



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



Ta Nea

Issue 35
July 2022

That Summer Vibe

And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.

-- F. Scott Fitzgerald, "The Great Gatsby".

Oh dear summer may you last forever!

May your warm rays bright upon us.

May we gaze endlessly under starry nights.

May we dip in cold waters and hike to the highest peaks.

May we dance till morning comes, and drink, and laugh and eat.

There's something about summer that makes us feel careless, light, and free.

Don't you agree?

Let's discover together what July has in store for us.

Till then, stay safe and enjoy reading! Καλό καλοκαίρι!





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In the News: Mykonos' Airport Named after a Heroine

In 2015, the Greek company completed the construction program for 14 Greek Regional airports redeveloped, amongst them Mykonos' Airport which cost 25 million Euros.

The Greek Ministry of Infrastructure & Transport officially renamed Mykonos' Airport to Mykonos-Manto Mavrogenous Airport on April 19, 2022.

In 2021 when the Greeks were celebrating all over the world the 200th anniversary of the beginning of the Greek Revolution for Independence, the Greek Municipality of Mykonos proposed to rename its renovated airport in honour of a Greek heroine.

“By adding her name to Mykonos Airport is a small gesture but one that has great symbolism today, for the position of women and the role of individual responsibility and contribution to civil societies that fight for their values” according to a statement released by the Municipality.



@ Municipality of Mykonos

The Mayor Konstantinos Koukas added “our firm position is to preserve and promote cultural identity which is a basic condition for sustainable development...Mykonos is a destination that can simultaneously offer a landscape of unique beauty, a journey through history and a hospitality experience unique in the whole world...Manto Mavrogenous will continue to embody the values of freedom and self-determination of the peoples as well as the equal promotion of the offer of women in history”. – *Source Greek Travel Pages*

“La Bella Greca” was born in 1796 in Trieste, Italy. She was a rich aristocratic woman who spent all her fortune to support the Hellenic cause. She joined the Filiki Etaireia in 1820, took part in battles and also offered humanitarian help to her soldiers and their families



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Did You Know: Greek Sports Thriving

The men's national water polo team defeats Croatia with a score of 9-7, winning, therefore, the bronze medal at the world championships in Budapest.

Back in August 2021, they had won a silver medal at the Tokyo Olympics despite losing 13-10 to Serbia. And this past June in the World Championship, the Greek team defeated the USA team 16-11 and qualified for the semi-finals of the FINA World Championships that are held in Budapest, Hungary. They lost against the Italian team who is set to play against Spain for the gold medal.



The Tennis super Stefanos Tsitsipas defeated his Spanish opponent Roberto Bautista Agut and took home the trophy at the Mallorca Championships in June 2022. He will be facing next the Swiss player Alexander Ritschard during the first round at Wimbledon.



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Greek swimmers Dimosthenis Michalentzakis, Alexandra Stamatopoulou, and Dimitris Karypidis won a total of four medals, three of which were gold, at the 2022 World Para Swimming Championships in Madeira, Portugal which took place from June 12 to 18. Stamatopoulou who has a rare neurological disorder called Stiff Person Syndrome in the women's 50-meter backstroke and Michalentzakis who was born with paralysis in his right arm in the men's 100-meter freestyle. Karypidis who was born with brittle bone disease, won the silver medal in the 200-meter men's freestyle. Antonios Tsapatakis who is confined on a wheelchair won the gold medal on the opening day of the 2022 World Para Swimming Championships in Madeira. Anastasia Pagonis, the Greek-American who lost her eyesight at fourteen, took home a gold medal in the women's 200-meter medley.



You go Greek Champs!

The Olympian Gold medalist Anna Korakaki wins and sets a new world record at the World Shooting Cup held in Chagwon, Korea in the 10m air pistol, scoring 588/600.



And Greek basketball ranked among the 10 best leagues in the world outside the NBA, according to a 2022 analysis by League Ranking.





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Did You Know Who Invented Our Beloved Frappé?

What is it with Greeks and their Frappé? Be it am, pm, noon time, winter or summer, there will always be that one friend to come up and say “*Pame gia ena Frappé?*” And going for a frappé is another way of saying “let’s hang out”!

