias Homeric Exhibition
13. Repairs to the Sotiros Church on Lazareto Island in Vathy Harbour. Works included re-roofing, interior carpentry work and painting. Pictured is Father Dendrinis from the Gardelaki Parish who managed the project.
14. View of the façade of the Sotiros Church, Lazareto Island, Vathy Harbour.

## Congratulations to NZ Paralympian Duane Kale ONZM

### An inspiration to para athletes of the future



June 2021 was a big month for Duane Kale. As well as being appointed to the **Sport NZ Board**, he was inducted into the **Sports Legends of Wellington**. He is pictured above with his parents, from left Dave and Lianore Kale, and his wife Shayne. Duane is the grandson of Jim and Molly Razos; his grandfather Jim hailed from Vathy, Ithaca.

Raised in sunny Hawkes Bay in New Zealand, Duane was an able-bodied, competitive triathlete until 1990 when his life changed. Having had a fall off his bike during a training session, he was put on heavy pain medication and advised to rest. Eighteen months later a neurosurgeon recognised that something was medically amiss and found a benign spinal tumour in his back. At 22 years of age, an operation to remove the tumour resulted in partial paralysis.

Not one to dwell on things or have a negative mindset, Duane channelled his focus towards the freedom of movement that swimming provided. He found a coach, established a swimming programme and set some goals. Incredibly, he made his Paralympic Games debut just five years later, competing at the Atlanta 1996 Paralympic Games where he won a staggering four gold medals, a silver and a bronze in swimming and broke four world records. Following these achievements, he was appointed an Officer of the New Zealand Order of Merit for his services to swimming in the 1997 New Year Honours.

Retiring from competitive swimming after Atlanta, he carried on his passion, going on to be New Zealand Team Manager at the Sydney 2000 Paralympics

Games and Chef de Mission for the New Zealand Paralympic Team at the Beijing 2008 and London 2012 Paralympics. In addition to his passion for the Paralympic movement, a career in banking finance gave Duane the experience to take on the challenge of management positions in the Paralympic arena.



In 2013, he was elected to the **International Paralympic Committee Governing Board** and in 2017 he was selected as Vice President, helping to lead the global governing body of the Paralympic movement to drive social change through the inspirational performances of Para athletes internationally. He was appointed by the International Olympic Committee to the Evaluation Commission for the 2024 Paris Paralympic and Olympic Games, one of just fourteen people worldwide to be appointed on the commission.

<https://paralympics.org.nz/paralympians-profiles/duane-kale-96/>.

## 2021

### Brisbane Paniyiri Greek Festival

#### Musical Performances



The opening event of the festival held at the Greek Club on 19 May 2021 was the annual *Alex Kondos Memorial Lecture* which celebrated the 1821 Revolution for Independence. The lecture focussed on Greek women of the 1821 Revolution, as well as contemporary women, and was organised by the Cultural Committee of the Greek Orthodox Church of St. George, Brisbane, together with the Solomos Greek Australian Cultural Society.

A small group of musicians, including Ithacan vocalist **Katerini Manolatos**, performed at the event showcasing works composed by Greek women or Greek lyricists. The group is pictured above, from left George Lignos, Christina Xidi-

Lignou, Panayiota Kalatzis, Katerini Manolatos, Nick Paras.

Katerini, accompanied by Nick Paras on bouzouki and George Lignos on keyboard, performed two pieces:

- *Το τραγούδι της λίμνης* - *To tragoudi tis limnis* ( lyrics: Arleta - Argyro-Nicoleta Tsapra, composer: Eleni Karaindrou) and

- *Είμαι αετός χωρίς φτερά* - *Eimai aetos horis ftera* (lyrics: Eleftheria Papagiannopoulou, composer: Manos Hadjidakis).

Katerini also performed with group members on 23 May at the Paniyiri Festival Musical Recital.

**Congratulations to the village Omiloi, the workers and volunteers for their admirable efforts in completing post-cyclone Ianos reconstruction on Ithaca in preparation for the 2021 summer.**

**The photos tell the story..**

**All made possible by generous donations from many sources including the GoFundMe fundraising organised by the Ithacan Philanthropic Society of Melbourne, as well as support from the Municipality of Ithaca. Acknowledgements expressing sincere gratitude were received from all recipients of funds.**

**CYCLONE RELIEF THANKYOUS FROM ITHACA**

**ΕΥΧΑΡΙΣΤΗΡΙΑ ΔΙΑ ΔΩΡΕΕΣ ΠΡΟΣ ΑΠΟΚΑΤΑΣΤΑΣΗ ΖΗΜΙΩΝ ΤΟΥ ΚΥΚΛΩΝΑ ΙΑΝΟΥ**

Ως **ΚΟΙΝΩΦΕΛΗΣ ΟΜΙΛΟΣ ΦΡΙΚΩΝ** θα θέλαμε να ευχαριστήσουμε από καρδιάς το Συλλογό σας καθώς και αυτούς που σας έδωσαν χρήματα. Είναι γνωστή η αγάπη των αποδήμων Ιθακησίων της Αυστραλίας για την Ιθάκη και το αποδεικνύουν με κάθε ευκαιρία! Το ποσό αυτό που μας δωρίζετε είναι ιδιαίτερα σημαντικό καθώς θα καλύψει αρκετές από τις πληγές- ζημιές που άφησε πίσω του ο μεσογειακός κυκλώνας στο χωριό των Φρικών. Να είστε σίγουροι ότι θα αξιοποιηθούν με το καλύτερο δυνατό τρόπο.  
**Λουκάς Αναγνωστάτος, γραμματέας ΚΟΦ**

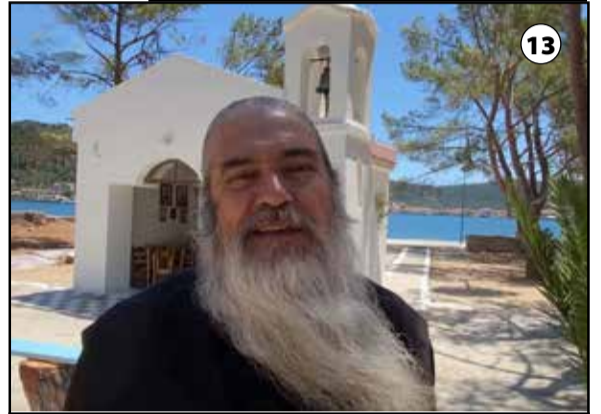
Εκ μέρους του **ΠΟΛΙΤΙΣΤΙΚΟΥ ΟΜΙΛΟΥ ΚΙΟΝΙΟΥ** και όλων των κατοίκων, σας ευχαριστούμε για την γενναιοδωρη προσφορά σας. Τα χρήματα θα διατεθούν με γνώμονα το κοινό συμφέρον όπως μας δεσμεύει το καταστατικό μας, π.χ παραλίες, παραδοσιακά μονοπάτια, δρομάκια, πλακόστρωτα κ.λ.π.. Στόχος μας είναι να ξαναγίνει το Κιόνι όπως ήταν πριν τον Ιάνο και ακόμα καλύτερο.  
**Διονύσιος Σοφιανός, πρόεδρος ΠΟΚ**

Εκ μέρους του **ΚΟΙΝΩΦΕΛΗ ΟΜΙΛΟΥ ΣΤΑΥΡΟΥ** θα θέλαμε να σας ευχαριστήσουμε θερμά για την σημαντική δωρεά σας προς αποκατάσταση των ζημιών στο χωριό μας από τη θεομηνία του Σεπτεμβρίου 2020. Τέτοιες ενέργειες που αποδεικνύουν έμπρακτα την μεγάλη αγάπη των ξενιτεμένων συμπατριωτών μας προς την ιδιαίτερα τους πατρίδα, μας δίνει την δύναμη να ξεπεράσουμε τις όποιες δυσκολίες και να ξαναδώσουμε στο χωριό μας την πρωτέρα όμορφη εμφάνισή του.  
**Γιώργος Παξινός, πρόεδρος ΚΟΣ**

