



# KARYES

## Lakonia



The Karyes' Municipal Clock

### Karyates Worldwide News bulletin

Number 24

Spring 2020

#### The time of self-meditation and individual responsibility

The critical moments that the entire humanity is experiencing with the Coronavirus Pandemic are affecting our lives regardless to wherever we live. Compulsory isolation at home compels us to stop the frantic pace of our lives and make a pause. A pause that will force us to reconsider our priorities, our relationships and ultimately the real values of life that ultimately stem from the basic principles that our grandparents taught us. These values are patience, individual responsibility and giving and receiving. Those generations have gone through wars, hunger and misery, migration to foreign countries, eventually succeeding in finding a better life for their children and grandchildren.

After all, as we have seen in our special tributes on the development of Karyes, these people, wherever they were found to live, whatever difficulties they were forced to cope with, in the end they managed to emerge victorious. Meanwhile their success was combined with a continuous contribution to their homeland, the beautiful Karyes and its people, thanks to the values that we mentioned above, in order to improve the life conditions of those who had been left behind.

Wishing that the world, with the help of the modern medical science, will deal with success this pandemic and that the end of that struggle will find all of us and our family members healthy and strong, we wish everyone "CHRISTOS ANESTI" and we hope to see you as soon as possible under the "platano".

#### "The development of Karyes" Part III

With the current news bulletin we also publish the third part of our special edition dedicated the works that took place in our beautiful village during the period 1990-2020.

As we have already mentioned the purpose of these special editions was to introduce the younger generations to the difficulties that our grandparents and their parents faced and the works they delivered to us, thanks to their love for the homeland.

We hope that the goal has been achieved. Enjoy your reading!

#### Karyes at the time of the Pandemic of Corona Virus

The residents of our beautiful village followed the decisions of the Greek Government and as a result, on Wednesday, March 11, the Karyes Elementary School suspended its operation and then on Saturday, March 14, the taverns and cafes were closed too.

At the same time, the municipality of Sparta, in the context of taking measures to protect the population from the pandemic, disinfected all public areas. For this purpose special disinfection workshops visited the villages. In the photos below we post pictures of the disinfection work at the Karyes Central Square and at the Square of the village of Varvitsa.



#### The Apokries (carnival) in Karyes



One last opportunity had many Karyates to visit the village at the Apokries before the self-restraint measures, due to of the coronavirus epidemic. Therefore from the evening of Friday, February 28 until the evening of Monday, March 2 (as it was labour day – "Kathari Deftera" – Clean Monday) hundreds of compatriots living in the cities opened their homes in the village.

Although the planned events by the Karyes Cultural Club were postponed due to a Greek State decision, the Central square was crowded as the temperature moved to unprecedented high levels for winter time. So not only did people enjoy their coffee outside in the square, but both at noon on Sunday and on Monday, many people preferred to have lunch outside at the square instead of inside the taverns! Also on Monday the Karyatis' football field was full of people as many families went there to fly the traditional kite.



We should also mention something that impress us a lot. The presence of many visitors, as not only the hotels and guesthouses were overbooked, but also hundreds of visitors arrived every day by their cars, in order to walk through the streets of the village, to visit its monuments and to enjoy their coffee and lunch in the cafes and taverns.

It seems that our efforts to transform the village of Karyes to a tourist destination finally starts to have an outcome.

All the previous news bulletin are at your disposal in digital form at [WWW.KARYES.GR](http://WWW.KARYES.GR)



**Karyates Association  
News Bulletins**

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#### Announcement



#### Postponement of the dance of the Karyates Association.

Due to social conditions and COVID-19 spreading guidelines, the BoD of the Karyates Association announced with regret the cancellation of the spring event.

The members of the BoD wish that to all compatriots stay strong and healthy.

The Arachovitan Brotherhood «AI KARYAE», Gastonia-Charlotte: The 2019 summer festival (Panirhyri)



The Karyates who live in the Carolinas and in the Southern U.S. celebrated at the annual festival held in Gastonia's privately owned Karyes Park.

We post photos from the Panirhyri and more specific of the memorial service at the Monument (Herron of Fallen Compatriots) and of the sacred image procession at the chapel of the Assumption of Virgin Mary.

