



الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



Ta Nea

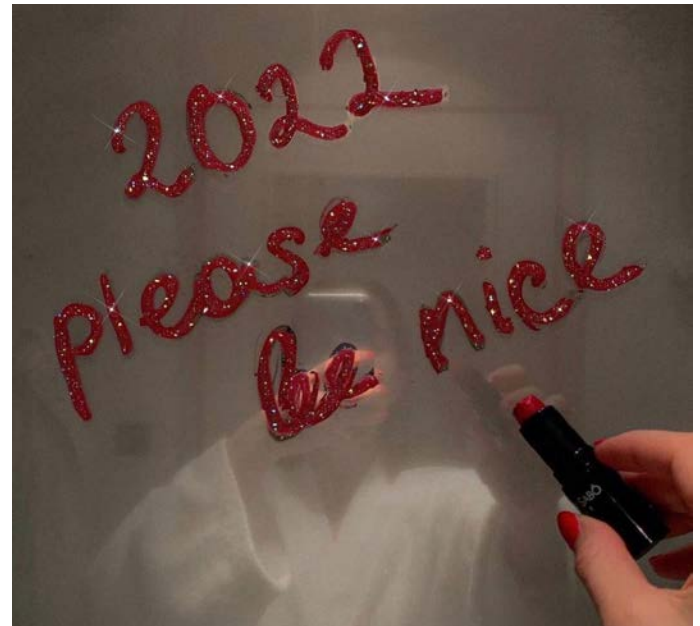
Issue 30  
Jan 2022

## 2022...Be Kind

As midnight strikes, you find yourself gently closing your eyes and genuinely asking for this new year to be kind to us. Last year has definitely been full of tragedies and difficulties, however 2022 bears a lot of expectations and a solid hope for things to finally shift towards a brighter direction.

The past challenges taught us patience, resilience, acceptance. Let's see what 2022 has in store for us.

Did you know that the first people to make New Year's resolutions were the ancient Babylonians some 4000 years ago? They made promises to the gods and believed that by honouring those promises, gods would be kind to them in return. New Year's resolutions were then carried on in ancient Rome when in 46 B.C. Emperor Julius Caesar introduced a new calendar with January 1<sup>st</sup> as the start of the new year in honour of the god Janus.



They were also carried on in the Middle Ages, the 17<sup>th</sup> century, 18<sup>th</sup> and so on.

Let's keep our resolutions realistic and attainable in order not to disappoint ourselves if we fail to achieve them. And hence, resolutions can always be reset and you can always try again another day.

For our first issue of 2022, we won't bother you with a list of resolutions but rather interesting topics.

Till then, stay safe and enjoy reading!

Νέα χρονιά...Νέες προκλήσεις!





الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



*Ta Nea*

## Celebrating Epiphany



Epiphany is one of the most sacred Greek Orthodox celebrations, rich in many Christian traditions which also date back to ancient times. Theophany, “Ton Foton” or Kings’ Day in the Western Church, is celebrated on January 6th, as the announcement of Jesus Christ as the Messiah and as a second person of The Trinity at his baptism, by John the Baptist, in the River of Jordan.

As tradition goes in the Greek Orthodox Church, a ceremony of the “Great Blessings of the waters” is performed: one in the church and one outdoors with priests blessing the sea, rivers or lakes.

The priest then throws a cross into the sea and the bravest gathered around, dive in with hope to catch it. The lucky one that does catch it, is blessed by the priest. Once the cross is brought back, the priest releases white doves as a symbol of The Holy Spirit.

This tradition is carried out to remember and celebrate the Baptism of Christ as well as to bless the waters.

Another tradition carried out on the Epiphany is relishing on different types of delicious fried pastries like “loukoumades”. It is customary to make Loukoumades and tiganites to celebrate the Epiphany.

Tradition in Lebanon has it on the evening of the Epiphany to light candles on windows, balconies or roofs as the popular brief has it that Christ would pass at midnight saying “deyim deyim” (“permanently, permanently”) and bless the homes that turned on their lights to welcome him. Additionally, a special sourdough based on whole flour and warm water is prepared during the night of the Epiphany. Once the flour is ready, the sourdough is placed in a cloth bag and hung on a tree in the garden. It is believed that Christ will bless the pastas. A monetary piece is hidden in the dough and whoever finds it, should keep it in his wallet because it has become blessed.

