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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 #1: Sept 10th 7pm
at Holy Trinity
Agenda: Meeting + wine/cheese social

>> Meeting #2
Oct 10th Mtg: Sat 930am at IHOP – see you there! 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

Evangeline – SF chapter president 650-274-3057

***** GREEK FESTIVALS:**

- **Belmont Greek Festival Dates:** Sept 5–6, 2026
  - **Loc:** Greek Orthodox Church of the Holy Cross, 900 Alameda de las Pulgas, Belmont
- **Roseville Greek Food & Wine Festival Dates:** Sept 5–6, 2026
  - **Location:** St. Anna Greek Orthodox Church, 1001 Stone Canyon Dr, Roseville ** *more festivals p2.* **

NEWS HEADLINES FROM GREECE

- **Historic €3 Billion ($3.5B) Defense Deal:** Greece and Israel finalized the **largest military agreement in the history of their bilateral relations**. Dubbed the **"Achilles Shield,"** the package will build a multi-layered air and missile defense architecture for Greece using cutting-edge Israeli radar and interceptor systems like David's Sling and Spyder
- **Erdoğan Warns Greece Over Militarization:** Following the massive arms agreement, Turkish President Recep Tayyip Erdoğan issued a **sharp warning from his plane returning from Bishkek**, demanding that Athens stop arming the Aegean islands. Erdoğan cautioned Greece to "learn from the past" and alter its military buildup.
- **Turkish Intelligence Chief Secretly Visited Athens:** It was revealed that Turkish intelligence chief **Ibrahim Kalin visited Athens last week** for high-level meetings with his Greek counterparts. [
- **Lebanon Seeks Greek Diplomatic Assistance:** Amid the fallout of the war with Iran, Lebanese President Joseph Aoun met with Greek officials to request **Athens' help in pushing for and enforcing a US-brokered framework agreement** with Israel.

Wildfires & Tourism Risks **Ancient Ruins Disturbed to Install Protections:** Due to intense climate-driven wildfires that have scorched over 20,000 hectares of land this year, Greece has taken the **unprecedented step of modifying the layout of World Heritage Sites**. Heavily forested sites like Mystras are being equipped with massive fire-hose boxes and modern defense gear to prevent destruction, sparking a debate regarding the visual impact on antiquity

Turkish research vessel stirs tensions

Greece and Turkey exchanged competing navigational notices after Ankara dispatched the oceanographic research vessel Tubitak Marmara to waters south of Kastellorizo, an area where Turkey only days earlier declared a marine park. The vessel has been operating several dozen miles south of the island since Tuesday morning under a Navtex issued by the Hydrographic Service station in Antalya for scientific research. Greece responded with a counter-Navtex issued from Iraklio, rejecting Turkey's authority to issue notices in what Athens describes as an area of Greek jurisdiction and stressing that the sea zone lies within Greece's potential continental shelf

***** GREEK FESTIVALS cont:**

- **Stockton St. Basil Greek Food Festival** **Dates:** Sept 11–13, 2026
  - **Location:** St. Basil Greek Orthodox Church, 920 W. March Lane, Stockton
- **San Francisco Greek Food Festival** **Dates:** September 18–20, 2026
  - **Loc:** Annunciation Greek Orthodox Cathedral, 245 Valencia St, San Fran
- **Sacramento Greek Food Festival Dates: Sept 26-27, 2026**
  - St Katherine Greek Orthodox Church **Loc:** 9165 Peets St, Elk Grove, CA 95758
    - **Santa Cruz Greek Food Festival:** Sept 25–27, **Location:** Prophet Elias Greek Orthodox Church, Downtown Santa Cruz

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

Stemnitsa

One of the most beautiful, if not the loveliest, villages in Morias. Historic area, with strong evidence of the religious and historical tradition of recent Greece. It first appeared in the 16thC and enjoyed an important flourishing until the 19thC. Perched high in the Mainalo mountains about 40 minutes from Tripoli, Stemnitsa Click to open side panel for more information is one of the most picturesque, historically significant stone-built villages in Arcadia.