We wish the best for our fellow compatriots who try to keep "the homeland flame" alive to the new generations!



The Karyates Spring Gathering

Furthermore our compatriots celebrated their spring gathering at Karyes Park with food, drink and dancing.



Bill Harakas and Lee Siarris



The Arachovitan Brotherhood «AI KARYAE», Toronto: The "Makaronada" dance



Our compatriots in Canada had their annual Spring / Apokries (Makaronada) dance before the pandemic hit their country.

As we can see from the photos we republish from FB, once again the Karyates with their families and their children gathered to reciprocate and support the work of their Brotherhood.

We wish them health, and to successfully continue to help and support the village as far as they could.



## SOCIAL NEWS



Our dear compatriot **Aristotle (Telis) Panagiotis Diamantouros**, resident of Nea Erythraia Attica, passed away on Monday, March 16, 2020. His funeral took place on Thursday, March 19th at the Church of St. Andrew in Karyes.

The deceased's family wishes that donations be made to Karyates Association, as Telis has been a member and treasurer of the BoD for many years at the following account

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SYNDESMOS TON APAPANTAHOU KARYATON  
SWIFT (BIC) ETHNGRAA  
NATIONAL BANK OF GREECE

Our sincere condolences to their family.

### Farewell speech by the president of the Karyates Association, Mr. Michael Repoulis.

Dear cousin and friend Aristotle

Almost no one would like to be found in my place today to say goodbye to you for long journey to eternity. Inside an almost empty church because of the invisible and fearsome virus, a church that otherwise would have been crowded with friends and relatives.

You were born a son of Son of Panagiotis and Helen in difficult times and you are leaving again in difficult times. You were a child born during the occupation of Greece by the Axes Forces. You went to the elementary school of the heroic Arachova and then as a teenager in the Tripoli's High School with your classmates from the village.

Instead of following the rural life you came to Athens looking for job, as you were a restless and revolutionary person, By making the right choices you gain experiences that have served you throughout your life. You served in the Greek Armed Forces and then, following your dream, you went to England where you were trained in the Tsochones-Patterson Company and assigned to Nigeria where you remained for eight years distinguished for your hard work and efficiency.

Returning to Greece, full of experiences you opened your first supermarket in Nikea Attica with Nikos Koutsogeorgas, husband of your beloved sister Toula.

As a mature entrepreneur you decided to settle down and make a family by choosing Anna as your spouse. You've got three wonderful boys. Firstly Panagiotis, a banker gave you two wonderful grandchildren by his marriage to Kalliopi. Then Dimitris and George that you have conveyed your entrepreneurial spirit.

Following your dream again, you linked Nikea's lucky super-market to the well-known METRO Super Market chain of which you became a major shareholder. But again your restless spirit turned you to the construction industry where you were prominent by building modern buildings in the area of Nea Erythraia and Kifissia.

But all of your varied activities were not able to keep you away from your favorite village of Karyes/Arachova. You visit it at every opportunity, at every celebration and holiday. In addition, you have decided to actively pursue your favorite hobby, viticulture, as a friend of good wine. The result was the production of the fine wine "KARYATIKON" whose bottles I keep adorably at home waiting for you.

At the same time as a member of the Board of Directors of the Karyates Association you have been generously offering your valuable services and knowledge for the good of your village for many years.

Throughout your life you have had the happiness of making good and close friends. How to forget about the beautiful moments we all spent together at family gatherings, vacations, outings, playing your favorite card games?

Unfortunately bad luck, the excessive effort you put into responding to your varied activities has undermined your health. As a result you have been away from intense social events for some years now and you visited your favorite village more and more rarely.

My friend and cousin Telis, wherever you go, your afflicted body will have the rest it deserves, and let your spirit have eternal peace.

We will never forget you.

Our beloved Aristotle,

Your whole family is here. Your wife, your children and your grandchildren are here. Those that you supported and who supported you through your lifetime, always staying together in all the battles of your life.

Relatives and friends talk about you with pride, in wonderful and honorable words. You were a compassionate man and a proud head of the family. You were well-meaning, fair, affectionate but also strict, loyal and devoted.