Happy Epiphany!







الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



Ta Nea

## Greece in Eurozone since January 2002

In January 2002, Greece entered the Eurozone, marking its 20 year anniversary! It was in the first group to enter the Eurozone in time to be among the first wave of countries to launch euro banknotes and coins.

Former Prime Minister Costas Simitis stated “we achieved this success after a systematic effort by our government and the whole society. We achieved a national goal. [...] It was a victory that protected our country during difficult times and adverse conditions. It was the right choice, at the right time, following a national effort”.

It took some time for Greeks to become accustomed to the new currency. Back then, one euro was 340.75 drachmas and drachma coins were rarely used in transactions which led to rounding up prices to the advantage of some merchants. The government had to intervene to enforce pricing policies that would stop profiteering. Mass demonstrations took over major Greek cities

claiming to leave the new currency and return to the drachma.

In 2015, during the negotiations between the Greek government and its lenders, there were talks about a Grexit. Some economists were in favour while others argued that the consequences would be drastic and hence weren't in favour of Greece exiting the Eurozone.

Today there are 19 countries that use the euro as their official currency. Those are Austria, Belgium, Cyprus, Estonia, Finland, France, Germany, Greece, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, the Netherlands, Portugal, Slovakia, Slovenia and Spain.

There are eight countries (Bulgaria, Croatia, Czech Republic, Denmark, Hungary, Poland, Romania, and Sweden) which are EU members but do not use the euro. Before joining the eurozone, a state must spend at least two years in the European Exchange Rate Mechanism (ERM II).

### IMPORTANT NOTICE TO GREEK CITIZENS

Kindly contact our Center by phone or email informing us about any change of address, phone number or social status helping us to keep our data list updated.



الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



Ta Nea

## Exhibition Honouring Melina Mercouri Opening in Athens

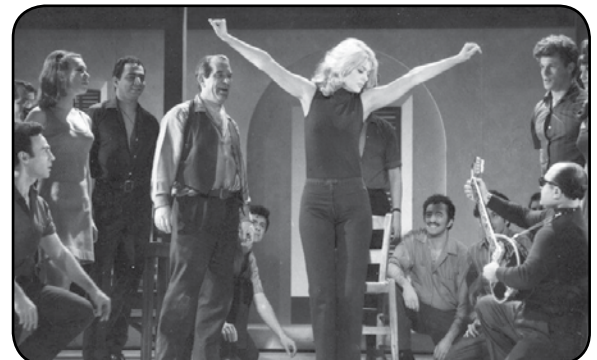
A special exhibition marking the occasion of Melina Mercouri's 100<sup>th</sup> anniversary of her birth is set to showcase at Technopolis in Gazi starting January 18 till March 11. This is the result of a collaboration between the city of Athens and the Culture Ministry to honour Greece's beloved actress, activist and politician.

The exhibition titled "Remember and Love Me" will display to visitors the life and work of Melina Mercouri and personal items such as theatre costumes worn by her, vintage posters from her cinema career, original scripts with handwritten notes, letters, her dressing room, documents and items she carried during her last trip to New York where she passed away on March 6, 1994 from lung cancer.

According to the organizers of the exhibition, "the aim of the event is to highlight the passionate artist who rose to international fame; as well as Melina's love of her homeland and what she offered not only to Greece but to Greeks and Philhellenes worldwide. Melina- as we all call her- with her inexhaustible vitality and rare charm, with her intense dynamism and international radiance, the actress, the politician, the woman who was much loved, as she loved with passion, who defended to the end her ideas and beliefs, the "last Greek goddess", comes to life again in Technopolis" – Source: In +sights Greece.

Melina Mercouri was born in Athens on October 18, 1920. She came from a political family that was prominent over multiple generations. She received an Academy Award nomination and won a Cannes Film Festival Best Actress Award for her performance in the film Never on Sunday. She was also nominated for one Tony Award, three Golden Globes and two BAFTA Awards in her acting career. In October 1981, Mercouri became the first female Minister of Culture and Sports and she strongly advocated the return of the Parthenon Sculptures to Greece (which is the aim mission of the Melina Mercouri Foundation founded by her husband after her death).

