



HELLENIC SOCIETY NEWS

Newsletter of the Hellenic Society of Maine

Vol. IX
Spring 2015

Website: www.hellenicsocietyofmaine.org Facebook: www.facebook.com/

Fall 2014 kicked off with two big events in September:

Sold Out Evening of Rebetiko by “Rebetoparea”



HSoM presented the Boston rebetico band, “Rebetoparea,” in a special sold-out evening of music, dinner and dancing Sunday, September 28, at Bruno’s Restaurant at Morrill’s Corner in Portland. The lucky 70 people who bought tickets in time were treated to some truly great music. A buffet dinner was included.

Rebetiko, an infectious musical genre, is often compared to American blues. Though there is no consensus on a definition, one may describe a *rebetiko* song as one that

expresses sorrow of loss, lovesickness, and the tough life of the underworld. It is a musical folklore of the urban centers at the turn of the last century and, in particular, of the urban population that lived in the margins of society.

Attendees included full tables from the four parishes in the state as well as many members and friends. The person responsible for the planning and organizing of this event was HSoM board vice president **Chris Ziagos**. Others who helped included co-



chair Irwin Novak; George Spatoulas, Christos Gianopoulos, Dorothea Klimis-Zacas and Miltos Zacas worked hard to sell whole tables; Tess Paras and Janice Antonacos handled tickets and other finances; and Judith Allen Efstathiou organized decorations which included copies of very old rebetika album covers.

Watch for information on a possible return performance by the band next fall!

Greek Side of Boston Bus Trip

HSoM joined with the Osher Lifelong Learning Institute at USM (OLLI) to offer a day trip to Boston on Sept. 10, focusing on that city’s Hellenic/Greek aspects. Thirty five eager travelers boarded the bus, led by HSoM board president Mary Snell and OLLI advisor Gael McKibben.

The first stop was at the beautiful St. Demetrios Greek Orthodox Church in Saco where **Fr. Basil Arabatzis** introduced the group to Orthodoxy and its iconography. Ohh’s filled the church when the doors opened revealing the glorious interior. After lunch at Brothers Kuisina, the bus traveled to the Museum of Fine Arts, to the several galleries that house the Classical Greek collections. Then it was on to the MFA’s Museum School’s Grossman Gallery to view an exhibit of contemporary Greek art. **Curator Eirene Foteini** of Athens (daughter of HSoM board member Judith Allen Efstathiou) gave us a private introduction to the exhibition.



The day concluded with a special highlight – a rare opportunity to visit the Greek Consulate on the Boston Common, where we were warmly welcomed by staff and the **Consul General, Iphigenia Kanara** (at left) and offered coffee and cookies as she spoke about the role of the consulate and about Greece in general.

Spring 2015 Lecture Series

The Spring 2015 Lecture Series features two presentations.

The first, a lecture on Thursday March 5, is an in-depth look at the nutritional benefits of the Mediterranean Diet given by Prof. Dorothea Klimis-Zacas.

The second event will be a special panel discussion at 5 p.m. Friday, April 24, moderated by well known Portland attorney, **Harold Pachios, Esq.** The topic will be “**Immigration Through the Greek Experience**” and will take place in the studio of Community Television Network, 516 Congress St. The public is encouraged to attend this discussion live in the studio, but it also will be videotaped and then broadcast several times in May as part of Mr. Pachios’s regular program on Ch. 5.

March 5, 2015 -- “The Mediterranean Diet: Defense Against Disease” by Prof. Dorothea Klimis-Zacas

This lecture will be held at 7 p.m. Thursday, March 5 in Room 209, Payson Smith Hall at the University of Southern Maine, Portland. The Metabolic Syndrome affects a quarter of US adults and contributes highly to health care costs in the U.S. It is characterized by

Tenth Annual – Spring 2015

Contemporary & Classic Films about Greece

“Plato’s Academy” (Ακαδημία Πλατωνος) Director: Filippos Tsitos, Greece, (2009)

Sunday, February 8, 3 PM, Talbot Auditorium, Luther Bonney Hall, USM Portland Campus



Stavros (Antonis Kafetzopolous) and his friends are precise specimens of a very real and vociferous part of Greek society: the xenophobes. They fear and love to hate foreigners, especially those from Albania who arrived en masse in Greece in the early '90s, and created a massive upheaval in Greek society and economy. By offering their backs as cheap labor, they literally helped build what Greece made of itself in the later part of that decade and the beginning of the next. From the massive infrastructures across the land that demanded plentiful workforces, to dismal homes in obscure villages that needed rebuilding; from acres of crops that required harvesting, to Olympic Games buildings that needed employees – foreigners were the ones to do all the dirty work. But can they be accepted? *103 minutes. In Greek, Albanian & German with English sub-titles.*

“Hostage” (Ομηρος) Director: Constantine Giannaris, Greece, (2005)