Although talking about business was your preference, now we're not talking about work. Not even for your ambitious goals that you chased and achieved with a lot of passion. We are here to tell you how much we love you and how important you have been all these years in our lives.

Thank you very much for what you have given us. For your integrity. For your courage. For your support. For the humility you taught us with your example. Thank you for teaching us to love our family, our home, Arachova. Thank you for inspiring us to honor our friendships, our word, our debt, and to take our responsibilities.

We only say goodbye to your body, because your spirit full of passion, energy and business demon will always be in our lives. We promise you that we will do everything to honor your life and your legacy. And in this way we will honor you and keep you proud wherever you watch us.

You were our best husband, father and grandfather...

Until we meet again!

Your wife Ioanna

Your children Panagiotis, Dimitris, George, Kalliopi (spouse Panagiotis)

Your grandchildren Aristotle, Dimitris

So far, in memory of Aristotle Diamantouros the following families have been deposited the below amounts in the account of the KARYATES ASSOCIATION

- Families of Dimitra widow Nikolaos Koutsogiorga (sister) and children (Theodoros, Panagiotis, Helen, Demetra) € 150-
- Families of Ioanna widow Arist. Diamantouros and children (Panagiotis, Dimitrios, George) € 1,000-

## NEWS

### An offer from Australia: Karyes in English Wikipedia



**Ms Stefanie Kogias**, born **Theodorakakis**, belongs to the Karyates of the Australian Diaspora who through their work put a stone in the preservation and perpetuation of the history of the place and deserve special mention. Through her work, she studied and supplemented the English article for Karyes Laconia on Wikipedia with detailed information based on rich bibliographical references.

For those who do not know **Wikipedia** is a collective encyclopedia venture created on the Internet, worldwide and multilingual. It is essentially the most modern and authoritative encyclopedia on the world stage and accessible to everyone online.

As part of the exchange of information, the Karyes website, [www.karyes.gr](http://www.karyes.gr), gave its necessary approval through a CC (Creative Commons Attribution-ShareAlike 4.0 International) license to use material contained on the site so that it can be officially accessed as a reference to the texts and images of the Karyes article on Wikipedia.



### Panos Darnos, a generous Karyatis in Melbourne

A reprint from [www.karyes.blogspot.com](http://www.karyes.blogspot.com)

About 20 days ago it became known that a person of Greek origin went to the suburban unemployment office in **Box Hill in Melbourne**, where there was a queue of a hundred people and more, recently fired from their jobs due to COVID-19 CRISIS to declare unemployment benefits and distributed **\$ 100.00 to each person in queue**. The generous Greek-Australian was **Panagiotis Konstantinou Darnos**.



The lawyer, a businessman from Karyes Laconia, rushed to his local bank, withdrew a total of more than \$ 10,000 because he felt "sick in his stomach" after seeing on television the queues of people waiting to register at the unemployment fund, some of whom had never become unemployed since then. "I came to Australia with my parents as a six-year-old kid from a village in Karyes, Laconia, and this country, Australia, was very good for me", he said. He also mentioned that he would like to see the government "to guarantee the supply, to stop evictions due to the mortgages and to provide electricity and gas for all Australians" so that Australian citizens can cope with the difficult times that we all go through with

COVID-19. although his act gain a great publicity in Australia, he was not interested in revealing his identity, preferring to be known as John instead. After some persuasion, he allowed the "New World" newspaper to share his real name in the hope that other wealthy Australians would give cash to those waiting outside the Unemployment Office.

This is not the first time Panos has offered money to people in need or has spontaneously shared his money. His heart goes out to the people who are suffering and he moves with gratitude in their eyes.