Mercouri was married to Jules Dassin but had no children.



**Address:** Technopolis of Athens, Pireos Street 100, Athens

**Dates:** January 18 to March 11, 2022

**Opening hours:** Tuesday to Sunday 11 am to 8 pm

**Admission:** Free entry

**Images Courtesy of the Melina Mercouri Foundation**





الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



Ta Nea

## Oh Betty!



The famous and funny Betty White sadly passed away, a few days away from turning 100 years old, seventeen days precisely! She died peacefully in her sleep.

Betty White, born in January 17, 1922, was an American actress and comedian.

Her paternal grandfather was Danish and her maternal grandfather was Greek.

She was the first woman to ever work both in front and behind the camera and is therefore referred to as the "First Lady of Television".

White received eight Emmy Awards in various categories, three American Comedy Awards, three Screen Actors Guild Awards, and a Grammy Award. She has a star on the Hollywood Walk of Fame.

She appeared in the famous soap opera *The Bold and the Beautiful* as most of you used to watch it, in the role of Ann Douglas (where she would make 22 appearances), the long-lost mother of the show's matriarch, Stephanie Forrester, in December 2006.

White also published several books. She was a pet enthusiast and animal welfare advocate since the early 1970s while she was producing and hosting the syndicated series *The Pet Set*, which spotlighted celebrities and their pets. She was also a supporter and advocate of LGBT rights.

Betty had 3 marriages she didn't have her own biological children, however, she did have three stepchildren.



الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



*Ta Nea*

### Let's explore: Mount Askiti in Goumero

One of the most unique monasteries in Greece, of probably Byzantine origin, is located in Goumero village in Ilia. The monastery is built between two huge rocks in the end of a gorge.

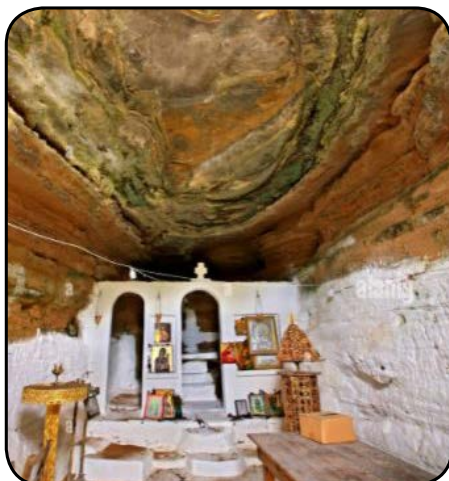
According to legends, the monastery is built due to the fact that in the past, hunters killed a monk thinking it's a prey. The inhabitants hunted down the hermit thinking he was a bear but they discovered an infant holding an icon of the Virgin Mary.

Thus, the monastery was built in his honor at the point where the two mountains blended. It was for many years, a monastic center. A few years ago, the monastery housed more than 50 monks and it is only in the last half-century that it was abandoned. The site is considered a Monument of Natural Beauty by UNESCO since 2001.

The cave is divided into two parts. In the first part is the sanctuary of the Monastery, a corridor and a well. It is believed that the well was built as water gushed out from the place where the body of the monk fell after being shot. In the second part of the cave, there are ruins of Byzantine monastery dating back to around 1200 AD.

To get to the monastery, you have to follow the mountain road Patra - Tripoli that will lead you to the village of Goumero, then hike part of the gorge. The way to the monastery was the ancient cobbled path which was part of the sacred road Ilida - Olympia through which the athletes taking part in the ancient Olympic Games were passing. In this area was the Oracle of the Athletes.

The opening hours of the monastery are Monday - Friday 8:30 am - 2:30 pm and it is closed on weekends.







الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



Ta Nea

## In the News: Dubai Expo 2020

Originally scheduled for 20 October 2020 to 10 April 2021, it was postponed due to the COVID-19 pandemic. Expo 2020 was officially opened on 30 September 2021. The theme of the Expo is “Connecting Minds, Creating the Future”. The expo will also have three subthemes: opportunity, mobility and sustainability, each with its own pavilion.

