PRESIDENT
Evangeline Nasious Mallas
3937B Colegrove St.
San Mateo, CA 94403
Phone 650-274-3057
Enasious77@gmail.com
&
Unitedarcsf35@gmail.com

VICE PRESIDENT
Patrick Wasley
2014 - 48th Ave.
San Francisco, CA 94116
Phone: 415-665-4448
irishpiper104@yahoo.com

Acting SECRETARY
c/o Evangeline Nasious

TREASURER
Alexander Mallas
3937B Colegrove St.
San Mateo, CA 94403
Phone: 650-591-1010
almallas@yahoo.com

SF Arcadians site
www.SFArcadians.org

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

PFA Headquarters
https://panarcadian.us/

United Arcadians of San Francisco #35

GENERAL ASSEMBLY

>> Meeting Oct 17th Sat 930am at IHOP –
No-host Breakfast at IHOP

316 S Airport Blvd, South San Francisco, CA 94080

- Event Planning Fundraising
- Membership Treasurers report

SF Arcadians Calendar – bring your ideas!

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

2026 Membership Dues & Donations –Thank You!
(72 total members) 55% 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

Sept 10th mtg – great meeting &
Thank you everyone for bringing pizza and dessert! Went well w/ our wine/appetizers

Thank you! -Sept 10th Donations Received:

- $50
- $100

Evangeline – SF chapter president 650-274-3057

NEWS HEADLINES FROM GREECE

- **Olympic Flame Begins Historic Journey from Athens to Dakar**

The Olympic Flame began its historic journey to Senegal on Thursday, September 10, after being lit at Athens' iconic Panathenaic Stadium ahead of the Dakar 2026 Youth Olympic Games.

The ceremony marked a significant moment for the Olympic movement. Dakar 2026 will be the first Olympic event ever held on African soil, bringing the Games to a continent that has never before hosted an Olympic or Youth Olympic event.

Approval of 7.67 million euros for projects and interventions by the Peloponnese Region

- **1.3 million euros for the lighting and promotion of the Acrocorinth Castle**
- The Region of Peloponnese is launching a significant intervention to highlight one of the most emblematic monuments of Corinth and the Peloponnese as a whole, with a call for funding of 1.3 million euros for the architectural lighting of the Acrocorinth Castle.
-
- The invitation, by decision of the Regional Governor of Peloponnese, Dimitris Ptochos, is part of the Regional Development Program (RDP) of Peloponnese 2026–2030 and in particular the axis for the protection and promotion of monuments, archaeological sites and places of historical and religious interest.
-
- The intervention concerns the design, procurement and installation of a modern architectural lighting system, with the aim of highlighting the Castle, the walls and the special architectural and historical features of Acrocorinth.
-
- **Greek Exports Hit €32.8 Billion as Food, Machinery and Industry Gain Ground**

Food is one of the most important categories. Exports of food and live animals approached €6 billion in the first seven months. Machinery and transport equipment accounted for more than €11 billion, while chemicals and manufactured goods also represented major parts of Greece's export trade

- Greek-American U.S. Representative Chris Pappas won the Democratic primary for the open U.S. Senate seat in New Hampshire Sept 2026

- **Greek-American Angelo Tsakopoulos Receives Key to the City of Sacramento on 90th Birthday**
- Greek-American Businessman Targeted in Failed Bomb Attack in Greece, Six Arrested

- Police in Greece arrested six people for planting a 10-kilogram (21lb) explosive device at the villa of a Greek-American businessman on the island of Lefkada.

The attempt to blow up the villa of the 81-year-old businessman took place in January. The explosive device could have caused extensive damage and possibly endangered human lives. However, the bomb did not explode. According to the investigation, the device was detonated, but the fuse went out for unknown reasons.

- **Germany Signals Migrant Returns to Greece Could Resume Under New EU Pact**

Germany is signaling that migrant and asylum transfers to Greece could resume under the European Union's new migration framework, raising fresh questions only months after Athens declared it had cleared outstanding obligations from the previous system.

The issue has emerged alongside a growing dispute between Germany and Italy over the return of asylum seekers to the EU country deemed responsible for examining their cases.

Berlin has adopted a tougher position on secondary migration and, according to recent reports, expects responsibility transfers to countries including Italy and Greece to operate under the EU's new Pact on Migration and Asylum. The framework entered into application on June 12, 2026.

Greece Sets New AI Rules for Students and Teachers in Schools

- The Greek educational system is moving past its initial phase of unfettered trials and entering a structured, regulatory framework for the use of Artificial Intelligence. Following a year of pilot implementations involving tools like ChatGPT Edu in selected public...
- From Pilot Program to Institutional Reality The initiative initially launched in roughly twenty schools, introducing students and educators to the capabilities of generative AI. While the early phase focused primarily on familiarity and digital skill-building, it quickly became apparent that a lack of regulations posed significant risks. In response, the relevant ministries formulated a comprehensive framework defining strict "red lines."

- According to these new guidelines, the use of AI applications remains entirely voluntary for both students and instructors, unconnected to grading or performance evaluation. Technology is expected to function supportively, enhancing rather than replacing human effort and critical thinking.