Εκ μέρους του ΔΣ του **ΚΟΙΝΩΦΕΛΗ ΟΜΙΛΟΥ ΠΛΑΤΡΕΙΘΙΑ**, θα θέλαμε να σας εκφράσουμε τις θερμές μας ευχαριστίες στο ΔΣ του Φιλανθρωπικού σας Συνδέσμου για την προσφορά των AUD\$5,040. Σας ενημερώνουμε ότι ολοκληρώθηκε η αποκατάσταση ζημιών της σκάλας της παραλίας των Αφαλών καθώς το αυλάκι απορροής υδάτων στις Αφάλες. Για μια ακόμη φορά, θερμά συγχαρητήρια και καλή συνέχεια στο αξιόλογο κοινωνικό σας έργο.  
**Ανδρέας Σταμελάτος, πρόεδρος ΚΟΠ**

Με ευγνωμοσύνη σας ενημερώνουμε ότι λάβαμε την ευγενική προσφορά σας προς αποκατάσταση ζημιών στο **ΕΚΚΛΗΣΑΚΙ ΤΟΥ ΣΩΤΗΡΟΣ ΣΤΟ ΛΑΖΑΡΕΤΟ**. Σας ευχαριστούμε πρώτα για την σκέψη σας και την αγάπη σας, για το ότι δεν ήπιατε το ποτό της λησμονιάς και το ότι κανένας ωκεανός, οροσειρά ή ήπειρος, δεν θα μπορούσε να σας καταστήσει αδιάφορους για την πατρίδα μας. Αυτό μας γεμίζει περηφάνεια, χαρά, περισσότερη αγάπη, αλλά και αισιοδοξία για το μέλλον της γενιάς μας της ένδοξης και τις ρίζες που αντιστέκονται σε κάθε αντιξοότητα και κρατάνε γερά τα δέντρα και το φιλότιμο των Ελλήνων.

Θέλουμε να σας ενημερώσουμε και να μεταφέρουμε τη χαρά και αισιοδοξία μας για τα έργα και τη γοργή αποκατάσταση του χώρου. Γίνεται πολύ καλό έργο με μεγαλύτερη ασφάλεια του ζωκκλησιού μας αλλά και των περιχώρων του. Ευχόμαστε να μας αξιώσει ο Κύριος να συναντηθούμε και κατ'ιδίαν με όλους σας, να σας πάρουμε στο πανέμορφο Λαζαρέτο μας και στο ανακαινισμένο Εκκλησάκι μας, Θεού θέλοντος. Ναι οι καιροί δύσκολοι, επικίνδυνοι, αβέβαιοι. Εμείς όμως κρατάμε το κεφάλι μας ψηλά, το ηθικό ακμαίο και την σύμπνοια ο ένας προς τον άλλο, ακαίρη.  
Με την αγάπη του Χριστού  
**π. Θεοδόσιος και συν εμοί, Ενορία Γαρδελακίου**



## Ithacan Historical Society - Ithacan Business Series

### Fresh Connection Brighton, formerly N & N Kondelos Fruit Shop at 767 Hampton Street Brighton turned 60 years old in 2020

Purchased by Nick and Nina Kondelos in 1960, the business continues to be an icon in the local community. Their children, Theodore Kondelos and his wife Abbey, and Debbie Argyropoulos, stepped in to take over the reins when Nina passed away and when Nick, after 50 years in the business, was finding work physically harder.

Debbie shares the story of the family business and how she came to be surrounded by nature's candy for her entire life. Like most Greek migrants, her parents wanted more for their children so that they would not endure the hard work that they did. They wanted them to have the education they never had. Debbie says, "We got the education, but we chose to continue Nick and Nina's legacy."

#### The beginnings

My mother **Nina Kondelos** nee Paxinos (Bousouli) arrived in Australia from Lefki, Ithaca soon after the earthquakes of 1953. There were many Ithacans on board the boat. Some arriving for the first time, others returning back to Melbourne after a holiday on the island. Nina moved in with her uncles, Theofilo, Pano and Yiorgo Couvalias at *The Fruit Palace* in Clarendon St South Melbourne. They had sponsored her to come to Australia. She found work at the Astor radio company and here she met the love of her life **Nick Kondelos**. He was a *xeno* (foreigner) from another beautiful island far away called Lesvos. They married in 1956. They worked for a short while at the Couvalias' fruit shop and this experience made them think about going out on their own and buying their own shop.

A fruit shop for sale at 767 Hampton St. Brighton caught Nick's eye. Nina loved it. That was in 1960. They inscribed their name in gold on the front window, *N & N Kondelos XB 6684*. By coincidence, Ithacan fruiterer Jerry Dellaportas was the owner a few years earlier, and it was here that Jerry's brother Panos Dellaportas had his first sleep upon arriving in Melbourne. His tiny bedroom was the one that I would go on to share with my older brother Philip. It still remains as it was back then, but instead we call it the data room rather than the bedroom.

#### A local business success

Nina and Nick (1) established a reputation for providing top quality fruit and vegetables because they cared about their customers. They would never sell as top quality anything that they wanted to get rid of. That was bad business. Their motto was always to give the best and it held the business in good stead. Presentation was also everything to my parents. So much thought would go into the displays of fruit and vegetables. It was like creating a piece of art.

Although hard work, Nick enjoyed the daily market routine. Nick says that you had to be at the market first to get the best. That meant rising at 2 am. He recalls climbing the fences at the Victoria Market, along with all the other keen Ithacan fruiterers, so that he could get the best produce. There was no such thing as fridges or cool rooms in the 60s and 70s. You had to really think very hard about what you would buy from the market so there was no waste at the end of the week. But it was hard to avoid waste without refrigeration, particularly in hot, humid conditions. It was not uncommon to wake up in the morning and find that a whole box of apparently fine peaches had gone off overnight.

Nina was an integral part of the business. She was a very hard worker and a social and marketing guru of the old-fashioned kind. If the shop had a quiet moment, she would be making Greek coffees for customers she had befriended. She was good at lending an ear and making people feel loved and special. Nina loved to be at the shop. She felt in the zone when she was there.



Some of my fondest recollections include the purchase of new trucks when the old one had had its day after innumerable trips back and forth to the market and making home deliveries. Joy rides to nearby Brighton Beach on the open tray at the back of the truck was exhilarating to me as a child. But going to the wholesale market in the early morning darkness during the school holidays was what I looked forward to most. Getting a ride on the wooden trolley in the market was the best! I also remember sitting on the front step of the shop and podding peas for myself to eat. I loved raw peas.



#### The Ithacan connection

Dad was well connected to the Ithacan community through his friendships with many Ithacan greengrocers. I called them the *Ithacan Fruiterers' Society* and Dad valued the camaraderie amongst the group. In their retirement, Peter Paxinos (Kalatzis) and Spiro Defteros came to help us out at the shop. Their expertise and won-



derful company was truly appreciated. Another Ithacan employee was Tom Paizes. He coined a phrase about fresh produce which I personally love. If a customer felt that an item was not perfect, he would say, "They are not factory made". And I agree, nature's gifts are not meant to be perfect!

The market was the Ithacan grapevine. Ithacan fruiterers would go home and relay the latest news in the community, whether it was local or news from Ithaca. Mum would joke that Dad, who was not Ithacan, knew all the news before her.