### ANNOUNCEMENT

The Karyates Association announces its intention

**to exploit the ground floor of commercial stores**

in its property building, located at Karyes Central Square, which will house the Karyes Memory and Cultural Center. We invite anyone interested in leasing the property to please contact us either by e-mail at [info@karyes.gr](mailto:info@karyes.gr), or by calling +30 6944 784563, +30 6974 720909. The Board of Members

# KERCHOULAS TRUST: Annual Report of Actions of the Board of Directors– A' Part

The Kerhoulas Trust Board Council sent us a detailed report of its activity so far, as well as the planning of its actions for the next period. Our Bulletin, faithful to its mission, which is, among other things, to inform our compatriots, considers that it must be published as a whole. However due to the limited space in this issue, we will publish the first part regarding the actions taken in order to transfer the money of the will at the disposal of the villagers and the initiatives concerning the training and the support of the local producers. The second part that will be published in the next issue will have a detailed presentation of the water resources plan and cultural and tourism projects.

## Introduction

The BODY was founded on **September 8, 2018** and was legalized at the end of 2018. At the same time, the Provisional Administration of the Trust, with the top legal advisor Mr. Costas Kyriakakis and in good cooperation with His Excellency Mr. Efstathios, came up with a mutually acceptable text "Contract of Donation of Holy Metropolis of Monemvasia and Sparta to the Trust", in order to deal with the decisions taken at the **historic** public assembly of the people of Karyes on October 22, 2017 and with the guarantee of our noble expatriate Karyatis mr. Panaghiotis Kopsiaftis.

The above "Donation Agreement", duly signed, was submitted to the Holy Diocese for approval by the Metropolitan Council. In the meantime, the First Ordinary General Assembly was launched on **March 24, 2019** and with the attendance of more than 100 founding members (> 60%). At this assembly the election of the members of the Board Council took place and after that on **March 28, 2019** the formation of the Board of Directors took place.

At the beginning of **April 2019**, there was a meeting with His Excellency Mr. Efstathios and before the present members of the Board, his Excellency signed the historic decision of the Metropolitan Council of **February 29, 2019** to transfer the assets of the TRUST.

After the conclusion of all the necessary time-consuming banking procedures, the money transfer (long-term deposits account) was completed by the end of May 2019, without any loss of interest and (following a written decision of the Sparti Tax Office) without tax burden.

On **May 25, 2019**, an announcement was issued by the KERCHOULAS TRUST regarding the assignment after 33 (!!!) years of assets of the ORIGINAL TRUST to the beneficiary the residents of the village, the receipt of the assets amounting to USD 1,507,955.60 and the assumption of the responsibility for the implementation of the decisions of 22 October 2017 of the General Assembly, namely:

- 1st The utilization of the water resources of Karyes,
- 2nd The implementation of tourism and culture projects,
- 3rd The support of the local producer groups,
- 4th The utilization of the remaining money by the decisions of the General Assembly,
- 5th The promotion of Karyes as the birthplace of the Caryatids and a resolution for the return of the stolen Caryatid to Greece and
- 6th The assignment to the preserved COMMITTEE of the establishment of the most appropriate legal form of management of the trust and the preparation of a contract with the Holy Diocese of Monemvasia and Sparta.

His Excellency Mr. Efstathios accepted an invitation from the TRUST and attended a memorial service and event in honor of the late benefactor Panagiotis Kerchoulas. The souvenir gift of the Trust (pastoral rod) was accepted by His Eminence on the condition that it stays in Karyes for use by the Metropolitan when he visits the village.

## Training issues

Priority was given to the training of the inhabitants of Karyes in matters of mainly primary production, followed by an announcement by the Trust for the expression of interest by the young men and women of Karyes for their training.

Mr. **Antonis Malamis** (Special Adviser of Large Cooperative Organizations), the special advisor of the agri-food sector, was invited to inform the local producers about the upcoming changes of the European Common Agricultural Policy (CAP) and the effects of these changes on Greek producers.

Mr. **Stavros Arachovitis**, the Member of Parliament for Laconia and former Minister of Rural Development and Food, has been asked both orally and in writing to organize a training day in Karyes under the auspices of the Trust with the following topics:

- The New European Common Agricultural Policy (CAP) and its significant effects on producers,
- Cooperative schemes and emerging benefits for producers,
- Financial tools available to producers,
- The training tools available to them,
- The innovations applied in production and their identified benefits,
- Optimal management / performance of producers' resources and their significant impact on reducing the cost of their supplies, improving quality and quantity and effectively / profitably promoting their production, as well as
- the issues of certification, packaging, marking, conventional and online.

product promotion and information / producer information on a daily basis.

