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Western District
<https://www.panarcadianwest.org/>

PFA Headquarters
<https://panarcadian.us/>

United Arcadians of San Francisco #35



GENERAL ASSEMBLY

February 14th - Saturday 930am at IHOP – see you there!

**No-host Breakfast at IHOP
316 S Airport Blvd, South San Francisco, CA
94080**

AGENDA

Vasilopita!
& Elections
& 2026 Membership Fees increase decision
Treasures Report

Calling on all Members for Board Elections!
President/Vice President/Treasurer/Secretary

SF Arcadians Calendar – bring your ideas!

- 2026 –Casino, coffee hours
- 93rd Anniversary Celebration
- membership campaign, fund raising events

2026 Membership Dues & Donations –Thank You!
(70 total members) 15% members paid to date!

Membership dues! \$45/annual **pay before the increase!
Please mail your 2026 dues to the treasurer:
Alex Mallas, 3937B Colegrove St. San Mateo, CA 94403

Happy Valentine's Day!

Evangeline – SF chapter president

Happy
Valentine's
Day

- **What Village/Horyio are you & your family from?**

- Share with us & we will update the SF Arcadian Web page!

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Megalopoli (Greek: Μεγαλόπολη, is a town in the southwestern part of the regional unit of Arcadia, southern Greece. It is located on the same site as ancient Megalopolis (Ancient Greek: Μεγαλόπολις, Romanized: Megalópolis, lit. 'large/great city').

- Founded in 369/368 BC by the Theban general Epaminondas, it served as a strategic stronghold against Sparta and became the seat of the Arcadian League's Assembly. The city incorporated numerous neighboring communities, including abandoned villages, making it one of the largest cities in the region. Megalopolis is notable for its mint, which produced coins featuring deities such as Zeus Lycaeus and Pan, along with the name of Arcadia.
- Rome conquered Megalopolis during the Third Macedonian War in 146 BC, as part of their conquest of Greece. The city remained populated under the Romans but by the 6th century it was almost completely abandoned. During the Byzantine era, and later also the Ottoman, the town on the same place was called Sináno (Σινάνο). It was renamed Megalopoli after the Greek War of Independence.
- Despite its initial prominence, the city faced challenges after Epaminondas's death in 362 BC, including threats from Spartans and later conflicts during the Hellenistic period. Although the city experienced periods of tyrannical rule and destruction, it also saw efforts for revival by influential figures like Philopoemen and historian Polybius.
- Today, archaeological excavations have revealed significant structures, including the agora, theater, and remnants of the sanctuary of Zeus, reflecting the city's historical significance.

- **News Clips ***

- **Fatal Collision in Aegean Sea:** A Greek coast guard vessel collided with a speedboat carrying migrants near the island of Chios, resulting in at least 15 deaths, including children. The incident occurred when the migrant boat attempted to evade a patrol boat, causing a collision that left dozens injured.
- **Constitutional Reform and Political Stability:** Prime Minister Kyriakos Mitsotakis initiated a "bold" revision of the Greek Constitution, aiming to strengthen institutional stability amid international uncertainty and ahead of upcoming elections. In an interview with SKAI TV, he addressed "deep state" issues and announced a planned meeting with Turkish President Tayyip Erdogan before February 15.
- **Mandatory E-Invoicing Implementation:** Greece officially initiated a mandatory, phased e-invoicing regime for B2B transactions as of February 2, 2026, targeting large enterprises first, with full compliance required later in the year.