#### The new world of fruit and vegetable retailing

So much change has happened over the years. Installation of cool rooms has meant less wastage and gives fruiterers the opportunity to take at least one day off the daily trip to the wholesale market in Epping, which for us is a long drive from our shop in Brighton. The move to self-serve, electronic scales and checkout registers has altered the experience. Up until about twelve years ago we were still serving each customer, recording each item on a notepad and using brain power to calculate the total, often under pressure in front of a full shop of customers waiting to be served. Rarely were we ever questioned about the accuracy of our addition because we had gained peoples' trust.

There is so much more variety now with new fruit and vegetables created from cross-breeding, and seasonal items such as watermelon, avocados, are now available all year round. But it's not only fresh fruit and vegetables that you will find in today's fruit shops. At Fresh Connection we sell canned, bottled and frozen food produce, cheeses and other deli items as well as pre-packaged meat (there is no butcher in our shopping strip). We are always looking for ways of servicing customers who live busy lives or are looking for an easier option. Packages of podded peas, diced soup vegies and freshly-cut fruit are in high demand.

#### The Fresh Connection

Theodore and I are pictured with our father (2) in the shop which underwent a major renovation in 2019-2020. To retain a sense of history and warmth, we incorporated reclaimed timber from the roof of the Lyric Theatre in Fitzroy. There is a large monitor behind the register screening old family movies. Displays of vintage photos bring back memories, such as a 1960 photo of Nina's brother Spyro Paxinos at the door of the shop, wearing a leather apron (3). Spyro helped out for a while before he moved to the USA.

We now have an online shop built by my son Philip. So when the pandemic hit in 2020, we were ready to serve our customers through our delivery service. I share my produce tips and family recipes on social media. I also like to share some family history, and when I visit Ithaca, I showcase its beauty and lifestyle. I have even shared stories about A J Lucas and of course Odysseus on some of my regular emails to our customer base. I like to personalise my communication. The customers give me a lot of positive feedback which makes me happy and naturally spurs me on.

We still have customers who are in their mid-nineties who have been shopping with us for 60 years. Now their children and grandchildren shop with us as well. A customer reminded me recently of how special our shop was when she said "I am going to rename your shop Tiffany's". She brought us a real set of Tiffany's champagne glasses and some champagne which she wanted us to display to remember our parents who left us the legacy of a successful business known for its quality and customer service.

Whilst fruit shops probably have better quality produce overall, it's difficult to compete with the supermarkets. People are looking for convenience in this fast-paced world. However, they must remember that if small businesses are not supported, they will disappear. The events of 2020-21 seem to have brought more people back to the local shops, which is fantastic.

I think Fresh Connection may be one of the last standing fruit shops with an Ithacan connection in Melbourne. Maybe the last? Would love to hear from you if you know if there are any others. I love sharing our story because I feel proud. I hope you can visit one day!

## Historical Archeion Ithaki

### Open Note to the Editor Good News!

The Historical Archeion in Vathy will be back in operation very soon, with a new curator. This is an excellent opportunity for the Society to play a leading role in guiding, helping and encouraging access to the treasure of records that are modestly hidden away. There are millions of entries of key events in the lives of your ancestors, your roots, your pedigree. Show your interest and be there to help.

Prof. Peter Kangis (UK)

The welcome news that an appointment has been made to the Archeion was announced at our recent AGM and following this was further discussed by the IHS committee at our August meeting. The IHS will initiate contact when the new curator commences with the aim of establishing a strong collaborative relationship to enable improved access to the Archeion and the preservation of its precious documents.

Ithacan Historical Society

## Down Memory Lane

### A BOY'S STORY

In 1940, 20 July, the Boy was born in Vathy, Ithaca into the turbulent years of the Second World War. His mother said he was a long skinny baby. Unable to breastfeed him as she did not have any milk, he was fed goat's milk and sometimes milk from a donkey. His mother said he never cried, and fearful of his wellbeing at the time, they baptised him very quickly just in case he died. But he survived. The war years must have been very tough for his parents.

In his twilight years, the Boy started to remember things, Germans in the streets, people running and screaming and closed doors and windows. He remembered never having anything to eat, but he must have had something, definitely not chocolate eggs. Food in his home was scarce, sometimes there was nothing at all. His mother would send him to the olive groves to search for an egg in the nests of chickens. If he was lucky enough to find one before someone else beat him to it, his mother would boil the egg and he would share half with his sister. He remembered eating *horta* with a little oil, and if available, which was very rare, a bit of tomato, feta and olives. Earlier this year, watching his grandsons in the backyard Easter egg-hunt brought back emotional memories of those tough times during the war.

The Germans left in 1945 when the war ended; Ithaca and Greece were decimated, poverty-stricken – there was nothing. With the beginning of the Boy's school years, tuberculosis struck and more hardship. People were scared, this time of a different enemy. The infection spread and loved ones were lost.

A civil war started a couple of years after the end of the war with brothers fighting each other for no reason other than their different political beliefs. He remembers the rebels would search the villages to steal animals and slaughter them for food. To protect *Marika*, the pet goat, whose milk supply was their lifesaver, the Boy's family would hide with the goat in the *katoi* - very scary times. Luckily the rebels eventually left and *Marika* was saved.

In winter, the house was freezing and there were not enough bed coverings. To keep him warm, he remembers his mother using the floor coverings, old black, hairy sacks (*tsouvalia*) from the oil factory. He went to school with no shoes and, without sufficient clothing in winter, he was always

cold. He would put his hands in his pockets to warm them, but the pockets were full of holes. The only thing he looked forward to at school was the government-supplied powdered milk with warm water which was provided in the morning. This was his breakfast and lunch. After school, he would take *Marika* to the *kabo* to graze; he would also look for food for himself – pick some blackberries and pinch a grape or a fig from the neighbours' trees. That was food for the night together with *horta* from the garden. Today's COVID pandemic reminded him of these tough times, although he says that at least now there is food in the fridge and some money in your pocket.

The teenage years arrived and still no shoes. His father did some work for a shoemaker and was able to make him a pair of shoes in lieu of being paid wages. The curved shoes were made from a car tyre with an elastic strap on top. It was the trend at the time, but he hated them. He only wore them to the *kabo* and continued to go to school barefooted.



Things started to get a little better and then in 1953, as if people had not had enough, a big earthquake hit Ithaca and the neighbouring islands of Zakyntos and Kefalonia. Luckily, Ithaca did not have any casualties, but people lost precious possessions. Many homes were destroyed beyond repair. During the reconstruction following the earthquake, the Boy worked in building together with his father. He worked as a concrete labourer carrying cement on his back up to the builders on the scaffolding. Carrying the heavy loads was hard work for a fifteen-year-old. At night he could not sleep because his body was in so much pain. But he was determined to save some money to buy his beloved *Garbadina* and his first leather shoes to replace his spare tyres. These rough times were experienced by many people like himself, but it was the friendship, love, camaraderie and that sacred Greek word *filotimo* that got them through.

He felt pride and joy when he was selected goalkeeper for the local football team. He loved this challenge and became a good sportsman and was flattered being cheered by the local girls. But at age sixteen to seventeen he started to realize certain things. The Boy could see that the struggles of the time had aged his parents and that his sister who had grown into a young lady was not able to buy the things that she would have liked. There was not enough money to go to an occasional movie; there was just enough to buy food.

He realised that he had to become the bread winner. He realised Ithaca was too small for him, and like most young men at the time, he decided to leave the island and work on the ships for something better. It was very hard telling his parents, but it seemed to him he did not have much choice. His father hugged him with tears and said the decision was his. His parents

trusted his judgement as they were sure he would never go wrong. One piece of advice his father gave him was that when the time would come to marry, he should find someone like his mother, lovely and gentle, and he did.

The Boy looks back on his life and says that despite the challenges, life is beautiful and full of surprises. Out of tough times and struggles, he thinks he is the winner, overcoming the challenges of life. His stubbornness and determination have helped him achieve what he hoped for and he has experienced much happiness with a beautiful wife, three gorgeous girls and three gorgeous grandsons.