But who did even invent this famous refreshing coffee and how did it become a trend?

A Nescafé representative, Dimitris Vakondios in 1957 at the Thessaloniki International Fair during which the company was introducing a new chocolate beverage for kids which was produced instantly in a shaker, accidentally or should we say miraculously, created the frappé. He was on a break and normally wanted to fix himself a regular “Nescafé Classic”. Since he couldn’t find any hot water, he simply mixed his coffee with cold water in a shaker et voilà the first frappé was born!



Dimitrios Vakondios



Where, when and how this drink acquired the name “frappé” is uncertain. Soon after its invention, a form of this frothy cold coffee was promoted by Nestlé at the Contemporary Home Exhibition at the Zappeion convention center in Athens.

Frappé became the iconic coffee of Greece around 1979. It is also very popular in Cyprus, beating the “freddo espresso” which is another Greek invention!

The Nescafé Frappé has been exported to several European countries like France, Belgium, Germany, the UK, Luxemburg, to the USA and Australia.



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In the News: Covid-19 Update

With so many waves hitting us, we lost count! Greece appears to have entered a new wave of Covid and so is most of Europe with Italy seeing its infection rates rise by 75% in the last weeks reaching 1 million of cases on Sunday July 3rd, and France with daily hospitalizations to have reached 1000. In China, 1.7 million people are again in lockdown.

Numbers have also reached a peak in Lebanon lately.

According to the pulmonologist Nikos Tzanakis, Greece is set to record 20.000 to 30.000 daily infections. He also added that a new strain is expected to appear in September.

Greek health experts may be bringing the mask rule back into effect.

According to Greece's National Public Health Organization (EODY), cases are rising at a fast pace at popular tourist destinations such as the Ionian and South Aegean islands, on Crete and in Attica. Epidemiologists are concerned about the increasing number of incidents in younger people aged 18-24 and the rise in hospitalizations. – Source Greek Travel Pages

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.





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Did You Know: Teach them young! Meet our Greek Geniuses

Six brilliant young Greeks made it to Oslo on July 6th to compete in the top world event of the 63rd International Mathematical Olympiad.

“The International Mathematical Olympiad (IMO) is the World Championship Mathematics Competition for High School students and is held annually in a different country. The first IMO was held in 1959 in Romania, with 7 countries participating. It has gradually expanded to over 100 countries from 5 continents. The IMO Board ensures that the competition takes place each year and that each host country observes the regulations and traditions of the IMO.”
<https://www.imo-official.org/>

Students of classes 1 to 12th are eligible to appear for the 1st level Olympiads.

Orestis Lignos, Prodromos Fotiadis, Panagiotis Liambas, George Tzachristas, Manolis Petrakis and Kostas Konstantinidis are the “crème de la crème” of the Greek National Mathematics team. The Chinese team was the winner this year. The Greek team ranked 26th **in the world ranking**, among 104 countries, and 6th place among the countries of the European Union. The six high school students won 5 medals, 2 silver and 3 bronze, and an Honorable Mention, accumulating a total of 163 points.

The ranking of the members of the Greek National Team:

Prodromos Fotiadis: Silver medal

Panagiotis Liambas: Silver medal

Orestis Lignos: Bronze metal

Emmanuel Petrakis: Bronze metal

George Tzachristas: Bronze metal

Konstantinos Konstantinidis: citation





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Did You Know: Greek Passports Rank High

According to an article released by Proto Thema, "Greece has topped the global ranking of countries whose passports offer their holders the most freedom to travel around the world (based on the new quarterly report Henley & Partners published since they provide advice on global citizenship and residency). Our country is in eighth place, along with Australia, Canada, the Czech Republic and Malta, offering visa-free access to 185 destinations. Meanwhile, a trio of Asian passports offer holders greater freedom to travel around the world, with Japan ahead of Singapore and South Korea with a record 193 destinations worldwide, compared to 192 for the other two". - **Protothema.gr**

The best passports for July 2022 are:

1. Japan (193 destinations)
2. Singapore, South Korea (192)
3. Germany, Spain (190)
4. Finland, Italy, Luxembourg (189)
5. Austria, Denmark, Netherlands, Sweden (188)
6. France, Ireland, Portugal, United Kingdom (187)
7. Belgium, New Zealand, Norway, Switzerland, United States (186)
8. Australia, Canada, Czech Republic, Greece, Malta (185)
9. Hungary (183)
10. Lithuania, Poland, Slovakia (182)