- **It Was Greece's First Capital (For Just 20 Days):**

During the Greek War of Independence in 1821, Stemnitsa served as the secret operational headquarters for General Theodoros Kolokotronis. From May 27 to mid-June 1821, it hosted the First Peloponnesian Senate, making this tiny mountain village the provisional political capital of liberated Greece for less than a month.

- **The Artisans Created Their Own Secret Language:**

Stemnitsa has been a famous center for gold- and silversmithing since the post-Byzantine era. To protect their trade secrets, metalworking techniques, and prices from outsiders and Ottoman authorities, local silversmiths invented a private slang dialect known as ***Mestitsiotika***.

- **It Still Houses an Active Silversmithing Academy:**

The village's metalworking legacy isn't just historyit is still alive today. Stemnitsa is home to a public Vocational Silversmithing School. Students from all over Greece move to this small mountain village to learn traditional hand-crafted jewelry making & copper work.

A Monastery Clings to a Cliff Nearby:

Just outside the village lies the 12th-century Monastery of St. John the Baptist (*Moni Timiou Prodromou*). Built directly into the sheer rock face of the Lousios Gorge, it looks as though it is hanging precariously in mid-air. During the 1821 revolution, it served as a hidden refuge and hospital for fighters.

Arcadia, The primary crops cultivated in the Arcadia region include:

- **Wine Grapes (*Moschofilero*):** The high-altitude plateau of Mantineia in central Arcadia is home to one of Greece's most famous Protected Designation of Origin (PDO) wine regions. The signature grape grown here is *Moschofilero*, an aromatic pink-skinned grape used to produce crisp white and sparkling wines.
- **Olives & Olive Oil,**
- **Apples (*Delicious Pilafa*):** The cool mountain air around Tripolis and Mt. Mainalo creates ideal conditions for fruit trees. The region is famous for the *Delicious Pilafa Tripoleos* apple, a PDO variety recognized for its distinct banana-like aroma, firm texture, and slightly tart flavor.
- **Tsakonian Eggplants (*Tsakoniki Melitzana*):** Cultivated along the coastal Arcadian region of Leonidio (Tsakonia), this PDO variety is renowned across Europe.

- **Chestnuts & Walnuts:** Mountainous Arcadia—particularly around the Parnon and Mainalo mountain ranges—is a major center for tree nuts. Chestnut harvesting is a primary economic driver for many of the higher-elevation villages.
- **Chestnut & Pine/Fir Honey:** While technically apiculture rather than a harvested plant crop, forest and mountain honey (including the prized "Mainalo Vanilla" fir honey) represents one of the region's largest high-value agricultural exports.

The Fall of Tripolitsa (*Άλωση της Τριπολιτσάς*) on September 23, 1821, remains one of the most pivotal and complex turning points of the Greek War of Independence.

- **Location** **Tripoli, Peloponnese**, Greece
- **Greek Commander** Theodoros Kolokotronis
- **Ottoman Commander** **Hurshid Pasha** (defended by Elmas Bey& Mustafa Bey)
- **Outcome** **Greek revolutionary victory**

Historical Context

Situated in the heart of the Peloponnese, Tripolitsa (modern-day Tripoli) served as the Ottoman Empire's administrative center and military seat in southern Greece. Securing the city was essential for the Greek revolutionaries: as long as Ottoman forces controlled Tripolitsa, the rebellion faced constant risk of encirclement.

The Siege & Strategy

Beginning in April 1821, Greek forces—led by General Theodoros Kolokotronis—encircled the fortified city. Kolokotronis applied a strategy of attrition, cutting off supply lines and repelling Ottoman breakout attempts. By late September, disease and severe starvation had shattered the city’s defense, leading to demoralization among the besieged garrison.