*The Boy advises: never allow your past to destroy your future. The sun will always shine and there is always another day. If you are down in the morning you sing, does not matter what you sing. Drink a nice Greek coffee with a glass of water and pat yourself on the shoulder and give thanks that you are alive and free. Have kouragio – the Boy's favourite word, and always remember the blue skies of Ithaca. Na thimomaste ton gala-no ourano tis Ithakis.*

The Boy, aka  
JOHN MANOLATOS  
Brisbane, April 2021

**filotimo** – being honourable in one's relationships, showing respect & caring  
**garbadina** – gabardine overcoat made fashionable by actor Humphrey Bogart in the 1942 Hollywood classic *Casablanca*; made from a tough, tightly woven twill fabric originally made of worsted wool or worsted wool/cotton/blend.  
**horta** – wild edible greens rich in iron  
**kabo** – fertile area of land  
**katoi** – storeroom/cellar in the basement of the house  
**kouragio** – courage  
**patriko** – the family home  
**tsouvalia** – large sacks made of hessian



## Elections 2021-2023

### Ithacan Philanthropic Society

Spyridoula Digaletou Coutsouvelis (President)  
Anthony Drakopoulos (Vice President)  
Tania Soulis (Secretary)  
Marguerite Metaxas (Asst Secretary)  
Eugenia Vlass-Tsalikis (Treasurer)  
Tania Soulis (Asst Treasurer)  
Peter Andrews  
Kristalena Collins  
Costa Kaimakamis  
Dennis Katsamas  
Andrew Raftopoulos

### Ithacan Historical Society

Peter Raftopoulos (President)  
Rosa McCall (Vice President)  
Anna Vlass (Secretary)  
Leah Koutsounis (Asst Secretary)  
Jim Morris (Treasurer)  
John Paizis (Asst Treasurer)  
Tina Dellas  
Nick Galatis  
Kyriakos Nikias  
Andrew Raftopoulos  
Kay Raftopoulos

### PHOTOS

1. The Boy on his way to school in the late 1940s. Normally barefooted, the Boy was given a pair of shoes to wear for the shot by the photographer.

2. 1954, the Boy, far right in shorts next to his father, helping to rebuild an earthquake-damaged house. He learnt the skills of the building trade on Ithaca during post-earthquake reconstruction, and in Australia, he made building a career establishing a successful business in Brisbane.

3. The Boy who left Ithaca full of dreams visits his birthplace in 2019 with his family. John Manolatos is pictured left, with his wife Konstantina, daughters and their families in front of the *patriko*.

**ΘΕΛΜΑ ΚΟΥΒΑΛΙΑ**  
**THELMA KOUVALIA**  
**1930-2021**

Η Θέλμα γεννήθηκε στην Εξωγή Ιθάκης την 1η Μαΐου 1930, αδελφή των Κοραλίας, Έλλης και Γεράσιμου, το γένος Κεκάτου. Δυστυχώς ο πατέρας τους πέθανε και έμειναν ορφανά πολύ μικρά. Η μητέρα τους τα μεγάλωσε με πολύ κόπο και ιδρώτα σε καλούς και άξιους πολίτες. Η Θέλμα ήρθε στην Αυστραλία το 1963 και φιλοξενήθηκε στο σπίτι των Μαρίνου και Ευτυχίας Δρακοπούλου, στην Μελβούρνη. Το 1965 παντρεύτηκε τον Θεόφιλο Κουβαλιά από την Λεύκη, έναν υπέροχο άνθρωπο με πάρα πολλά χαρίσματα και έζησαν πολύ καλά μαζί. Στις δυσκολίες που δυστυχώς έφερε η ζωή, στάθηκε βράχος κοντά στον συζυγό της. Στην πορεία της με τον Θεόφιλο αλλά και μόνη της, έχασε τον αδελφό της Γεράσιμο, την αδελφή της Έλλη αλλά και τρία ανήψια της, καθώς και δύο του συζύγου της.

Σαν χαρακτήρας η Θέλμα είχε κοινωνικότητα, ήταν πολύ γενναϊόδωρη, νοικοκυρά, χρυσοχέρα στο κεντημά της και σε πολλά άλλα. Της άρεσαν οι ιστορίες από τα παλιά χρόνια και συχνά τις διηγούνταν. Δεν της έλειπε το χιούμορ, όποιος ήταν μαζί της περνούσε πολύ ευχάριστα. Ήταν πολύ αγαπητή στη γειτονιά της και στον κόσμο που γνώριζε. Πάντοτε αγαπούσε και νοιαζόταν την οικογενειά της στην Ελλάδα, αδελφή Κοραλία, ανήψια Μαριάνθη και Χρήστο, καθώς και την οικογένεια του συζύγου της, συνυψάδα Αικατερίνη και ανήψια στην Αυστραλία.

Η πορεία της ζωής της όμως ήλθε στο τέλος της και η αγαπημένη μας Θέλμα πήγε σε καλύτερο μέρος μαζί με τους αγαπημένους της. Ας είναι ελαφρύ το χόμα που θα την σκεπάσει και ο Παράδεισος να την αγκαλιάσει. Θα την θυμόμαστε πάντοτε με αγάπη και σεβασμό. Αιώνια της η μνήμη.

**Όλγα Κεκάτου**



Thelma Couvalias who died on the 15 May 2021 was born in Exoghi Ithaca in 1930 and came to Melbourne in 1963 where she married Theophilos Couvalias. Theophilos lived in Greece under the dictator Metaxas and for all his life remained a committed communist. I do not think Theophilos convinced Thelma of the merits of communism, but the two of them lived in love until Theophilos' death in 1998. Their life together was the *happy years* for both of them in their home with the garden on Glenda St, Doncaster.

In Melbourne, Thelma became part of the thriving community of people from Exoghi (Xoisanoi). They came en masse for Thelma's last farewell at the Presentation of our Lady to the Temple Greek Orthodox Parish, North Balwyn. Possibly the beauty of their village contributes to their cohesion. Given where Odysseus' putative palace is, we might conclude that even the King found Exoghi to his liking. (He was a Xoisanos too). It was moving to see the huge contingent from Exoghi pay tribute to one who was obviously dear to them.

As one of her nephews, I thank Anthony Drake, Jim Drakopoulos and niece Olga Kekatos for attending to Thelma's care and

affairs during the last few difficult years of her life and for making the funeral a dignified occasion where friends and relatives reflected on her life. Present at the funeral were also Thelma's sister-in-law Katerini Couvalias and her four children, Tasia, Babi, Alec and Niko, as well as Nick Kondelos and Debbie Argyropoulos, husband and daughter of Thelma's niece, the late Nina Paxinos Kondelos. The service was streamed to Greece for the benefit of Thelma's sister Coralia and her niece Marianthy.

**George Paxinos, Sydney**

**ΑΝΤΩΝΙΑ ΚΑΡΑΒΙΑ**  
**ANTONIA KARAVIAS**  
**1926-2021**

Απεβίωσε στο Σύνδνει στις 24 Μαΐου 2021 η ευγενική κυρία και υπερήφανη Ιθακήσια **Αντωνία Καραβία** το γένος Βλησμά, ετών 94. Γεννήθηκε στο Βαθύ Ιθάκης το 1926 παίρνοντας το όνομα του πατέρα της καθώς πέθανε πριν αυτή γεννηθεί. Η μητέρα της, Φλωράκη Μιχαλοπούλου, ανάθρεψε την Αντωνία και τον αδελφό της Τηλέμαχο με τη βοήθεια του πατέρα και αδελφών της. Παρ' όλα τα δύσκολα χρόνια της Κατοχής η Αντωνία ευχαριστιόταν τη παρέα ξαδελφιών και φίλων στη πλατεία στο Βαθύ. Αποκορύφωμα κάθε χρόνο ήταν το μακρύ και ανηφορικό περπάτημα στο βουνό, στο μοναστήρι, στη γιορτή της Παναγίας των Καθάρων προστάτιδας των Ιθακησίων. Η Αντωνία διατήρησε πάντα αυτή την πνευματική επικοινωνία.