Worst passports for July 2022:

105. North Korea (40 destinations)
106. Nepal and Palestinian Territories (38)
107. Somalia (35)
108. Yemen (34)
109. Pakistan (32)
110. Syria (30)
111. Iraq (29)
112. Afghanistan (27)



Additionally, on Thursday, July 21st, Citizen Protection Minister Takis Theodorikakos announced the validity of Greek passports is to be extended 10 years. The 10-year validity will apply to all new passports issued to people aged 14 and above and will result in substantial financial and administrative savings. Currently, a five-year passport costs 84.40 euros. Under the new measure, the fee for 10-year passports will be the same. - **Ekathimerini.gr**



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Let's explore: The Island of the Panagia

Tinos is a Greek island situated in the Aegean Sea in the Cyclades archipelago. The closest islands are Andros, Delos, and Mykonos. What is this island known for? Mostly for its spiritual aura.



Tinos is famous amongst Greeks for the Church of Panagia Evangelistria, its 80 or so windmills, about 1000 artistic dovecotes, 50 active villages and its Venetian fortifications at the mountain, Exomvourgo.

The island's church Panagia Megalochari is one of the most visited religious pilgrimages in Greece. People from all over the country visit this imposing church every year to worship the miraculous icon of the Virgin Mary, which is housed there. The Monastery of Virgin Mary Evangelistria, which is believed to be a miracle-working church.

This is why many pilgrims come to this Monastery on their knees from the port of Tinos Town.

Every summer, on August 15th, when the Virgin Mary is celebrated, there are lots of festivities taking place all over the island- from feasts to culinary festivals! The island has many monasteries. The Jesuit Monastery is an important religious center on Tinos. It hosts an interesting folklore museum and a rich library. There is also the Monastery of Ursulines which was established in 1862 and worked as an educational center for young women till the

mid-20th century. In the exhibition rooms of the monastery, there are laboratories of physics, chemistry, painting, music, photographs and personal items of the students. The Monastery of Agia Triada or Holy Trinity is located on the northeast of Chora.

The villages are the island's biggest gems Pyrgos, Ktikado, Kardiani, Loutra and Tripotamos. Pyrgos, the most picturesque village in Tinos, located on the northern side of the island, hosts the museum of the famous Greek sculptor, Giannoulis Chalepas. Kardiani is a small village with traditional style built on the mountain slopes offering fantastic views to the Aegean Sea. On the southern side of the island, it is worth visiting Agios Fokas beach known for its crystal clear waters and taverns lining up all along the sandy beach.

Tinos is one of the few islands that are ideal for surfing specifically at Kolymbithra beach where there is a surfing centre. The countryside of Tinos is ideal for trekking, as footpaths lead to mountainous villages, old windmills and dovecotes, abandoned monasteries and secluded beaches.



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The Greek travel photographer **Stefanos Addimando** who collaborates with the Greek National Tourism Organisation (GNTO-Visit Greece) explored Tinos a few months ago and here is his valuable input taken in screenshots from his Instagram account:

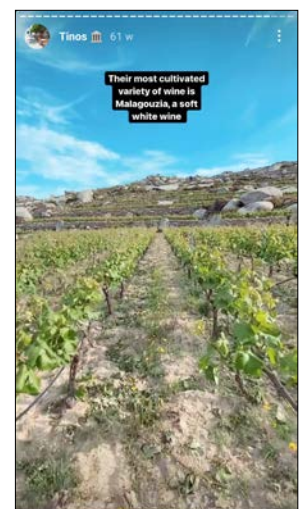
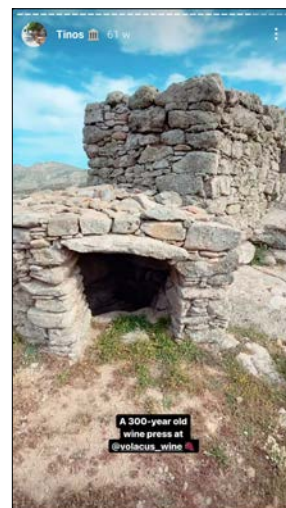
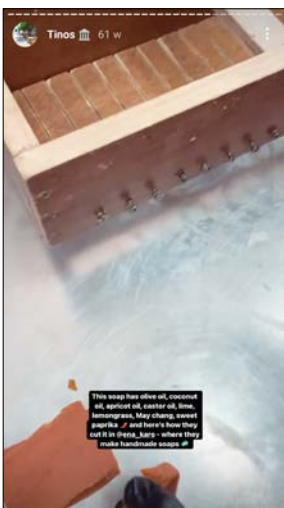