Sunday, March 8, 3 PM, Talbot Auditorium, Luther Bonney Hall, USM Portland Campus

This film provides another look at the uneasy relationship between Greeks and their neighbors to the northwest – Albania. It was one of the first countries to allow citizens to leave from behind the Iron Curtain and many of them came to Greece looking for opportunities. Inspired by the real-life story of a bus hijacking in Northern Greece in 1999, “Hostage” explores the sensitive issue of Greek-Albanian relations through the drama of a young Albanian who takes over an intercity bus in an attempt to reclaim his honor. Upon hijacking the bus, he takes seven passengers hostage and demands a ransom of million and half euros and safe passage to his homeland of Albania. The tension mounts as each passenger shows his or her true colors until the final harrowing conclusion. *105 minutes. In Greek and Albanian with English sub-titles.*



“The Glory Brigade” Director: Robert D. Webb, USA, (1953)

Sunday, April 19, 3 PM, Talbot Auditorium, Luther Bonney Hall, USM Portland campus



Did you know that Greece sent the fifth largest contingent of U.N. troops to Korea during the 1950's conflict? Victor Mature stars as Lt. Sam Pryor in this Korean War drama based on a true story. Pryor volunteers his American platoon to escort and provide river transport to Greek troops who will perform a reconnaissance mission behind Communist lines. Some leaders express doubts about American troops being under “foreign” command for the operation. Due to his Greek heritage Pryor is initially proud to accompany the Greek contingent (represented here in a stereotypical fashion), but his feelings change to scorn and mistrust when, what he believes is cowardice shown by the Greek soldiers and their leaders, results in unexpected consequences. Yet an uneasy alliance is maintained between the US and Greek troops as they try to learn the enemy's true objective. Also starring Alexander Scourby, Lee Marvin, and Richard Egan, who won a Golden Globe for Best New Actor for this role. *Unrated. 82 mins. In English.*

(Lectures, from p.1) chronic low-grade inflammation which is an important mediator in the development of insulin resistance and heart disease. Recent evidence supports the role of the Mediterranean Diet in providing protection against inflammation. This presentation will detail the benefits of the Mediterranean Diet including foods that help prevent and/or decrease the ill effects of inflammation on the body.



Dorothy Klimis-Zacas is a Professor of Clinical Nutrition at the University of Maine; and is a cooperating professor of Nutrition and Dietetics at Harokopio University, Athens, Greece, and at the Department of Food Science and Human Nutrition at the University of Milan, Italy. She teaches undergraduate courses in clinical nutrition and graduate courses on the role of diet on disease prevention and therapy. Her current research relates to basic investigations in the area of functional foods, specifically berries, and their role on inflammation and vascular function, metabolism and gene expression related to cardiovascular disease and the metabolic syndrome.

A Fulbright and Cariplo Fellow, Dr. Klimis-Zacas is the author of numerous research articles and the editor of *Manganese in Health and Disease, Nutritional Concerns for Women* and editor-in-chief of *Annual Editions in Nutrition*. She is a member of The American Society of Nutritional Sciences, The International Atherosclerosis Society, The American Academy of Nutrition and Dietetics, The Italian Society of Nutrition, The American Heart Association and many others.

April 24, 2015 — “Immigration Through the Greek Experience” a panel discussion moderated by Harold Pachios.

This special event ties into a timely hot topic of today — immigration. At 5 p.m. in the CTN studios, a panel of four representative Greeks from the Maine community will discuss questions such as ‘what it means to be Greek’ and will relate personal stories and experiences of how they and/or their families immigrated to America and to Maine.

Con't. p.4

Quick Calendar Summary

All events are free

Feb. 8– Film: *Plato’s Academy*, 3 p.m., Talbot Auditorium, Luther Bonney Hall, USM Portland campus.

Mar. 5 – Lecture: “*The Mediterranean Diet: Defense Against Disease*” by Dorothy Klimis-Zacas. 7 p.m. Room 209 Payson Smith Hall, USM Portland.

March 8– Film: *Hostage*, 3 p.m. Talbot Auditorium, Luther Bonney Hall, USM Portland.

April 19– Film: *The Glory Brigade*, 3 p.m. Talbot Auditorium, Luther Bonney Hall, USM Portland.

April 19 – Annual Meeting: Brief meeting at 2 p.m. before the above film, with a reception following. Talbot Auditorium, Luther Bonney Hall

April 24—Panel Discussion: “*Immigration Through the Greek Experience*” led by Harold Pachios. 5 p.m. Studios of Community Television Network, 516 Congress St., Portland.

✂ *Clip and Save!* ✂

How to check on event storm cancellations

In the case of bad weather, call the USM Storm Line at 780-4800 at any time. If the USM campus is closed, HSoM events there are cancelled, too.