Mr. Arachovitis has responded positively, however, due to the pandemic of the coronation, the joint elaboration of the topics and the examination of the organizational issues (logistics) of the selection of the contributors / speakers and the planning of the details of the preparation of the day have been postponed indefinitely.

## The support of the local producers

A framework for the support of local producers was developed and a meeting of the Trust board of Directors with them was attended by several young producers, mainly from the sectors of animal husbandry, agriculture, beekeeping and the production of aromatic products, as well as processing products, construction and business sectors. They touched on issues that trouble, concern and affect producers, such as:

- the problems of small land fields, water scarcity and ensuring a stable income,
- the end of European financial subsidies from 2021,
- the benefits, and favors of the new common European Agricultural Policy in cooperative groups and producer groups,
- economies of scale which emerge only when corporate / cooperative formations grow (such as a significant reduction in the cost of supplies of feed, seeds, fertilizers, medicines and other supplies),
- the reservations, difficulties and negative experiences of the past regarding the effectiveness of cooperative schemes in Karyes,
- the risks, on the other hand, of the disappearance of local producers if they do not cooperate and if they do not adapt to the new data and current developments,
- the positions of certain producers for their immediate reinforcement on an individual basis, mainly for their necessary equipment or the provision of a guarantee for obtaining their loans from banks,
- the available financial instruments and the solutions to deal with the lack of liquidity during the period when the supplies necessary for their production must be procured,
- the proposals of the producers to have the flexibility of their support program under development and not to exclude any local producer (in terms of their age or permanent residence in Karyes or individuality),
- the issues of the brands and the name of the origin of the produced local products and the advantages of "PGE" (Product with Geographical Indication),
- the need to draw up a plan for the direction of the resources available to support producers (based on the decision of the General Assembly of the residents of Karyes dated 22/10/2017) on targeted actions with measurable results,
- the prospect of using European programs for "energy communities",
- the training needs of local producers and
- the issue of informing the women of Karyes and encouraging them in group production activities (eg production of traditional products).

The producers who attended the meeting and the board members of the Trust concluded, with obvious sympathy, that the producers should submit, firstly, a record of the needs of each group of producers and the possible proposals for satisfying these needs and secondly, the finding of local production cooperatives, forecasting

- a) producer groups per industry,
- b) cost centers per group,
- c) group autonomy in decision making and
- d) percentage on the minimum turnover of each producer for operating survival of the cooperative scheme.

Later, when there was a deadlock in recording the above needs / suggestions, a thorough dialogue followed between the representatives of the local producers and the Management of Trust and it was decided to request tenders for the on-site cooperation of consultants of the agri-food sector with the producer groups for the local production data collection and evaluation for the coverage of the information gaps of the producers and for the proposals in the direction in which they should move to adapt to current developments.

In the invitations for expressions of interest that were sent later, only Mr. Antonis Malamis communicated to state that a previous proposal of charging his services on an hourly basis is valid. The Board Council will return to the issue when the development of the crisis of the pandemic of the covid-19 allows.

## SOCIAL NEWS

### Murder of our compatriot in Chicago



All the Karyates are shocked by the news of the murder of our compatriot **Christos Douvlis**. The unfortunate **56-year-old** expatriate Karyatis, son of Andreas and Aphrodite Douvli, was stabbed several times in Chicago, Illinois. The crime took place on **Saturday, April 4**, at the liquor store "**Liquorama**" owned by his brother, where he himself worked, when he refused to sell alcohol to a customer without presenting an identity card that he is not a minor. A 26-year-old man was arrested for the murder.

The deceased, who was beloved to the village after visiting it along with his family many summers, leaves behind his mother, Aphrodite, his brothers, Paraskeva, Dimitris and Kelly, and his daughter Marianna.

The funeral took place on **Monday, April 13, 2020**, and unfortunately due to the fact that no people other than a few members of the immediate family were allowed to enter the temple building or the cemetery for the funeral procession, the ceremony was broadcast live on the page of his holy temple. St. George, Chicago, Illinois on Facebook.