Both Greece and Lebanon participated in the Expo 2020: Greece under the sub-theme of sustainability (Architects SALFO and Associates) and Lebanon under opportunity (Biel Group). Lebanon’s pavilion features dozens of swings that urge visitors to “fly above Lebanon” and enjoy drone shots of Lebanon’s landscape.

The Greek Pavilion is inspired by the Greek mythology, more precisely by the myth of the Cretan maze and Ariadne’s thread reminding us how to find our way through the perplexing maze. “Greece Tomorrow Today” aims to bridge the present with the future and bring the country forward by becoming a trend-setter in terms of innovation, technology and digital transformation.



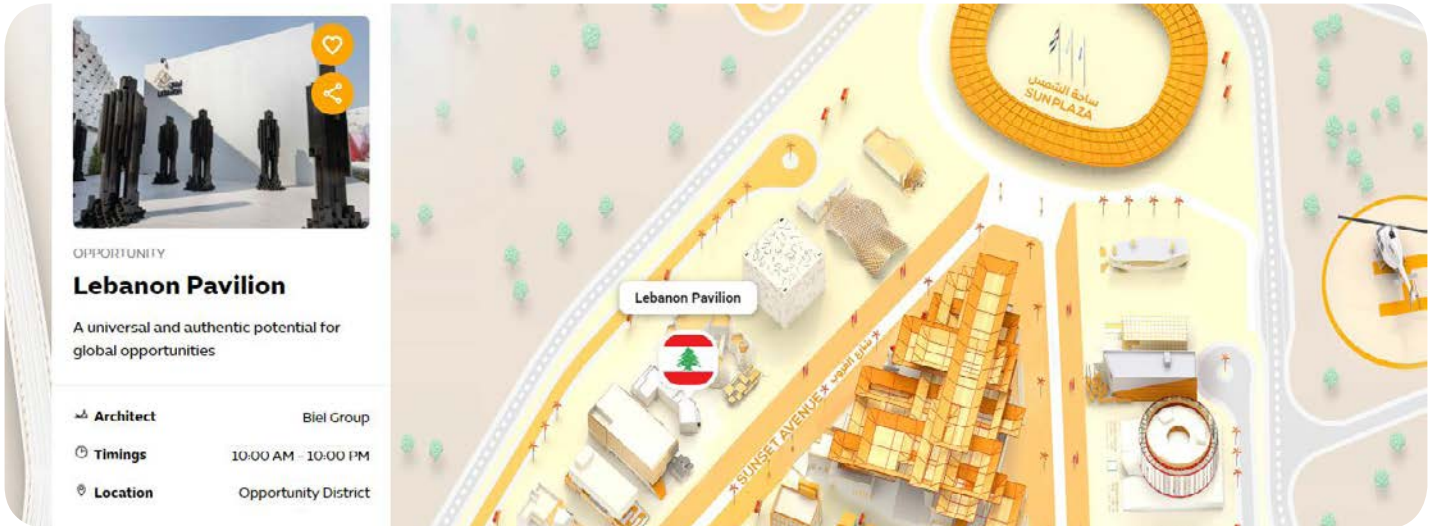


الجمعية الخيرية اليونانية في بيروت  
**ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ**  
**GREEK COMMUNITY OF BEIRUT**

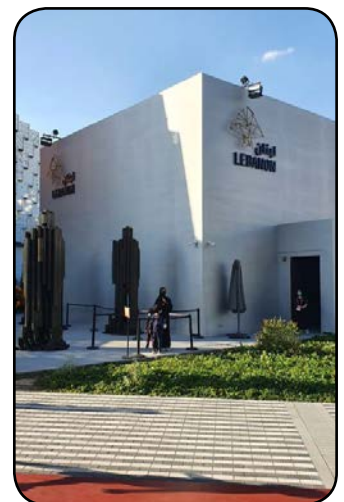


*Ta Nea*

The Lebanese Pavilion is inspired on gathering the diversified talents to create endless opportunities in their homeland "Our people to the world".



One of our students was kind enough to share with us a few pictures of both the Greek and Lebanese Pavilions.







الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



Ta Nea

## Everything you need to know about the consulate:

All requests should be addressed by email in order to obtain an appointment.

Visa Applications: For visa applications please visit our website

[www.mfa.gr/missionabroad/en/lebanon-en](http://www.mfa.gr/missionabroad/en/lebanon-en)

All permanent residents in Lebanon can apply for their touristic visa at VFS offices

<https://visa.vfsglobal.com/lbn/en/grc> .

**Passport renewal or issuance:** You will get an appointment by receiving an email. Required documents are: 2 photo passport size (4x6), a Greek identity card or a birth certificate (that can be provided by the Embassy if you send in advance any old Greek birth or family certificate).

For additional info kindly visit <http://www.passport.gov.gr/en/>

**Legalization of documents:** The Consular Office can legalize any Lebanese official document that has been stamped by the Lebanese Ministry of Foreign Affairs. You can visit the Consulate any week day between 09:30 and 13:30.

**Power of Attorney:** The Consular Office can exceptionally provide a power of attorney to Lebanese citizens that have already made an investment in Greece and want to apply for a residence permit.

**Marriage, birth, death registration:** Required documents: The Lebanese certificates of marriage, birth or death stamped by the Lebanese Ministry of Foreign Affairs and translated in Greek (translations in English or French are accepted as well).

Any old Greek birth or family certificate to be sent in advance by email.

For information on the current entry requirements to Greece due to the measures taken against the spread of the corona virus, please visit the portal: [travel.gov.gr](http://travel.gov.gr)

### IMPORTANT NOTICE

This section has been specially created by the Greek Community of Beirut with the kind collaboration of the consulate of Greece in order to better serve Greek citizens who wish to have information on all administrative formalities before presenting their requests.

Consular Office can be reached by email at [grcon.bei@mfa.gr](mailto:grcon.bei@mfa.gr)

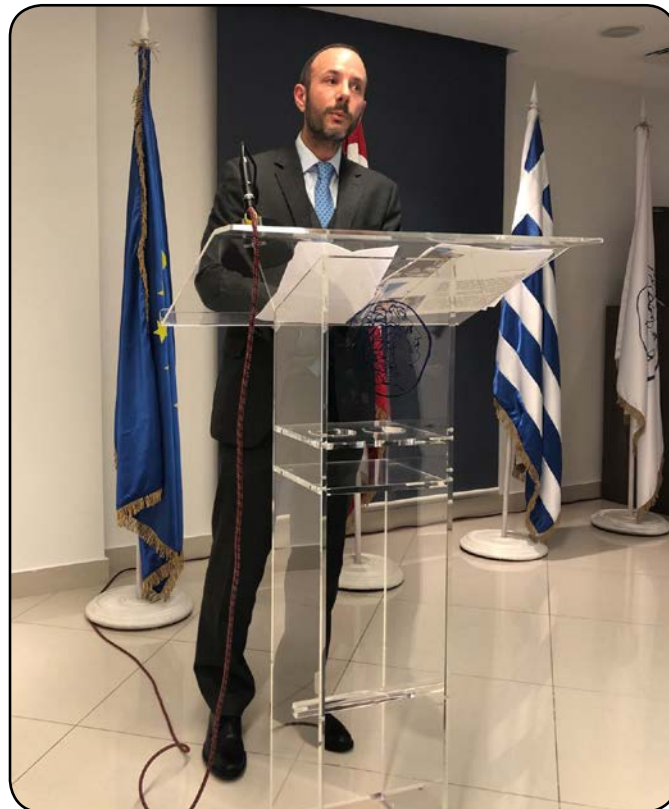


الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



*Ta Nea*

## Tribute to Mr. Konstantinos Chatzithomas



The Diplomat Konstantinos Chatzithomas served as Deputy Head of Mission at the Greek Embassy in Beirut from May 2017 until December 2021.

Chatzithomas was born in 1976 in Athens. He studied Political Science & International Relations and then obtained postgraduate degrees in Management, European Studies & Development.

He joined the Ministry of Foreign Affairs in 2003 and worked at the Greek Embassy in Syria for three years and at the Greek Permanent Delegation to NATO for five years.

Chatzithomas speaks Greek, English, French, Spanish and is studying Arabic.

