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

Thurs Nov 12th 7pm at Holy Trinity
Agenda: Meeting + wine/cheese social

- Event Planning Fundraising
- Membership Treasurers report

SF Arcadians Calendar for 2027 – bring your ideas!

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

2026 Membership Dues & Donations –Thank You! Efharisto!

Membership Dues support SF Arcadian chapter#35 communications/scholarships & National & District Dues.

(72 total members) 60% members paid to date!
30 members to go!

Membership Campaign Nov-Jan 2027

- Invite a family or friend to join the SF Arcadian Chapter!
- Share the Arcadian Story!

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

Thank you for all who have donated to our upcoming events:

- 2027 Membership event,
- Artoclasia
- 2027 Allosis Celebration – tbd Oct 2027!
- Donations to date $1210.00

Best,
Evangeline – SF chapter president 650-274-3057

NEWS HEADLINES FROM GREECE

US ELECTIONS & The Greeks! Congrats! Bravo!

- Florida returns three Greek-American Republicans to Congress Gus Bilirakis, Mike Haridopolos and Jimmy Patronis.
- Nicole Malliotakis wins a fourth term in New York
- Maggie Goodlander reelected in New Hampshire
- Chris Pappas – New Hampshire
- Dina Titus: Nevada
- **In California, Democratic Lieutenant Governor Eleni Kounalakis was elected State Treasurer**
- In Illinois, Alexi Giannoulias won reelection as Secretary of State

Greece Challenges Turkey-Libya Maritime Deal in Letter to UN

- Greece has formally challenged the Turkish-Libyan maritime memorandum at the United Nations, arguing that it violates international law and disregards the maritime rights of Crete and other Greek islands.

EU Warns Turkey Over Greece, Aegean and Cyprus Disputes

- The European Commission has raised concerns over Turkey's military activity in the Aegean, its maritime agreement with Libya and reported obstruction of the Greece-Cyprus electricity interconnector.

Turkish intelligence chief Kalın warned Mitsotakis over Israel ties, Greek paper alleges Estia reports that MIT chief İbrahim Kalın privately told Mitsotakis not to let Israel drag Greece into action against Türkiye, warning of a response if an attack came through Greek islands or Cyprus. The Greek government denies an ultimatum was issued.

OCTOBER IN ARCADIA

Tripoli to host hundreds of firefighters October 26 —

- Tripoli was reported to be preparing to receive approximately 600 firefighters for training at the 124th Air Training Wing (124 ΠΒΕ), with around 1,800 people expected to arrive over the following period.

North & South Kynouria

- Kastanitsa: The 42nd Chestnut Festival attracted crowds, traditional food vendors, music, and dancing.
- Kosmas: The 5th Chestnut Festival was scheduled for October 31–November 1.
- Leonidio: Students learned about the Tsakonian dialect using the digital iLearn Tsakonika application.
- Paralio Astros: The town welcomed participants in the Catamarans Cup sailing event.
- Astros: The 2nd Thirea Run featured running, history, hiking, and cultural activities.
- Kerpiní: The 9th Walnut Harvest Festival (Karydomazema) was reported on October 26.

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- Rizes: A grape-harvest celebration at Tselepos Winery featured wine, food, and traditional music.
- Magouliana: The Walnut Festival celebrated traditional village food and culture.
- Roεινό: The Honey and Walnut Festival was among the first October's major community celebrations.

**** Do our children, grand-children know our roots? ****

A Brief History of Greek Immigration to America

This is a summary of an article posted on the Hellenic American Protector. To read the full article, visit: https://hapsoc.org/greeks-in-america/

The large-scale migration of Greeks to the United States began in 1880. This was a result of domestic issues that arose when Greece won independence from the Ottoman Empire. Although Greece had won its independence, the economy of Greece had crumbled. Many felt as if they had to leave in order to find jobs or to make new lives for their families.

First Mass Wave of Mass Immigration (1900-1924)

The first wave of mass Greek immigration coincides with the first phase of American Industrialization. Therefore, the overwhelming majority of Greeks arrived as a source of cheap labor. Immigration and Naturalization Services data provide documentation that approximately 421,000 Greeks immigrated to the United States between 1890 and 1921. The majority settled on the East Coast, primarily in Florida and New York, and the industrial Midwest, in Chicago, Detroit, and Pittsburg.

Employment and Economic Traditions

Most of the Greeks who arrived in the United States were able to find jobs in several industries. The Greeks who arrived in New England, for example, worked primarily in the textile mills while those who ended up in Utah and Colorado took up vocations in the coal and copper mines. Californian Greeks were typically found working in railroad gangs. Not every Greek who came to the United States was so lucky, as many were taken advantage of by labor brokers who charged exorbitant prices.