Our heartfelt condolences to his family.

### They passed away

On November 27, 2019 at Karyes

**Stylios Politis**

died at the age of 91.

His funeral took place at St. Andrew Church.

He was husband of Constantina Leventakis and he served for many years a member of the Karyes' Church Council.

On February 3, 2020 in Athens

**Nikolaos Dem. Karygiannis**

died at the age of 80.

His funeral took place at St. Andrew Church in Karyes

-----On February

27, 2020 at Karyes

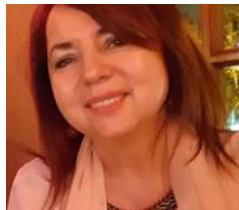
**Panaghiota Dem. Panousis**

died at the age of 93.

Her funeral took place at St. Andrew Church in Karyes

Our sincere condolences to their families.

# Taking a serious decision

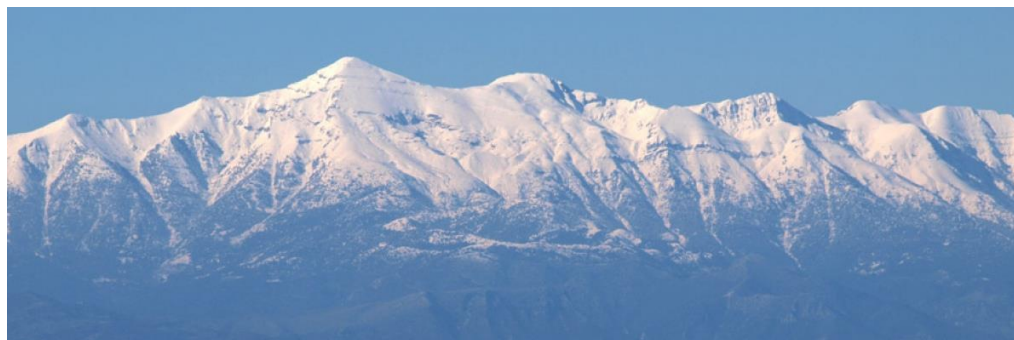


Article of Ms Evangelia Kopsiaftis-Gkionis, member of the Karyates Association BoD  
At the occasion of the Woman Day, March 8 2020

Looking at the snow-capped peaks of Taygetos, I look back at the moment when I took the great decision to get serious about organic production of polyphenolic olive oil and edible olives.

It was **December 2016** when the celebrations and the congratulations by the "experts" in the olive oil, for the **0.2 acidity of the olive oil** I had just produced, touched on my own ignorance. Revealing my ignorance about the good quality of my olive oil shocked me and at the same time woke me up with a powerful "I WANT" to know more ...

"By asking you go to town" says the Greek popular proverb.



I quickly discovered that there are special seminars on olive cultivation, quality olive oil production and disposal in various parts of Athens. That's it! I attended not one, but many seminars in Athens and Sparta. I listened to valuable teachers, Greeks and foreigners, and got valuable information on olive cultivation, starting from the good soil we need to have (composition-improvement-fertilization), pruning, diseases, harvesting, oiling, conservation of olive oil, its marketing and distribution. But above all it took many hours of reading to understand all these "Chinese" written in the language of agronomy and chemistry.

And there one evening I told myself ..  
-Now what are we going to do? Do I continue or I give up?  
Four years have passed since then!



During this time, I attended the three-year Mediterranean program of the **ARISTOIL MED** of the **Athens School of Pharmacy, Department of Pharmacognosy and Physical Chemistry**, headed by the acclaimed professors **Mr. Prokopis Mayiatis** and **Mrs. Eleni Mellidou** and their other esteemed partners. These worthy teachers have trained over 3000 olive oil producers, oil-mills owners, and oil standardizers all over Greece. The aim of the program was to increase our knowledge at the quality olive oil production with '**Health Beneficial Properties**' and to increase consumer knowledge.