• **News Clips * continued**

- **Energy Sector Deal with Ukraine:** A Greek joint venture announced a deal to supply U.S. liquefied natural gas (LNG) to Ukraine, starting in March 2026, reinforcing Greece's role as a key energy transit route to Europe.
- On January 26, 2026, a massive explosion and fire at the **Violanta biscuit factory** near the city of Trikala in central Greece killed **five female workers**. **Location:** The incident occurred at the main production plant of Violanta, a well-known Greek biscuit manufacturer, located on the outskirts of Trikala. **The Cause:** Preliminary investigations suggest the explosion originated near industrial gas-powered ovens during the night shift, which caused a partial collapse of the building.
- **Culture:** The film "Arcadia" by Giorgos Zois was selected to represent Greece at the 2026 Academy Awards.
- **Environmental & Weather Alert (Feb 3, 2026):** Municipal authorities in the Peloponnese, specifically in Ilia and affecting the Arcadia region, are on high alert due to heavy rains causing the **Alfeios River to swell**. The danger is particularly high along the section starting in Ladonas, with teams monitoring water levels to prevent flooding.
- **Severe Weather Front (Feb 1, 2026):** Arcadia and the surrounding Peloponnese region were directly hit by a first wave of severe weather, including heavy rains and thunderstorms, which prompted red alert warnings in early February 2026.
- **Archaeological Discoveries (Jan 27–28, 2026):** Researchers recently discovered the **world's oldest known wooden tools** near Megalopolis, in the Arcadia region. These tools, found in the Megalopolis basin, date back approximately 430,000 years.
- **New Migration Policy:** The Greek government is moving forward with an immigration bill introduced in January 2026, which includes plans to build three new, partly temporary, migrant detention centers in Crete to manage increased arrivals from 2025.
- **Greece-Turkey Relations:** Prime Minister Kyriakos Mitsotakis announced a visit to Ankara to meet President Recep Tayyip Erdogan before February 15, 2026, emphasizing autonomous negotiations without third-party mediation.
- **Energy Developments:** Greece is strengthening its position as an energy hub, clearing environmental hurdles for a second Thrace LNG terminal and receiving U.S. LNG cargoes in Alexandroupolis.

What's Cookin? Ti tha fame?

- **Beeftekia me Patates Lemonates** **Beeftekia with lemon potatoes**

Ingredients

For the Meatballs:

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|-----------------------------------|--|
| 2 pounds lean ground beef | 2 eggs |
| 1 onion, finely chopped | 2-3 garlic cloves |
| 1 bunch parsley (1/2 cup chopped) | 1 and 1/2 cups unseasoned bread crumbs |
| 1 cup milk | 1/2 cup shredded parmesan cheese, optional |
| 2 teaspoons dried oregano | 1/2 teaspoon dried mint |
| Salt & black pepper, to taste | 1/4 teaspoon crushed red pepper flakes, optional |

For the Potatoes:

- | | |
|--|---------------------------------|
| 8 potatoes, cut into 3/4 inch thick slices, soaked in cold water | |
| 1/2 cup olive oil | 1/4 cup fresh lemon juice |
| 1 tablespoon mustard | 1-2 teaspoons salt, or to taste |
| Freshly ground black pepper | 2 teaspoons dried oregano |
| Pinch of crushed red pepper flakes | 1/4 teaspoon cumin powder |
| 2 cups of water or chicken broth | |

Instructions

Preheat the oven to 400 °F, 200 °C.

To Make the Meatballs:

- Place the ground beef in a large bowl.
- Chop the garlic in the food processor until minced. Add the parsley and pulse until finely chopped. Transfer to the bowl with the ground beef
- Add the onions to the food processor and pulse until finely chopped.
- Whisk the milk and egg together.
- In a large mixing bowl, combine all of the meatball ingredients and knead well to combine
- Form golf-sized meatballs or into burger patties.

To put it all together:

- Drain the water from the potatoes & place the slices in a 9 by 13-inch baking dish or lasagna pan.
- Combine the olive oil, mustard, grated garlic, and lemon juice in a mixing bowl. Whisk well to combine.
- Pour this marinade over the potatoes. Season with salt, pepper, cumin, oregano. Toss to coat.
- Pour the water over the potatoes making sure that they are covered halfway. Add more water if needed.

Place the meatballs/patties on top of the potatoes.

Cover with foil and bake for 40 minutes.

Remove the foil and bake an additional 35-40 minutes, uncovered, or until the potatoes are fork-tender and the meatballs/patties are golden.

***** *Kali Orexi! Bon Appetit!* *****