After a few years the Greek immigrants started to build their own businesses. They started with businesses such as small candy shops and shoeshine parlous, but their most successful ventures were restaurants where they served their native cuisine to fellow Greeks as well as other Americans. Many started by selling food from lunch carts to factory workers however some cities banned the sale of food on the street, which forced them to open more permanent establishments. Greek restaurant businesses were so successful that by 1919, one third of Chicago’s restaurants were run by Greeks.

Second Wave of Mass Immigration (1965-1980)

Traditionally, Greek Americans have been concentrated in New York, which has been the preferred place of initial disembarkation and permanent settlement since the first wave of Greek mass immigration to the United States. Greeks inhabited the Astoria section of Queens, New York, during the second wave of mass immigration, and it has been considered the largest Hellenic settlement outside of Greece or Cyprus.

😊 **SHARE**

1. **YOUR STORY WITH US! AND WE WILL ADD IT TO THE SF ARCADIAN WEBSiTE AND THE DISTRICT WEBSITE AND THE NEXT NEWSLETTER!**
2. **SHARE with your family and friends!**

Did you know? *Thank you for sharing Eleni!*

Adeline Jay Geo-Karis was born in Tegeas, Arcadia, Greece in 1918

- **Parents:** John and Theofani Geokaris
- She arrived from Greece at age 4 to the United States.
- Adeline Jay Geo-Karis was born in Tegeas, Greece in 1918 and came to America with her family in 1922 at the age of four.
- She put herself through Northwestern University and DePaul University Law School, then served in the U.S. Naval Reserves as a Lieutenant Commander with a top-secret security clearance.
- She spent over 30 years in the Illinois state legislature — first in the House, then as a Senator for the 31st District —
- **becoming the first woman to serve as Dean of the Senate in Illinois history**. She worked across party lines for three decades and was known simply as “Geo” to the people she served.
- When she passed in 2008 at age 89, the state of Illinois renamed Illinois Beach State Park on Lake Michigan in her honor — **the Adeline Jay Geo-Karis Illinois Beach State Park**.
- 📚 Source: Abraham Lincoln Presidential Library, Adeline J. Geo-Karis Papers (BC239); Chicago Tribune obituary, February 13, 2008; Panarcadian Federation of America; Illinois state legislative records.

Did you know?
When Greek immigrants arrived in America, their names were some of the longest, most beautiful in the world — carrying centuries of family history in every syllable.

- But immigration clerks couldn’t — or wouldn’t — deal with them.
- Papadopoulos became Pappas. Konstantinou became Constant. Names tied to villages, faith, and lineage erased in seconds.
- And it didn’t stop at the border. Greek children were given new names by teachers who never bothered learning the real ones.

- Some families changed their names willingly just to survive — to get the job, avoid the harassment, belong.
- The question is: do you even know what your family's real name was?

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

Πιάνα (Piana), a historic village in Arcadia near Tripoli

- Approximately 19 km from Tripoli. Located on Mount Mainalo (Μαίναλο).
- Historically an important village in the Falanthos region.
- The name is associated with Pan (Πάνας), the ancient Greek god of nature and shepherds. Piana has an important connection to the Greek War of Independence.
- Theodoros Kolokotronis used the surrounding villages as strategic locations during the Revolution. Piana was part of the network of mountain settlements supporting the revolutionary forces.
- The village served as the administrative center of the historic Municipality of Falanthos for approximately 70 years.
- Its history is closely connected with nearby Alonistaina, Chrysovitsi, and Libovisi.
- One interesting product is the Pilafa **Tripoleos apple (Μήλα Πιλάφα Τριπόλεως**), a traditional apple variety associated with the Tripoli area.
- Apple cultivation was historically an important source of income for Piana
- 2021 census: 57 permanent residents.

Agios Konstantinos is a small, semi-rural village just outside Tripoli, in the heart of Arcadia, Peloponnese. It is a convenient place to explore if you are interested in the everyday life and history of the villages surrounding Tripoli.