Τελείωσε αριστεύοντας το Γυμνάσιο με τη φιλοδοξία να γίνει δασκάλα αλλά οι τότε κοινωνικοί θεσμοί δεν ήταν ευνοϊκοί για να σπουδάσει μια νέα κοπέλλα μακριά από το σπίτι. Έτσι έμεινε στο Βαθύ και έμαθε ραπτική. Το 1949 μετανάστευσε στην Αυστραλία, στο Σύνδνει, όπου παντρεύτηκε τον Ευστάθιο Καραβία από το Βαθύ. Απόκτησαν δύο τέκνα, αξιώθηκαν να δουν έξι εγγόνια και επτά δισέγγονα.

Η Αντωνία θα είναι στη μνήμη όλων για τις προσπάθειές της να διατηρήσει συνδεδεμένη την Ιθακήσια κοινωνία, πρώτον με τη πολυετή συμμετοχή της στην Ιθακήσια Αδελφότητα του Σύνδνει και δεύτερον σαν ανταποκρίτρια του Σύνδνει στην εφημερίδα του Φιλανθρωπικού Συνδέσμου Ιθακησίων **Οδυσσεύς**. Για περίπου σαρανταπέντε χρόνια η Αντωνία έστειλε τα νέα του Σύνδνει, πάντα με όμορφο γραφικό χαρακτήρα, αρθρα και ποιήματα σε εύλωτα γραμμένα ελληνικά. Η τελευταία συνεργασία της στην εφημερίδα δημοσιεύτηκε το 2020. Στην παρούσα έκδοση δημοσιεύουμε ένα όμορφο αποχαιρετιστήριο ποίημα, με ένα ιδιαίτερο μήνυμα για τα εγγόνια της που η Αντωνία έγραψε πριν μερικά χρόνια.



Antonia Karavias, a gracious and proud Ithacan, passed away in Sydney on the 24 May 2021 aged 94 years. Born in Vathy Ithaca on the 26 July 1926, she was named after her father, Antonios Vlismas, who passed away before she was born. Her mother, Floraki Mihalopoulou, with the support of her father and brothers, reared Antonia and her brother Telemachos. Despite the difficult war years, Antonia enjoyed socialising with cousins and friends in the Vathy town square. A highlight of the year was the long walk up the mountain to the Kathara Monastery for the

celebration of Panayia Ton Katharon, the protector of Ithaca, and with whom Antonia maintained a spiritual connection throughout her life.

Completing high school with outstanding results Antonia aspired to become a school teacher, however social norms at the time did not look favourably on a young woman moving away from home to study. So she stayed in Vathy and learnt dressmaking. In 1949, at the age of twenty-three, she migrated to Sydney, Australia to marry Efstathios Karavias who was also from Vathy. They had two children, John and Anastasia, and were blessed with six grandchildren: George, Anna, Antonia, Stathi, Katerina and Joseph, and seven great-grandchildren.

Antonia will always be remembered for her efforts to keep the Ithacan community connected, firstly through her involvement with the Ithacan Association of Sydney over many years and secondly as the Sydney correspondent for the Ithacan Philanthropic Society's **Odysseus** newspaper. Almost since the paper's inception forty-five years ago, Antonia reported on Sydney Ithacan news, always sending her beautifully handwritten articles and poetry in eloquently scripted Greek. Her final *Sydney News* was published in 2020.

**ΑΠΟΧΑΙΡΕΤΙΣΜΟΣ**

Φεύγω και αποχαιρετώ  
παιδιά μου και εγγόνια  
τους συγγενείς και φίλους μου  
πούχα για τόσα χρόνια

Σ' αυτήν εδώ την ξένη γη  
ήλθα μικρή στα χρόνια  
μέχρι π' ασπρίσαν τα μαλλιά  
κι έγιναν σαν τα χιόνια

Πέρασα μιά καλή ζωή  
πάντοτε με καμάρι  
με της μανούλας την ευχή  
και του Θεού τη χάρη

Στ' ανθρώπινα τα θύματα  
στις συμφορές των τόσων  
ποτέ μου δεν κουράστηκα  
βοήθεια να δώσω

Εις τα γηροκομεία μου  
περνούσα πολύ χρόνο  
του συνανθρώπου ένοιωθα  
την πίκρα και τον πόνο

Περίμενα την Κυριακή  
με πίστη και θυσία  
πάντα γερή και δυνατή  
να πάω στην εκκλησία

Στους Άγιους Πάντες εκκλησιά  
που οι Άγιοι στολίζουν  
είχα μιά θέση τακτική  
που οι χρόνοι θα θυμίζουν

Τα έξι εγγονάκια μου  
μου έδιναν τέτοια χάρη  
τα βράδια που ερχόντουσαν  
με κέφι και καμάρι

Πλούσια η αγάπη μου  
για σας μες την ψυχή μου  
γι' αυτό εγγονάκια μου γλυκά  
νάχετε την ευχή μου

Μες το ταξίδι της ζωής  
όπου θα περπατήτε  
ποτέ σας τον συνάνθρωπο  
να μην τον αδικήτε

Και μην ξεχάσετε ποτέ  
πως όσα χρόνια ζούσαν  
και ο παππούς και η γιαγιά  
πολύ σας αγαπούσαν

Με την ευχή μου στον Θεό  
και εις την Παναγία  
να ζήσετε τα χρόνια μου  
και την καλή υγεία.

**Αντωνία Καραβία**

**GLADYS MANTZARIS**  
**1931 - 2021**



**Gladys Mantzaris** passed peacefully on 5 March 2021. Adored, devoted and loving mother of Effie, Elly and Diane; mother-in-law of George, John and Mark; yiayia to Stephanie and Josh, Jana and Domenic; big yiayia of Kip and Zoey; beloved wife of Stephen (dec). Eldest daughter of Elpiniki Black (Mavrokefalos, nee Zaverdinou, dec), born Stavros, Ithaca and John Black (Mavrokefalos - Limouri, dec), born Exoghi, Ithaca. Loved and remembered always.

**ΣΠΥΡΙΔΩΝ ΛΕΚΑΤΣΑΣ**  
**1934-2021**

Απεβίωσε στην Αμερική στις 27 Ιουλίου 2021 ο πλοίαρχος **Σπυρίδων Λεκατσάς** (Σπηλιάτσος) ετών 87. Ο Σπύρος γεννήθηκε στο Λαχώ Ιθάκης, όπου πέρασε τα παιδικά του χρόνια. Ήταν το πρώτο τέκνο των Παναγιώτη και Ελένης Λεκατσά και αδελφός των Κωνσταντίνου, Γεωργίας, Οδυσσέα και αιμνηστής Αγγελικής. Φοίτησε στο Γυμνάσιο Πατρών και κατόπιν μετανάστευσε για πέντε χρόνια στη Αφρική. Επέστρεψε στην Ελλάδα, φοίτησε στη σχολή εμποροπλοίαρχων φθάνοντας στο ανώτερο βαθμό του πλοίαρχου ΑΕΝ. Το 1965 παντρεύτηκε την Ευτέρπη Λαδοπούλου από τη Βέροια και αποκτήσαν μία κόρη την Ελένη. Έζησε πολλά χρόνια στη Βέροια και την αγάπησε σαν δεύτερη πατρίδα του.