He is married and has four daughters.

After spending four years in Beirut, he is going to South Africa as Consul General in Johannesburg.





## Let's Cook by Giorgos Tsoulis

### Greek Mutton Stew in Spiced Tomato Sauce – Kokkinisto

4-6 Portions 10min Preparation 1h15 Cooking

Greek kokkinista are traditional Greek stews with meat in a super aromatic, spiced tomato sauce. This is a fabulous Kokkinisto stew with mutton by Greek Chef Giorgos Tsoulis! Tender, juicy pieces of mutton cooked in a wonderfully rich tasting tomato sauce with vegetables and the aromas of cinnamon, bay leaves, all-spice berries and honey! You will love it!

**#tsoulotip:** You can substitute the bucatini pasta for any other thick pasta, like papardelle pasta.



#### INGREDIENTS

- 1 kilo leg of mutton, deboned and cut into small pieces
- 500 g bucatini pasta No2
- 300 ml vegetable stock
- 100 ml red wine
- 3 tomatoes, finely chopped
- 1 onion, finely chopped
- 1 clove of garlic, finely chopped
- 1 Florina red peppers, cut into small cubes
- 1 carrot, cut into thin rounds
- 1 cinnamon stick
- 4 all-spice berries
- 2 bay leaves
- 2 tablespoon tomato paste
- 1 tablespoon Greek honey
- Salt, Pepper
- Greek extra virgin olive oil

#### METHOD

- 1 Place a large pot over medium to high heat and let it get very hot. Add some olive oil and the onions. Mix and sauté for 1-2 minutes, until they soften.
- 2 Add the meat in batches, so the temperature of the pot doesn't drop. Sauté on all sides, until golden brown.
- 3 Add the garlic, Florina peppers and carrots. Sauté for 3-4 minutes, until they soften.
- 4 Add the tomato paste and sauté for 1-2 minutes while mixing with a wooden spoon.
- 5 Add the red wine and allow the alcohol to evaporate. Then add the tomatoes, vegetable stock, cinnamon, all-spice and bay leaves. Cover pot with lid, lower heat and simmer for about 1 hour, until the sauce thickens. During the last 2-3 minutes of cooking, add the honey, season with salt and pepper and mix.
- 6 In the meantime, place a pot full of a generous amount of water over high heat and bring to a boil. Add the salt and pasta. Boil according to the directions on the box, drain and drizzle with some olive oil.
- 7 When ready, serve the pasta with the mutton stew and lots of sauce!



Dessert as well...

**Traditional Greek Loukoumades Doughnuts**  
**Λουκουμάδες**

32-34 Pieces 10min Preparation 1h Standby 20 min Cooking

If you have never tried Greek loukoumades, you are definitely missing out! Greek Chef Giorgos Tsoulis shows you how to make them easily! Warm, aromatic, puffy, fried balls of dough with a crunchy exterior, covered in honey and sesame seeds! Simply heavenly!

**#tsoulotip:** Refrigerate the dough so the yeast can activate and make the loukoumades even fluffier.

**INGREDIENTS**

450 g all-purpose flour, sifted  
240 ml water  
240 ml full fat milk  
15 g active dry yeast  
2 tablespoons granulated sugar  
1 teaspoon salt  
4 teaspoons Greek extra virgin olive oil  
Sunflower oil, for frying

**To serve:**

Greek honey  
Sesame seeds



**METHOD**

- 1 In a large bowl, add the water, sugar, milk and yeast. Whisk to dissolve the yeast.
- 2 Add the remaining ingredients in batches, while whisking continuously, until completely incorporated. Your batter should be quite thick and smooth.
- 3 Cover bowl in cellophane wrap and refrigerate for 1 hour.
- 4 Place a deep pan over medium to high heat. Add some sunflower oil and let it get hot.
- 5 Pick up some of the dough with your hand and shape it into a ball by pressing the mixture between your thumb and index finger. Use a spoon to pick up half a spoonful of the mixture that is squeezed out. Add to the pan and fry until golden and crunchy on all sides.
- 6 When ready, remove the loukoumades from the pan with a slotted spoon and transfer to a plate lined with paper towels, to drain.
- 7 Serve the loukoumades doughnuts with some honey and sesame seeds.





الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



Ta Nea

## Tribute to Mr. Konstantinos Chatzithomas



**Chef George Tsoulis**

George Tsoulis has taken over many successful cuisines of Greek restaurants and has shared his culinary skills through popular TV shows in Greece and Cyprus. With his unique temperament and directness in communication, Chef George Tsoulis has won the love of the public that follows him faithfully and trusts his recipes that are updated daily at [giorgostsoulis.com](http://giorgostsoulis.com) and social media [@giorgos\\_tsoulis](https://www.instagram.com/giorgos_tsoulis), while every Friday at four at noon shares with us a new cooking video #MiMassa through the YouTube channel of [@GiorgosTsoulis](https://www.youtube.com/@GiorgosTsoulis).

Recently, two new cooking hotspots were inaugurated in the city bearing the signature of the Chef, the COOK by GiorgosTsoulis located in Melissia and is an ode to Greek Mediterranean cuisine, while its second gastronomic hangout is located by the Naval Seaside Gastrobar for fine dining and top brunch right next to the water!

The European Committee for the Environment, Oceans and Fisheries has chosen George Tsoulis to represent Greece in the “Taste the Ocean” campaign where great European Chefs urge us to consume sustainable fish and seafood.

Following the Taste the Ocean campaign, the European Union again partnered with him to invite the Chef to speak at the Opening of the EU Green Week 2021, the largest annual European environmental policy event to focus on the EU’s ambition for zero pollution.

Last year, the organization Ambassadors of Taste for the Global Gastronomy® and Greek Taste Beyond Borders honored George Tsoulis with the Chef of the Year and World Ambassador of Greek Gastronomy awards, as well as with a gold medal Quality & Taste from [estiatoria.gr](http://estiatoria.gr)

Currently, the Chef produces daily, together with his team, new delicious recipes for his site and digital media at the cooking studio #tsoulomageiremata in Melissia, while also preparing his first cookbook.

[@Giorgos Tsoulis](https://www.instagram.com/giorgos_tsoulis)

[www.giorgostsoulis.com](http://www.giorgostsoulis.com)