- **Greece is sending €500,000 in humanitarian aid to Saint George University Medical Center, the Greek Orthodox Archdiocese hospital in Beirut, the Foreign Ministry announced today.**

The funding was channeled through Hellenic Aid, Greece's official humanitarian

assistance agency, working alongside the World Health Organization's office in Lebanon. The money goes directly to the hospital's "Life-Saving and Limb-Saving Hospitalization" program, which provides critical care aimed at preventing amputations and deaths among the most vulnerable patients.

The Greek Foreign Ministry described the contribution as concrete humanitarian support at a moment when Lebanon's healthcare system is under severe strain. Saint George University Medical Center is one of Beirut's major medical institutions and has long maintained ties to the Greek Orthodox community in Lebanon.

Hellenic Aid has been active in Lebanon following the country's prolonged economic and political crisis, which has gutted public health infrastructure over recent years. The WHO's local office is coordinating with outside donors to direct funds where the need is most critical.

- **What Village/Horyio are you & your family from?**
- Share with us & we will update the SF Arcadian Web page!
-

- **why was Tripoli greece named Tripoli**? Tripoli in Greece was named after the Greek words for "three cities" (tri meaning three, and polis meaning city) because it was located near three ancient cities: Tegea, Mantinea, and Pallantion Established in the 14th century, the city was originally known as Tripolitsa (or Tripolitza) before the name was shortened to Tripoli in modern times.

Karytaina or **Karitaina** (Greek: Καρύταινα or Καρίταινα) is a village and a community in Arcadia, Greece. Karytaina is situated on a hill on the right bank of the river Alpheios, near its confluence with the Lousios. The village dates back to the Middle Ages, but its history is unknown before the Crusader conquest ca. 1205. Karytaina became the seat of a barony under the Frankish Principality of Achaea, and the Castle of Karytaina was built in the mid-13th century on a steep rocky outcrop by Baron Geoffrey of Briel. The area returned to Byzantine control in 1320, and came under Ottoman control in 1460. After a brief period of Venetian rule (1687–1715), Karytaina returned to Ottoman control, and prospered as an administrative and commercial centre. Karytaina and its inhabitants were among the first to rise up during the Greek War of Independence of 1821–29.
Today Karytaina is a protected traditional settlement and has, alongside the remains of its Frankish castle, several other medieval and Ottoman monuments.

Ano Doliana (Ano meaning "upper", Greek: Άνω Δολιανά, Greek pronunciation: [ano ðoliana:]) is a stone-built mountainous village in the municipality

of North Kynouria, in eastern Arcadia, Greece.[2] As of 2021 it had 62 inhabitants.[1] It is a protected traditional settlement.[3][4]
It used to be the main residence of the settlers, but nowadays only a handful of them stay throughout the year, as most use it as their summer residence and instead overwinter in Kato Doliana because of the milder climate.[5]

In recent years it has emerged as a relatively popular tourist destination, with a significant number of visitors during the autumn and winter season weekends, as well as for hikers, especially during spring or autumn.

What's Cookin? Ti tha fame?

Feta and Cranberry Chickpea Salad with Lemon Vinaigrette

For the Salad:
1 (15-ounce) can chickpeas, drained and rinsed
1/2 cup crumbled feta cheese & 1/2 cup dried cranberries
1/4 cup chopped red onion & 1/4 cup chopped fresh parsley

For the Lemon Vinaigrette:
3 tablespoons olive oil & 2 tablespoons fresh lemon juice
1 teaspoon Dijon mustard & 1 teaspoon honey (optional)
Salt and black pepper, to taste

Directions:
- In a large mixing bowl, combine the chickpeas, feta cheese, dried cranberries, chopped red onion, and fresh parsley.

- In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, honey (if using), salt, and black pepper until the dressing is emulsified.

Pour vinaigrette over the salad mixture & toss gently until everything is evenly coated.
- Let the salad rest for 10–15 minutes before serving to allow the flavors to meld.
- Serve chilled or at room temperature.

Pasteli (Παστέλι) Honey-sesame bars
Ingredients:

- 1 cup sesame seeds
- ½ cup honey
- (Optional) a few crushed almonds or pistachios

Instructions:

1. Lightly toast the sesame seeds.
2. Heat the honey in a saucepan until bubbly.
3. Stir in sesame seeds (and nuts if using).
4. Spread the mixture on parchment paper. Press flat with another sheet on top.
5. Let cool slightly, then cut into bars.

🧁 **4. Amygdalota (Αμυγδαλωτά) Greek almond cookies**
Ingredients:

- 2 cups finely ground almonds
- 1 cup powdered sugar
- 2 egg whites
- 1 teaspoon rose water or orange blossom water
- A little flour if needed
- Powdered sugar (for dusting)

Instructions:

1. Preheat oven to 160°C (320°F).
2. Mix ground almonds, sugar, egg whites, and flavoring into a sticky dough.
3. Shape into small balls or crescents.
4. Bake for about 15–18 minutes, until barely golden.
5. Dust with powdered sugar when cool.

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