The Fall and Aftermath

On September 23, 1821, Greek fighters breached the city gates. The initial breach triggered an uncontrolled three-day surge of intense violence and looting, resulting in heavy loss of life among the city's Ottoman and Jewish populations. Historians reflect on this outcome as a tragic consequence of brutal combat conditions and centuries of accumulated regional tension.

Strategic Impact

- **Military Dominance:** Capturing Tripolitsa effectively consolidated Greek control over the Peloponnese, eliminating the primary Ottoman stronghold in the region.
- **Resource Acquisition:** The victory provided the revolutionaries with crucial munitions, artillery, and livestock needed to sustain long-term military campaigns.
- **Diplomatic Momentum:** Securing the regional capital established the Greek revolutionary forces as a formidable political entity, laying the foundation for a provisional Greek government.

The capture of Tripolitsa proved to the world that the Greek struggle for sovereignty was a viable, irreversible movement toward nationhood.

The legendary Limpovisi village, today deserted, was the home of the family of Theodoros Kolokotronis, where the founding father of the family, Tzerinis, settled in the 16th century.



Lithography of Kolokotronis by Karl Krazeisen used for the 5000 drachma banknote



Moni Timiou Prodromou (*Holy Monastery of St John the Baptist*).(Demitsana &Stemnitsa)



What's Cookin? Ti tha fame?

Greek Style Meatballs in Wine Sauce (Keftedes Tou Fournou Krasata)

Greek Style Meatballs (Keftethes) :

- 1 lb. ground beef
- 1 slightly beaten egg 1/4 lb. bread crumbs
- 1/2 cup water 2 tablespoons olive oil, 2 chopped onions
- 2 teaspoons salt & 1/2 teaspoon pepper
- 1 tablespoon vinegar 1 teaspoon dried (oregano, parsley, or mint)
- 1/2 cup flour 1/2 cup olive oil for frying the meatballs

Instructions

- Mix together the ground beef, egg, bread crumbs and water.
- Add olive oil to a frying pan and set the heat on medium
- Add to the meat mixture with the salt, pepper, vinegar, oregano, chopped parsley or mint.
- Mix well, cover and refrigerate 1 hour.
- Shape into 18-20 patties and roll lightly in flour.
- Fry in very hot olive oil until brown

Wine sauce recipe:

- 1 cup tomato sauce 2 cups dry red wine
- 1 clove garlic, finely minced 1 teaspoon dried Greek oregano
- 1/2 teaspoon black pepper 1/2 teaspoon salt

How to Prepare Greek Meatballs in Wine: Preheat the oven to 350 degrees Fahrenheit. Spray an 8 x 8 baking dish with cooking spray or brush with Greek olive oil.

Prepare the meatballs according to the recipe listed in the ingredients. Roll into meatballs about 1 1/2 to 2 inches in diameter and place in the baking dish.

Whisk together the tomato sauce, red wine, garlic, oregano, pepper & salt into a medium bowl. Pour the sauce over the meatballs.

Place the dish in the center of the oven. Bake for 30 minutes, or until the meatballs are cooked all the way through

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Greek Style Baked Summer Vegetables (Briami) Recipe Ingredients:

- 1 lb. zucchini 1 lb. eggplants
- 1 lb. peeled potatoes 2 sliced onion
- 2 sliced green peppers 1 1/2 lbs. tomatoes
- 1 1/2 cups olive oil Pepper Salt Chopped parsley
- 1/2 -1 cup Feta Cheese to taste (optional)

- **How to Prepare Greek Style Baked Summer Vegetables:**
  - Preheat oven to 350 Degrees Fahrenheit.
- Slice all vegetables in 1/2 inch pieces.
- Arrange in baking pan. Add olive oil & 1 cup hot water. Sprinkle with salt, pepper& parsley.
- Cover and bake for 1 1/2 hours. Uncover for the last 30 minutes.
- For a little extra flavor by sprinkling Feta cheese on top for the last 10 minutes of baking.

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