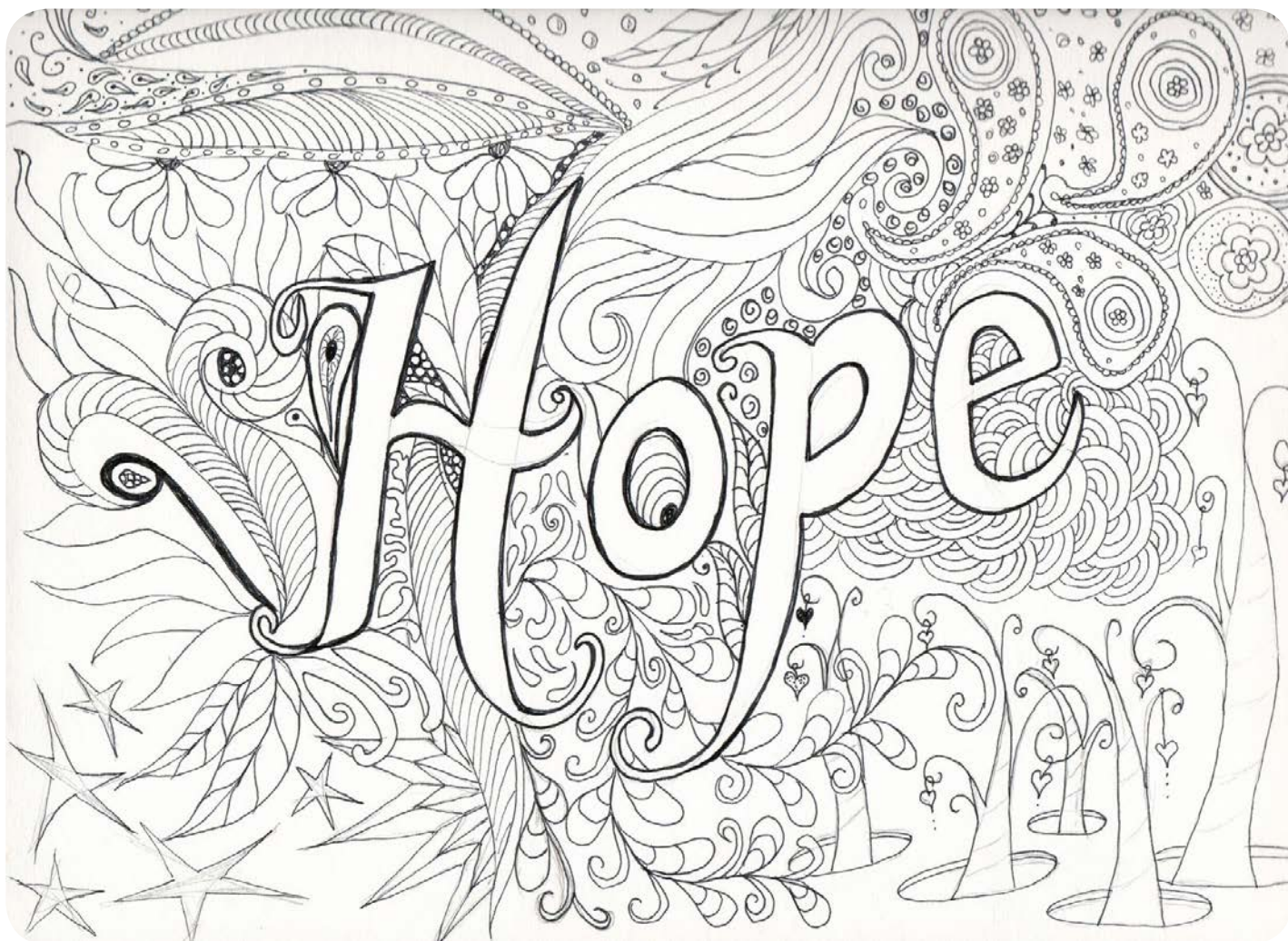


الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



*Ta Nea*

And play!







الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



Ta Nea

## “Hellenism”

A hymn to the Greek Diaspora titled “Hellenism” was released recently by the General Secretariat of Hellenes Abroad and Public Diplomacy. Lyrics are by Lina Nikolakopoulou and the music is written by the renowned composer Evanthia Reboutsika.

According to Giannis Chrysoulakis, General Secretary of Hellenes Abroad and Public Diplomacy, “I had a vision that the Greek Diaspora had to have a point of reference, a gift and a wish from their homeland, which will keep the memory alive. I wanted this vision to be musical as well.

“I shared this vision with Evanthia Reboutsika and Lina Nikolakopoulou and, at some point, Evanthia surprised me and sent me the music that really excited me,” he said, speaking to interviewers from Greece’s Action24 TV channel. – Source: The Greek Reporter.

Below is an unofficial translation of the lyrics:

“We who like birds found ourselves far away from our nest,  
but still tied by a thread to the light, the waves, and the mother tongue,  
You are everywhere, like a star up there, on the sandy beaches of the mind like a white clam,  
So many generations and countless children speak the language of your soul, my Greece,  
We who have reached the four corners of the earth, telling others what Hellenism is about,  
We who have exceeded our limits and endurance, but value this unbreakable bond.”

According to the latest estimates of the General Secretariat of Hellenes Abroad, today there are more than 5,000,000 people of Greek origin who live outside Greece’s borders, scattered around 140 countries across the globe.

[https://www.youtube.com/watch?v=uG\\_nxHtGW\\_g](https://www.youtube.com/watch?v=uG_nxHtGW_g)



الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
GREEK COMMUNITY OF BEIRUT



*Ta Nea*

ENCLOSE IN YOUR SOUL GREECE  
AND YOU SHALL FEEL EVERY KIND OF  
GRANDEUR  
- DIONYSIOS SOLOMOS-



UNDER THE AUSPICES OF  
THE EMBASSY OF GREECE  
IN LEBANON



HOSTED BY



الجمعية الخيرية اليونانية في بيروت  
ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΣ ΒΗΡΥΤΟΥ  
COMMUNAUTÉ HELLÉNIQUE DE BIENFAISANCE DE BEYROUTH