- Greek name: Άγιος Κωνσταντίνος (Agios Konstantinos).
- Location: Municipality of Tripoli, Arcadia, Peloponnese.
- Distance from Tripoli: Approximately 3.6 km; just a short drive from the city.
- Elevation: Approximately 650–660 meters.
- Population: 728 residents in the 2021 census.
- **Former name: Matzagra (Ματσαγρά). The village was known by this name before 1955.**

****** *Evangeline's Thia Maria is from Matzagra!* 😊

Ano Doliana (Άνω Δολιανά), Arcadia, GREECE

- Battle of Doliana: On May 18, 1821, Greek revolutionary forces led by Nikitaras defeated Ottoman troops.
- Nikitaras's historic defensive position is now a small historical and ethnographic museum.
- Nikitaras earned the nickname Tourkofagos (Turk-eater) because of his bravery in battle.
- Chestnuts, walnuts, cherries, vineyards and honey are among its local products.
- Hiking trails include the European E4 route.
- Famous for the Battle of Doliana on May 18, 1821, during the Greek War of Independence.
    - Greek revolutionary forces were led by the celebrated fighter Nikitaras.
    - The 2021 census recorded approximately 62 permanent residents

Kato Doliana – Lower Village

- Located in the lowlands near the Tanos River, approximately 6 km from Astros.
- Historically developed as the winter residence of families from Ano Doliana.
- More populated than the upper village.
- Surrounded by olive groves and agricultural land.
- Olive oil production is an important part of the local economy.
- Produces Manaki olive oil, edible olives, apricots and peaches.
- Nearby attractions include the ancient Villa of Herodes Atticus and the historic Loukou Monastery.

November Chestnut Festival: Celebrates the local chestnut harvest with food, sweets and traditional hospitality.

May 18: Commemorates the Battle of Doliana and Nikitaras.

November religious tradition: The icon of Saint George is transferred between Ano and Kato Doliana.

June: Local road races and sporting events attract visitor

Traditional Greek food, local tavernas and village hospitality are important attractions

What's Cookin? Ti tha fame?

Delicious and Nutritious Mediterranean Orzo Salad!

Ingredients

- 250 g medium orzo pasta
- 1 cucumber 1/2 red onion
- 1 red bell pepper 1/2 cup olives, sliced
- 100 g feta cheese crumbled

Dressing

- 1 garlic clove 60 g olive oil
- 3 tbsp white vinegar 2 tbsp lemon juice
- 2 tsp mustard 1 tbsp tahini (optional)
- 1.5 tsp honey Fresh dill, finely chopped (to taste)
- 1/2 tsp salt Black pepper

Instructions

- In a jar with a lid, combine the olive oil, white vinegar, tahini, lemon juice, garlic, mustard, honey, dill, salt, and black pepper, then shake thoroughly until fully emulsified.
- Bring a pot of salted water
    - add the orzo, and cook it for 2 minutes less than the package directions.
- Drain the orzo, transfer it to a large bowl,
    - pour in half of the dressing, and toss to combine.
- Crumble the feta cheese into the bowl and mix well.
- Add the olives, red onion, cucumber, red bell pepper,
- Add the remaining dressing,
- then mix everything together until all the ingredients are well incorporated.

Potatoes With Eggs & Feta "Like a hug from Yiayia". (Kalofagas.ca)

Ingredients

- 2 medium sized potatoes 5 large eggs
- Approx 1 cup crumbled Feta cheese 2 scallions, thinly sliced
- salt and pepper to taste sweet paprika for garnish
- olive oil for frying

Directions

- Peel potatoes, cut into fries. Place in bowl &soak in cold water for 30 minutes.
- Turn heat to medium-high and place the potatoes in a skillet, add your potatoes and cover with just enough olive to cover.
- Carefully move the potatoes around and fry until they just turn golden.
- Crack your eggs and place on top of the fries, season with some salt and pepper. Allow the eggs to fry for 30 seconds or so.
- Add the white parts of the scallions and begin to toss the eggs in the potatoes.
- Keep stirring until the eggs have cooked around the potatoes.
- Transfer to a plate, top with crumbled Feta, the reserved scallion green tops, more fresh ground pepper, a sprinkle of sweet paprika and serve.

- **ENJOY!!!! Kali Orexi!**

4 To Do's for all SF Arcadians!

1. **Invite your friends & family members to join SF Arcadians**
2. **Share a family story**
3. **Share you village(s)**
4. **Share you favorite recipe**

When do Arcadians in Tripoli eat turkey?

- Christmas (December 25): Turkey is increasingly popular, especially roasted or stuffed. Older village traditions often favor pork.
- New Year's Day: Some families prepare turkey for the festive family meal.
- Weddings and large celebrations: Turkey may be served, though lamb, goat, and pork are more traditional.

Do Arcadians in USA eat turkey?

YES! With Dolmades! With lemon potatoes! With Feta! With Greek Salad!



Wishing you and your family a Thanksgiving filled with warmth and joy. May your hearts be as full as your plates, and may the laughter of loved ones surround you!

Love,

Evangeline – president & secretary
Patrick – Vice president
Alexander - Treasurer