And where my "Ignorance" four years ago became a desire for knowledge, Knowledge became Passion to learn even more. I learned about **European Regulation 432/2012** and the Health Claim that an olive oil can carry if it contains a certain number of **polyphenols per 1 kg of olive oil**. These wonderful people opened my eyes to see beyond what I had known up to that point. To see that over the top organic extra virgin olive oil there is another use that is therapeutic and hygienic (HEALTH CLAIM).

A **certified olive oil** have **Olivexanthine and Elaeacin**, which have biological activity and have been given **anti-inflammatory, antioxidant, cardioprotective** and **neuroprotective** properties. The daily consumption of 20 grams. Helps us to protect blood lipids from oxidative stress. According to Professor **A. Kiritsakis** (president of the Greek Oxidative Stress Observatory), **oxidative stress** is associated with about 50-100 diseases.

At our meetings in Athens, as well as in Sparta, Gythio and Kalamata, I learned about the research, studies, experiments performed and done in Greece, the U.S., Italy, Australia and other countries based on **phenolics** of olive oil. The results of these studies are measurable (in patients) and spectacular in the outcome of their goal.

At the **University of Peloponnesus** in Sparta under Professor **Paola Rocha** of the **Charokopian Athens University**, a conducting scientific research is taking place giving hope to 30 patients with **chronic leukocytic leukemia**. At an international conference in Athens on Monday January 27, 2020, many scientists from around the world presented the findings of their studies on the impact of polyphenolic olive oil on the improvement of diseases such as **Alzheimer's** and **Multiple Sclerosis**.

For example, the research of Ms **Tsolaki** Professor so the **Aristotelian University in Thessaloniki** has shown that high phenolic cereal oil improves **psychometric** and **biochemical** tests after one year of daily consumption. Also research by Professor **Amal Kaddoumi** from **Auburn University** in the **U.S.A.** said that olive oil lowers levels of **toxic amyloid in the brain**. Professor **Khalid El Sayed** from **Louisiana (U.S.A.)** presented the results of the action of olive oil and ligastroside in the treatment of **breast cancer**. The handbook of those who participated in the program lists the good results of colon, liver, prostate, melanoma and breast cancer research. Also shown are excellent results for inflammation of the joints, protection of the brain, heart, vessels, skin and diabetes mellitus.

Researches are continuing worldwide and media releases are being made every day in medical and scientific journals with good results from both **Polyphenolic Olive Oil** (Health Claim) and **organic olives**.

Was that random? No, my good friends.

It could not be a coincidence that **Asclepius, Hippocrates, Galen, Dioscurides, Diocles** 2000 years BC, strongly believed in the beneficial effect of "early" olive oil and recommended its daily use. Is it a coincidence that the goddess Athena gave to the city of Athens her best gift, ELIA? Our ancient ancestors knew something.

Let's go back in time and discover our values as human beings, producing bio-quality olive oil and applying modern methods for our Health and the Environment. An olive oil with high polyphenols according to the E.U. regulation, quality and competitive with other Mediterranean countries. But, above all, a food medicine whose daily consumption will make us more valuable.

## HEALTH-HEALTH-HEALTH

Dear friends, all that I have learned has reinforced my desire to continue cultivating my own little olive grove and producing with the help of God and weather allowing the best in olive oil and edible olives.

I am glad to know that due to the high polyphenols of my olive oil, in **2017** and **2018**, I received the **Bronze prize** and this year, in **May 2020**, I will receive the **Silver Prize** in a special ceremony took place at the Old Greek Parliament.

In this fight I want you all to be with me ..

This olive oil is for all of you who are looking for the best for yourself and your family, your friends, your loved ones ... because they deserve it.

This fight is dedicated to all women who fight and never give up.

With respect and appreciation to all of you.  
**Evangelia Gionis**

PS1: A big thank you through my heart to my teachers and authors of books on olive oil.

PS2: I wish the young children and young farmers to lean over the land with a passion and love to extend their knowledge by reading relevant books, publications, articles on the internet and attending seminars. The results will reward them.