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Everything you need to know about the consulate:

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.

Additionally, due to the lockdown and the restrictions, Greece is not issuing visas at the moment. Exceptions can be made to specific cases and only by appointment.

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 us if you send us 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. It is advised to ask for an appointment by email.

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.

The Consular Office is currently upgrading the embassy's website in order to make it more friendly user and to provide all necessary information and downloadable documents.

IMPORTANT NOTICE TO GREEK CITIZENS

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



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In the News: Elections For the Greek Diaspora

All members of the Diaspora who meet the eligibility criteria (have lived in Greece for a period of two years over the past 35 years and have submitted a tax return during the current or previous tax year) are allowed to register at www.apodimoi.gov.gr

For more information, please check the following links provided by the Ministry of Interior as follows:
<https://www.ypes.gr/ekloges/aitiseis-eklogeon-eksoterikou/aitiseis-eklogeon-exoterikou-archiki-selida>

&

https://www.apodimoi.gov.gr/assets/docs/YPES_EklogeisExoterikou_FAQ.pdf





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Oldies But Goldies

Photographs can trigger memories and allow us to briefly relive the bittersweet moments captured and marked forever as part of us. Going through old photographs can be such a healing process.

We'd love you to share with us your stories along with the most heartwarming historic photos you might have stored in those old albums.



Summer 1974





Let's Cook by Giorgos Tsoulis

Greek Cuttlefish & Pearl Onion Stew – Soupies Stifado

If you like cuttlefish you will love this delicious, traditional Greek stew called Soupies Stifado. Tender sepia cuttlefish and sweet pearl onions, cooked in an aromatic and delicious red wine tomato sauce! A dish with interesting aromas that you will love!

#tsoulotip: If the moisture evaporates too quickly from the pot, add a little more water to keep it moist.

Prep Time: 20 min **Cook Time:** 1h **Yield:** 4-6 portions



INGREDIENTS

1 kg sepia cuttlefish (souples), cleaned and cut in half
1 kg pearl onions
400 g canned chopped tomatoes
100 ml red wine
3 bay leaves
1 tablespoon tomato paste
1 teaspoon ground cumin
½ teaspoon all-spice
Salt & Pepper
Greek extra virgin olive oil

METHOD

- 1** Place a deep pot over high heat and let it get very hot. Add some olive oil and the pearl onions. Sauté for 2 minutes, until they soften and turn golden.
- 2** Add the cuttlefish, mix and sauté for 2 minutes.
- 3** Add the tomato paste, all-spice and cumin. Mix and sauté for 1 minute.
- 4** Add the red wine and allow the alcohol to evaporate.
- 5** Add the canned tomatoes and bay leaves. Season with salt and pepper, lower heat and simmer for about 40 minutes, until the sauce thickens. Mix every so often.



Dessert as well...

Greek Fig Jam

Greek Chef Giorgos Tsoulis makes it so easy for you to make your own homemade jam! Figs, with their delicious sweet taste and beautiful color are an exceptional selection for making jam! Make it today!

#tsoulotip: If you want a smoother texture for the jam, simply puree it in a food processor

INGREDIENTS

1 kilo figs, quartered
170 g honey
150 g granulated sugar
2 teaspoons vanilla extract
Juice from ¼ lemon
Grated zest of 1 lemon (optional)



METHOD

- 1 In a pot, add the figs, sugar and honey. Place over high heat and stir continuously, until the sugar melts and bring to a boil.
- 2 As soon as mixture comes to a boil, lower heat to medium. Continue cooking for about 30 minutes, until the mixture thickens nicely. Stir often so that the jam doesn't stick to the bottom of the pot or boil over.
- 3 When ready, remove from heat. Add the vanilla extract, lemon juice and lemon zest. Stir thoroughly.
- 4 Transfer the jam into sterilized glass jars while it is still hot. Seal jars and turn them upside down on cotton kitchen towel, until the jam cools completely.