Drawing and Painting in Greece

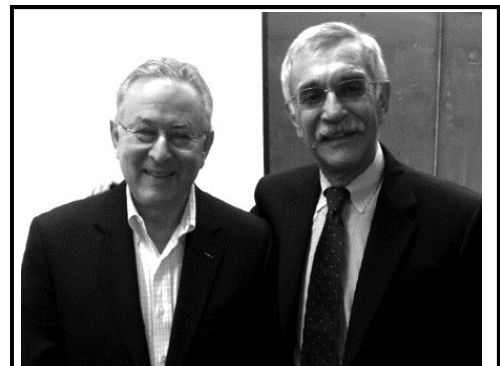
Do you dream of drawing and painting in Greece?! Well, this is your chance! HSoM board member Judith Allen Efstathiou is offering such a class through the Maine College of Art and the Athens Centre -- “**Impressions of Greece: Drawing and Painting on site in Athens and on the Island of Kea**” from June 16 - 30, 2015.



This 14-day intensive drawing and painting workshop will use the distinctive variety of Greek landscapes as inspiration. Working in the vibrant yet ancient city of Athens and on the beaches and mountains of the breathtaking Island of Kea, students will work in watercolor, pen, and pencil with the goal of developing and sharpening their abilities to see the world around them in new ways. This course is for beginners as well as students with prior art experience.

Judith Allen-Efstathiou is a printmaker and mixed media artist whose recent work explores the historical use of drawing by botanists and by early travelers to Greece before the invention of the camera. She lives half the year in Portland and spends the other six months between her home near the Acropolis in Athens and at her village house on Kea. She has taught drawing and printmaking in the USA and Greece for the past 16 years. She exhibits her work in the USA and Europe, and recently had her work exhibited at the Benaki Museum, Athens, Greece this past Fall 2014.

The program fee for two weeks is \$1825. Double shared room housing is \$1140. (There are options to earn academic credit; single rooms also are available.) Some meals are included. *For more information or to register, please call the Maine College of Art Continuing Studies Office at 699-5061. Check on registration deadlines.*



HSoM Board member Christos Gianopoulos, left, introduced speaker S. Victor Papacosma before his Oct. 16 lecture on the politics of the Asia Minor Disaster. Prof. Papacosma, retired from Kent State Univ., was Executive Director of the Modern Greek Studies Asso.

DUES - Our dues cover the period of July 1 to June 30 each year, NOT a calendar year. If you want to join for the second half of this year, please copy the form, fill it out, and send it and a check (made out to:

Hellenic Society of Maine) to HSoM, c/o Taxia Paras, P.O. Box 598, Scarborough, ME 04070-0598

For more information via E-Mail: msnell@maine.edu

Name: _____

Address: _____ City _____ State _____ Zip _____

Telephone _____ Email _____

For 2014-2015: Renewal / New (circle one)

_____ \$19.75 (date of Greek Constitution) **Annual Full Member** (grants the right to vote on policy issues)

_____ \$12.50 (BC date of Trojan War) **Annual Associate Member**

**Make check or money order payable to:
Hellenic Society of Maine**

**Send to: Taxia Paras, Treasurer
P.O. Box 598**

Scarborough, ME 04070-0598

_____ I can't join now, but enclosed is my donation of _____
in support of your efforts.

Hellenic Society of Maine

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www.hellenicsocietyofmaine.org

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We rely on email to send quick reminders and updates to members and friends. PLEASE send us your EMAIL address. With rising costs, we are not sure how long we can afford to print and mail this newsletter twice per year.

Lectures—continued from p.2

Harold C. Pachios, a founding partner of the Preti Flaherty law firm, has had a distinguished career that has included stints at the White House and the U.S. Department of Transportation. He was Associate White House Press Secretary under President Lyndon B. Johnson, after serving as Deputy Congressional Liaison for the Peace Corps during that agency's earliest years. In 1967 Harold became attorney-advisor to the Secretary of the newly created Department of Transportation. In 1969 he returned to Maine and began his practice of law in Portland.



As lobbyist for a coalition of environmental groups, he was instrumental in the initial enactment of Maine's landmark site location and coastal pollution laws. In 1993 he became a member of the U.S. Advisory Commission on Public Diplomacy, and designated Chairman in 1999. The Commission advises the President, Secretary of State, and Congress on public diplomacy programs carried out by the State Department and U.S. embassies around the world. He is a member of the Council on Foreign Relations.

A graduate of Princeton University and Georgetown University, he has served as a visiting lecturer in environmental law at Bowdoin College. He is a former trustee of the American College of Greece, of the Maine College of Art, and of Maine Maritime Academy, and formerly served as a member of the legislative committee of the United States Olympic Committee. For 15 years he has served as Chairman of the Board of Visitors of the UMaine School of Law. He also serves on the National Governing Board of Common Cause, the Board of Visitors for University of Southern Maine, and of the Salzburg (Austria) Seminar. He is a fellow and/or board member of many national legal organizations and local civic and cultural organizations.

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