# The region of Lakonia upgrade its health care system: The new Sparta Hospital

## The great donation of the Stavros Niarchos Foundation (S.N.F.)



Mr. Drakopoulos

On the night of **Thursday, February 6**, the **Stavros Niarchos Foundation (S.N.F.)** recorded a new, high time of national benefit. In the open discussion on its project "**Health Initiative**" organized by the Foundation at the Cultural Center of the Stavros Niarchos Foundation (S.N.F.C.C.), the President of the Foundation **Mr. Andreas Drakopoulos** presented the new initiative network for the health system.

In the presence of the President of the Republic, Mr. **Prokopis Pavlopoulos**, the Prime Minister **Mr. Kyriakos Mitsotakis**, the political leadership of the Ministry of Health, ministers and Members of Parliament, academics, scientists and ordinary citizens, he announced the program for inter alia design, construction and equipment of the Sparta General Hospital, the Komotini General Hospital and the Thessaloniki Pediatric Hospital totaling 400 million euros.

"Our goal at the Stavros Niarchos Foundation is to improve health services for a better life," said Mr. Drakopoulos, who also referred to co-operation with the Greek State, stressing that the launch of the substantial donations of the S.N.F. Across the country, the signing of a Memorandum of Understanding between the Hellenic Republic and the Stavros Niarchos Foundation in March 2018 signaled. "We are a united team working to improve health," he said.

## The new Sparta Hospital

This initiative of the Foundation includes the establishment of the Sparta General Hospital with single and double bedrooms.

The design has been undertaken by the internationally renowned architect **Renzo Piano** and the Renzo Piano Building Workshop (RPBW), designers of the Stavros Niarchos Foundation Cultural Center in Athens, in order to provide aesthetically pleasing and harmonious hospitality area, leaving a positive imprint on public space.

At the event, Mr. Piano spoke in detail of the architectural plans of the three Hospitals, stressing that his partners' ambition is to establish Europe's best Hospitals that combine medical, environmental and human excellence, as he said "the basic material of architecture is the beauty of light". Hospitals will have light, workers and patients will have an environmental view. "They will not be blind rooms" as he mentioned.

The new Sparta Hospital will be completed in 2025 and will cost 90m euros. As Mr. Drakopoulos emphasized, "every six months the society will be informed about the progress of the project" as the Foundation team will visit the site and will inform the community about the progress of the projects.



Digital representation of the new Sparta Hospital

## LEARNING ABOUT OUR COUNTRY

### Eurotas: The famous lakonian river

#### Morphology

Eurotas is a river in the Peloponnese region. It originates from the Arcadian Plateau, south of Mantinea, near Megalopolis and passes through the Taygetos and Parnon Mountains into Laconia. It then passes near Sparta, crossing the region of Laconia from North to South, dividing it into two. Its mouth is at the foot of the Laconic Gulf. From its waters, many settlements and much of the arable land in Laconia are irrigated.

#### Tributaries

From these two mountain ranges that surround Eurotas river descend several tributaries, sometimes rapids, the most important of which are from the mountain of **Taygetos** the **Gerakaris** and **Ardellolagado** and from the mountain of **Parnon** the **Oinous**, the **Megalo Rema** and the **Mariorema**. However the most important is Oinous or Kelefina, which originates from the village of **Karyes** (Arachova) of Parnon.

These tributaries carry large quantities of sludge and stones, making Eurotas particularly alluvial. Its estuaries are continuously extended to the sea, with the consequence that the seashore line and the width of the beach at the core of the Laconic Gulf vary.



#### Mythology

Eurotas was the mythical king of Laconia. He succeeded his father **Mylis** at the throne and he became the **third legendary King of Laconia**. Along with his wife **Eurydice** they had a daughter, **Sparta**, by whom the city was named.. Later she married **Lacedaemonus**, who succeeded Eurotas at the throne.

During his reign one of the tasks he did was to regulate the riverbed that crossed Laconia. According to mythology, he wanted to vent the stagnant waters around Sparta, so he opened a canal and channeled the water to the sea. This is how the river was named after him.

#### Repartee

There are two theories to his name. The first is that it comes from the ancient Greek word "euros" (εύρος) means mold. However, there is a second one in which the word eurotas has two synthetic "eu"+"roe" (ευ+ροή), meaning one that has a good flow. It should also be noted that in ancient times it was also called "Iris".

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