Ο Σπύρος ήταν πνευματώδης, με ιδιαίτερο ταλέντο στη ποίηση και πολλά από τα ποιηματά του δημοσιεύτηκαν στην εφημερίδα μας. Από το 2003 ζούσε στη Αμερική, αλλά με την συζυγό του Φλώρα Κουβαρά επισκεφτόταν συχνά το νησί τους την Ιθάκη. Αιώνια του η μνήμη.

**ΕΥΧΑΡΙΣΤΗΡΙΟ**

Θέλουμε να ευχαριστήσουμε όλους, όσους παρευρέθηκαν στην κηδεία της πολυαγαπημένης μας αδελφής και θείας **Θέλμας Κουβαλιά** και την συνόδεψαν στο τελευταίο της ταξίδι. Και ήταν πολλοί και όλοι αγαπημένοι μας. Η λύπη μας είναι μεγαλύτερη γιατί δεν μπορούσαμε να είμαστε κοντά της λόγω κορονοϊού. Ένα μεγάλο ευχαριστώ σε όλους.

Ιδιαίτερος θέλουμε να ευχαριστήσουμε: τον Δημήτρη Δρακόπουλο, Αντώνη Δρακόπουλο και Όλγα Κεκάτου, για τη άψογη εργασία που έκαναν για το τελευταίο της ταξίδι. Για την φροντίδα τους και την συμπαραστασή τους τα δύο τελευταία χρόνια που ήταν στο γηροκομείο. Σας ευχαριστούμε από καρδιάς και ευχόμεσθε η ευχή της να σας χαρίζει υγεία και ότι, καλό σε σας και τις οικογενειές σας.

**Η αδελφή Κοραλία Δρακοπούλου**  
**Τα ανήψια**  
**Μαριάνθη & Διονύση**  
**Χρήστος & Μαρίνα**

**DONATIONS TO ODYSSEUS**  
**ΔΩΡΕΕΣ ΓΙΑ ΕΦΗΜΕΡΙΔΑ**

**\$50** Irene Papadopoulou Moutafis  
**\$100** George A. Raftopoulos (Sydney)  
**\$100** Olga M. Black

**Εις Μνήμη  
Παναγιώτη Μ. Μαυροκεφάλου**



Η Αγία Μαρίνα στην Εξωγή βάρεσε τις καμπάνες της. Είναι γιατί κάλεσε να αποχαιρετίσει τον κάπτα - Πάνο που μπάρκαρε για τις αιώνιες θάλασσες. Καλό σου ταξίδι πατέρα.

**Μιχάλης Π. Μαυροκέφαλος**

**Στον Καπετάν Πάνο Μαυροκέφαλο**

Ιθάκη η πατρίδα σου  
Εξωγή το χωριό σου  
γονείς σου Μιχάλης και Βασιλική  
Μαυροκέφαλος το επωνυμό σου

Έφυγε ο καπετάν Πάνος  
πήγε στον ουρανό  
Δεν ταξιδεύει τώρα πλέον  
μέσα στον ωκεανό

Της μητέρας σου ήσουν αστέρι  
του πατέρα σου φεγγάρι  
για τις τρεις αδελφές σου  
ήσουν μαργαριτάρι

Σε κήπο καταπράσινο  
πήγες για να πλαγιάσεις  
Το κουρασμένο σου κορμί  
για να το ξεκουράσεις

Ο κήπος είναι όμορφος  
πράσινος με λουλούδια  
Εκεί μόνο καλοί μπαίνουνε  
μαζί με τ' αγγελούδια

**Οικογένειες:**

**Νίκης Μαυροκεφάλου (Αθήνα)**

**Ειρήνης Πεταλά**

**Αθηνάς & Νίκου Ζαφειράτου**

**Αφροδίτης Παίτζη (Νότια Αφρική)**

**DONATIONS IN MEMORY**

**ΔΩΡΕΕΣ ΕΙΣ ΜΝΗΜΗ**

- \$200 Αθηνά & Νίκος Ζαφειράτου και οικογένεια εις μνήμη αγαπημένου αδελφού και θείου **Παναγιώτη Μ. Μαυροκεφάλου**
- \$200 Ανδριάννα Ζερβούλη και οικογένεια εις μνήμη αγαπημένου συζύγου, πατέρα και παππού **Γεωργίου Ζερβούλη**
- \$200 Peter Defteros and Anna Miriklis-Defteros in memory of beloved father and father-in-law **Eustathios (Takis) Defteros**, ten years since his passing
- \$200 The family of the late Toula Kandiliotis in memory of **Antonia Karavias**
- \$100 Peter and Anna Defteros in memory of **Nick Sikiotis**
- \$100 Tess Stamell in memory of dear aunt **Kassiani Raftopoulos**
- \$50 Tess Stamell in memory of **Antonia Karavias**

Ελάβαμε τις κάτωθι δωρεές εις μνήμη **Θέλμας Κουβαλιά**

- €100 Οικ Κοραλίας Δρακοπούλου (Ελλάδα) εις μνήμη αγαπημένης αδελφής και θείας
- \$150 Οικ Αικατερίνης Κουβαλιά εις μνήμη αγαπητής συνυφάδας και θείας
- \$100 Οικ Ελένης Καλλή
- \$50 Ελένη Βλασσοπούλου
- \$50 Χρύσσα & Ντένης Ραυτοπούλου
- \$50 Αλέκα Κανδυλιώτη
- \$30 Αντώνης & Φλόρενς Δρακοπούλου
- \$20 Πάνος Λεκατσάς

**ΝΙΚΟΣ ΣΥΚΙΩΤΗΣ  
NICK SIKIOTIS  
1951-2021**

Η καμπάνα χτύπησε στις 25 Ιουνίου στην Ιθάκη, στον Σταυρό και στο Βαθύ, για τον **Νίκο Σικιώτη**, 69 ετών, έναν άντρα με πολλούς φίλους και, για μένα, τον πλησιέστερο μου. Δυο εβδομάδες πριν το θάνατο του ιδίου, ο Νίκος δανείστηκε λόγια του Περικλή για την τελευταία του ανάρτηση στο Facebook: **Αφήνουμε πίσω μας, όχι ό,τι είναι χαραγμένο στα μνημεία, αλλά ό,τι έχουμε υφάνει στη ζωή των άλλων.**

Οι γονείς του Άθας και Ελένη τον πήραν από το Newcastle και τον φέραν στην Ιθάκη για να ολοκληρώσει το δημοτικό και το γυμνάσιο. Στο γυμνάσιο, μπήκε καθώς αποφοιτούσα. Στη συνέχεια πήγε στο Πολυτεχνείο της Αθήνας πριν λάβει πτυχίο διοίκησης στο Πανεπιστήμιο Columbia στη Νέα Υόρκη. Μεταφέρθηκε στην Αυστραλία από την κυβέρνηση Fraser για να βοηθήσει στην ίδρυση της βιομηχανίας πυρηνικής ενέργειας και έμεινε εδώ αφού η κυβέρνηση εγκατέλειψε τα σχέδιά της.

Πολλοί στην ελληνική κοινότητα τον γνωρίζουν για το ταλέντο του στο τραγούδι και το παίξιμο της κιθάρας. Τραγουδούσε δεύτερη φωνή για τη Μαρινέλα και το Χατζή, και έπαιξε με το συγκρότημά του σε συναυλίες στο Σίδνεϊ και στη Ρομάντσα, έναν χορευτικό χώρο που ο πατέρας του Νίκου ίδρυσε το 1930 στην Ιθάκη. Ήταν ευεργέτης του χωριού του, του Σταυρού της Ιθάκης, όπου το σπίτι του βρίσκεται 1000 μέτρα από το υποτιθέμενο παλάτι του Οδυσσέα.

Ο Νίκος και εγώ καθιερώσαμε τις *σοφιστείες*, τα βράδια που φίλοι μαζεύονται για ένα δείπνο, μια συζήτηση για ένα αμφιλεγόμενο θέμα και τραγούδι. Η ιδέα για τις σοφιστείες μας ήρθε στο Bondi Junction, την Αθήνα του Νότου, στη διανοητικά εύφορη ημισέληνο μεταξύ Woolworths, Coles και Target. Προσπαθήσαμε να αναστήσουμε τις *σοφιστείες* στην Ελλάδα μετά από 2400 χρόνια παύσης, στη Λευκή Ιθάκη. Οι ντόπιοι δεν αντέδρασαν πολύ καλά και γύρισα στον Νίκο για βοήθεια. Ο Νίκος μου είπε, παραιτήσου, έχασες, δεν υπάρχει ελπίδα, ας προχωρήσουμε απευθείας στο τραγούδι. Είχα την ευκαιρία να του επιστρέψω τη χάρη. Σε μια σοφιστική συζήτηση για την πυρηνική ενέργεια, είπα «αν δεν ήταν για τον Γιώργο και τους φίλους του, θα είχαμε πυρηνική ενέργεια σήμερα». Είπα, «Νίκο, δεν ήμασταν εναντίον της πυρηνικής ενέργειας, ήμασταν εναντίον σε σένα»

Σε πολλά, ο Νίκο ήταν τυχερός. Ποιος δεν θα ζήλευε να τον βλέπει να χορεύει με τη Φαχίμα, τη σύζυγό του που χορεύει εκπληκτικά. Η Φαχίμα ήταν εκεί στις όμορφες στιγμές και τις στιγμές της ανάγκης. Είχε τέσσερα παιδιά, τον Άθουρ, την Ελεάνα, τον Μάρκο και τον Κρίστοφερ, και ήταν περήφανος για τα επιτεύγματα καθενός από αυτούς. Δύο από αυτούς του έχουν ήδη δώσει το μεγαλύτερο δώρο της ζωής, τα τέσσερα εγγόνια του.

Είχε πολλούς φίλους που θα χάσουν το χιούμορ, τη διαύγειά του, την καλή του θέληση, τη μουσική του. Ο Νίκος ήταν η ζωή πολλών συγκεντρώσεων -- μια ορχήστρα μόνος του. Γι' αυτούς αναπαράγω το ποίημα του Καλλίμαχου της Αλεξάνδρειας των αρχαίων χρόνων:

**Τα νέα του αποσώμου σου, Ηράκλειτε, δάκρυα φέρνουν στα μάτια μου, Θύμησες των φεγγαριών που ολόγιομα**

*χαιρετήσαμε  
Μιλώντας στον ήλιο μέχρι αυτός  
ν' αναπαυτεί.*

*Και τώρα σκέφτομαι, παλιέ μου φίλε,  
δεν είσαι παρά σκόνη  
Στο χόμα της πατρίδας σου το μακρινό.  
Αλλά τ' αηδόνια σου ακόμα τραγουδούν  
Πολύ γοργά, ακόμα και για το φριχτό  
αγκάλιασμα του θανάτου  
Που 'ρχεται τα πάντα να μας πάρει.*

Για μένα, ο Νίκος ήταν ο ιδανικός φίλος και περιστασιακά κατά τη διάρκεια της ημέρας μου μιλάει η φωνή του, όπως και τα λόγια του Καβάφη της πρόσφατης Αλεξάνδρειας:

*Ιδανικές φωνές κι' αγαπημένες εκείνων  
που πεθάναν...*

*Κάποτε μες στα όνειρά μας ομιλούνε.  
Κάποτε μες στη σκέψη τες ακούει το  
μυαλό.*

*Και με τον ήχο των για μια στιγμή  
επιστρέφουν ήχοι από τη πρώτη ποίηση  
της ζωής μας  
σα μουσική τη νύχτα μακρινή που σβήνει.*

Θα δανειστώ τη μεταφορά από το πέραςμα του Περικλή που χρησιμοποίησε ο ίδιος ο Νίκος για να πω:

**Ο Νίκος έχει υφάνει στη ζωή μας πολύχρωμα νήματα που θα μείνουν μαζί μας μέχρι το δικό μας τέλος.**

Με το εκκλησιασμά στο Newcastle, ο Νίκος ολοκλήρωσε το ταξίδι της ζωής, επιστρέφοντας στο σημείο όπου γεννήθηκε. Όσοι τον συναντήσαμε στο ταξίδι θα τον κρατήσουμε για πάντα ως φίλο μας.



2019 photo of Nick (right) with Vaggeli Mihalato (centre) and Maki Andrianato at the Romantsa in Stavros

The bell tolled in Ithaca on 25 June 2021, in Stavros and in Vathy, for **Nick Sikiotis**, 69 years old, a man with many friends and, for me, my closest. Two weeks before his death on his last post on Facebook, Nick borrowed the words of Pericles:

**What we leave behind is not what is engraved in stone monuments, but what we have woven into the lives of others.**

He was taken from Newcastle by his parents, Arthur and Eleni, and brought to Ithaca to complete primary and high school. He entered High School as I was graduating. He then went to the Polytechnio of Athens before taking a management degree at Columbia University in New York. He was brought to Australia by the Fraser government to help establish the nuclear power industry, and stayed here after the government abandoned its plans.

Many in the Greek community know Niko for his talent in singing and playing the guitar. He sang second voice to Marinella and Hatzis, and performed with his band at functions in Sydney, and in the *Romantsa*, a dance venue

Niko's father established in the 1930s on Ithaca. He was a benefactor to his own village, Stavro, where his house is located one kilometre from the putative palace of Odysseus.

Nick and I established the *sophistries*, evenings during which friends get together for a dinner, a discussion on a controversial topic and singing. The idea for the *sophistries* came to us in Bondi Junction, the Athens of the South, in the intellectually fertile crescent between Woolworths, Coles and Target. We attempted to resurrect the *sophistries* in Greece after a 2400-year hiatus, in Lefki Ithaca; the locals did not react very well and I turned to Nick for help. Nick said to me, "give up mate; there is no hope, let us proceed directly to the singing". I had the chance to repay him the favour. In a *sophistry* discussion on nuclear power, he said, "If it was not for George and his friends we would have nuclear power today." I said, "Nick, we were not against nuclear power, we were against you."

In many ways, Niko was lucky. Who wouldn't be jealous seeing him dance with his wife Fahima who is an amazing dancer. Fahima was there in the beautiful times and the times of need. He had four children, Arthur, Eleana, Marcos and Christopher, and was proud of the achievements of each one of them. Two of them have already given him the greatest gift of life, his four grandchildren.

His friends will miss his humor, intellect, goodwill and music. Nick was the life of many get-togethers - an orchestra all by himself. For his friends, I reproduce the poem of Callimachus of Alexandria of ancient times: *The news you were gone, Heraclitus, brought me to tears.*

*I remembered how many twilights we'd worn out together,  
Talking the sun to his rest.  
And now, I suppose,  
You are nothing but dust, old friend, in your home far away.  
But your nightingales are*

*singing, too quick for the touch  
Even of death who robs us of everything.*

For me, Nick has been the ideal friend and now through the day his voice speaks to me as do the words of Kavafi of Alexandria of recent:

*Ideal and beloved voices of those who died...*

*At times in our dreams they speak. At times in thought the brain hears them. And their sound for a moment brings back the first poetry of our life, like music of the night that fades in the distance.*

I will borrow the metaphor from the passage of Pericles which Nick himself used:

**Nick has woven into our lives colorful threads that will stay with us until our own end.**

With the Newcastle church service, Nick completed the journey of life, returning to where he was born. Those of us who met him on the journey will forever hold him as their friend.

**Γιώργος Παξινός - George Paxinos  
Sydney**



## An interview with Costas Kaloudis of the Ionian Environment Foundation

**Fionn Skiotis spoke with the Director of the Ionian Environment Foundation, based in Corfu. Started in 2019, the IEF is dedicated to addressing the many environmental issues affecting our beloved Ionian islands.**

**Costas, I was delighted to learn recently about the Ionian Environment Foundation. Could you describe how it was established and what it's seeking to achieve?**

The Foundation aims to level up conservation efforts for the Ionian Islands and Sea and to contribute to solving environment-related problems, while raising awareness, educating and showcasing possible solutions. It is part of [The Conservation Collective](#), a network of foundations founded by Ben Goldsmith, a well-known English investor, ecologist and philanthropist.

The first foundations were established over a decade ago to gather resources locally from people who care about the islands and their sustainability. The successful model has been replicated in many places since, in response to calls from local people and foreign home owners. In 2019, after gathering the first few donors and founding members, the time came for the Ionian Islands to have their own organisation and join this network.

**How does the Foundation go about its work and achieve its goals?**

The Foundation has four main functions. Firstly, it raises funds from private donors and other foundations who have relevant interests. Secondly, it distributes these funds to the most effective initiatives and organisations. Thirdly, when there is lack of action on an important issue, the IEF may establish a new project. And finally, we set up collaborations and partnerships with key stakeholders and organisations.

We have a strong bottom-up mentality and consult local citizens and experts, in order to ascertain their views on the problems and the approaches most likely to be effective. We operate with minimal staff, so that most of the funds go directly to projects, which are run by our partner organisations and individuals.

**How did you come to be Executive Director of the Foundation?**



When I was contacted about the opportunity to get involved with this new organisation, it seemed the perfect opportunity for me. I conducted research and wrote a detailed report about environmental issues in the Ionian Islands and then continued on as the Director, first tasked with setting up the new foundation and then with running and developing it.

**What responses do you get from people in the Ionian Islands regarding the Foundation?**

People's responses have been surprisingly positive. People realise the many problems facing the islands and the need for serious action to tackle them. Also, it seems most people understand and accept the need to preserve the natural environment.

Despite being a new organisation, we've received many proposals and are regularly contacted about ideas for projects and calls for local environmental action. The younger generations in particular seem eager for changes in habits and ways of operating, for the sake of long-term prosperity. It's also very encouraging when people offer to help in any way they can, as it reflects a sense of urgency and a recognition that our mission is important.



**What do you see as the most critical environmental issues facing the Ionian today?**

It seems that we follow global trends and experience the same problems as much of the world, though sometimes with local peculiarities. With marine conservation, overfishing and marine pollution are major issues. Until a couple of decades ago the marine environment was impressively rich and clean, now the situation is getting critical.

Waste management is a major issue too. As systems and facilities for proper waste management are lacking everywhere, recycling, composting and public awareness levels are extremely low or non-existent. That results in pollution of the land, sea and air, while economic opportunities are missed. On the land, unsustainable development to accommodate an expanding tourism industry and to provide more real estate creates problems. Due to wildfires, we've lost a lot of nature over the last decades, which also means reduction in animal species and biodiversity.

**Can we realistically hope to make an impact on these issues?**

We can and we must! While these issues may seem overwhelming on a large scale, we can expect that when people with the right motivation and expertise focus on specific issues in a certain location, we will see results. For all these issues it seems the time for change has come because people have started demanding it. I've been contacted so many times with queries about the environmental issues we face and many people offer to help. These are strong indications. Now, it is a matter of working professionally, setting up the right projects, with the right approach and people. We believe we can achieve a lot in the medium and long term, and also in the short term. The big clean-up operation in Ithaca we participated in is an example.

**Have you visited Ithaca? What were your impressions?**

Yes, I visited Ithaca recently to participate in a big clean-up action, the [Journey to Ithaca](#). Together with volunteers recruited through the Foundation, we contributed to the clean-up itself. I met many enthusiastic local people, including the mayor, who is very active in coastal cleaning.

Overall, I got the impression of an island that is still well-preserved and has maintained a strong identity. There are problems, which people recognise, but the balanced development that the island has so far undergone means there are possibilities for fixing problems and – with the right moves – securing a sustainable future for all. People care about their island and that is hugely important!

**How can people in Australia help the Foundation?**

Two steps seem particularly relevant. Firstly, making a direct donation is hugely important and welcome. We run the Foundation entirely through private donations, so the more we have, the more we can do and the more ambitious we can be. Equally, helping to raise funds for us through your social and professional circles is a great way to help.

Secondly, spreading the word about our existence and work, especially to acquaintances based on the Ionian Islands, can help our efforts to grow. Everyone should feel encouraged to share ideas and contacts!

**Thanks Costas and best wishes for the IEF's important work! Fionn Skiotis**

**Ghost Diving** is an international registered charity organization of volunteer technical divers specialized in the removal of lost (ghost) fishing gear and other marine debris. [www.ghostdiving.org](http://www.ghostdiving.org)

**Enaleia** is a Greek non-profit social enterprise whose mission is to make the marine ecosystem sustainable by tackling both overfishing and plastic pollution. <https://enaleia.com>

**Healthy Seas** is an organisation which tackles ocean pollution through clean-ups and directs the waste collected for recycling. [www.healthyseas.org](http://www.healthyseas.org)

**Εις Μνήμη Σπυρίδωνος Λεκατσά (Σπηλιάτσου)  
δημοσιεύουμε ποίημα του, τόσο επίκαιρο  
για την εποχή μας**

**ΠΡΟΣΤΑΣΙΑ ΣΤΗΝ ΦΥΣΗ**

Διά το ίδιο θέμα έγγραφα  
μ'άλλη μορφή και πνεύμα  
Θα κάμω μιά επανάληψιν  
διά της εποχής το ρεύμα

Μου έδωκε την αφορμήν  
ένα Ανθοπωλείον  
Κάποιος του Δήμου Ανθόκηπος  
άφατον Μεγαλείον

Είδον τα έμψυχα και άψυχα  
Θεού την Αρμονία  
Και είπον: Δει να σεβαστεί  
παρούσα κοινωνία

Να μην τα φάει ο πολιτισμός  
και εποχής τα μέσα  
Αφήσατε τη μέλισσα  
και πεταλούδα *SCHERCHA*

Τον καλογιάνο να λαλεί  
ανέμελον στα χιόνια  
Την πέρδικα, τον κότσυφα  
τον φασιανόν στ' αλώνια

Ού μόνον μηχανήματα  
και αερίων νέφη  
Κάποιος π'είχε λίγο μυαλό  
Στομφώδη λόγια Έφη...

Ο λύκος στην βουνοπλαγιά  
στο δάσος η ελαφίνα  
Κι'άλλα απ'τα απεριγράπτα  
τα μεγαλεία εκείνα..

Απ'το Στροφάλια να πετά  
η κελαηδοτρυγώνα  
Και μην θαυμάζεις, άνθρωπε  
τον Μηχανοαίωνα

Τα πολυφτερωτά πουλιά  
να ζευγαρώνουν *PLERGIA*  
Και να πετούν ανέμελα  
ως τ'ουρανού τ'αστέρια

Και απ'τα δημιουργήματα  
ποιό να πρωτοθαυμάσεις  
Του Πλάστη τα επιτεύγματα  
ποτέ να μην ταράξεις

Αυτά άμυαλε άνθρωπε  
άλλος τα διαφεντεύει  
Από Θεό. Αυστηρά Εντολή  
και σεβασμό γυρεύει

Αυτός π'αυτά οργάνωσε  
τ'έχει επ'αεί ρυθμίσει  
Ανίκανος - Επικίνδυνος  
Μην τα κατακρημνίσει!

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