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Let's meet Giorgos Tsoulis



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 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

Currently, the Chef produces daily, together with his team, new delicious recipes for his site and digital media at the cooking studio [#tsoulomageiremata](https://www.instagram.com/tsoulomageiremata) in Melissia, while also preparing his first cookbook.

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

www.giorgostsoulis.com



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And play!

Tous ces mots se cachent dans la grille. Ils sont lisibles horizontalement, verticalement, en diagonale (dans les deux sens). Les neuf lettres inutilisées au final formeront le mot mystère:

Elle finit à la plongée.

- | | | | | | |
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ABSCISSE
ADRESSER
ANATHEME
APPUIS
ARAIRE
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AVANÇÉE
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BIPEDE
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BOTTE | BRIQUET
CANE
CARAPACE
CARICATURE
CARME
CEDILLE
CHEVREAU
CRENEAU
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GINGEMBRE
GYPAÈTE
HERNIE
HINDOU
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IMPALA
IMPÉNITENT
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INSTANTANÉ
INTERPRÈTER
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LAURÉAT
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MÉTALLURGIE | MITRAILLER
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OEILLET
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PLIANT
PLOMBÉ
PLUVIOSITÉ
POËLER
POULET
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QUINTET
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REMORDS
RETICENT
REVEREND
ROTURIER
SEANCE
SEDIMENT
SERDEAU
SÉROSITE
SKATEBOARD
SOMMEIL
SOUPIRER
SPÉCIEUX
SPOLIATION
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N	I	E	A	E	T	T	S	C	D	E	P	E	L	U	U	C	D	T	R	T	R	M	E	E	U	U	R	N
A	A	C	G	L	A	R	M	E	I	S	F	Y	A	Q	X	O	E	A	A	E	I	M	M	U	A	B	L	E
L	T	N	L	L	P	T	E	E	R	S	A	F	G	R	B	M	O	D	I	E	I	O	R	E	E	R	O	T
Y	I	A	A	E	N	A	T	N	A	T	S	N	I	E	N	B	P	R	R	D	R	S	N	M	R	U	E	I
G	A	R	T	M	U	N	R	R	O	U	S	E	R	D	E	A	U	E	E	D	N	E	R	E	V	E	R	N
N	S	I	S	A	E	R	C	N	A	P	L	M	D	T	Y	T	I	S	S	E	R	A	N	D	E	L	B	E
A	N	T	A	G	L	T	E	T	N	I	U	Q	A	N	O	I	S	S	E	C	C	U	S	A	H	B	M	P
L	O	T	R	I	M	A	R	A	N	D	T	K	M	R	R	E	E	E	C	N	A	V	A	C	A	O	M	
Y	B	A	B	L	E	T	T	E	A	E	S	S	A	R	T	S	R	R	E	T	E	R	P	R	E	T	N	I

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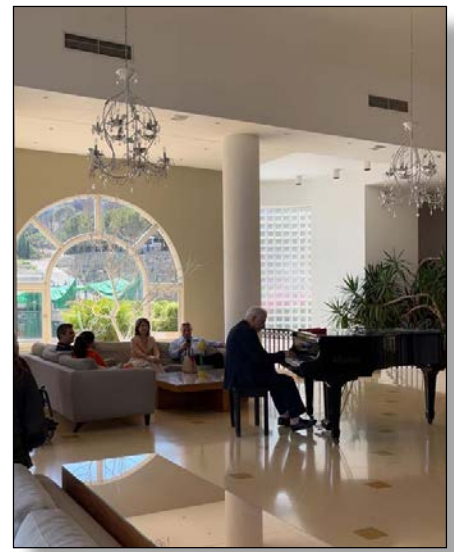


الجمعية الخيرية اليونانية في بيروت
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GREEK COMMUNITY OF BEIRUT



Ta Nea

Enfin Une Sortie!

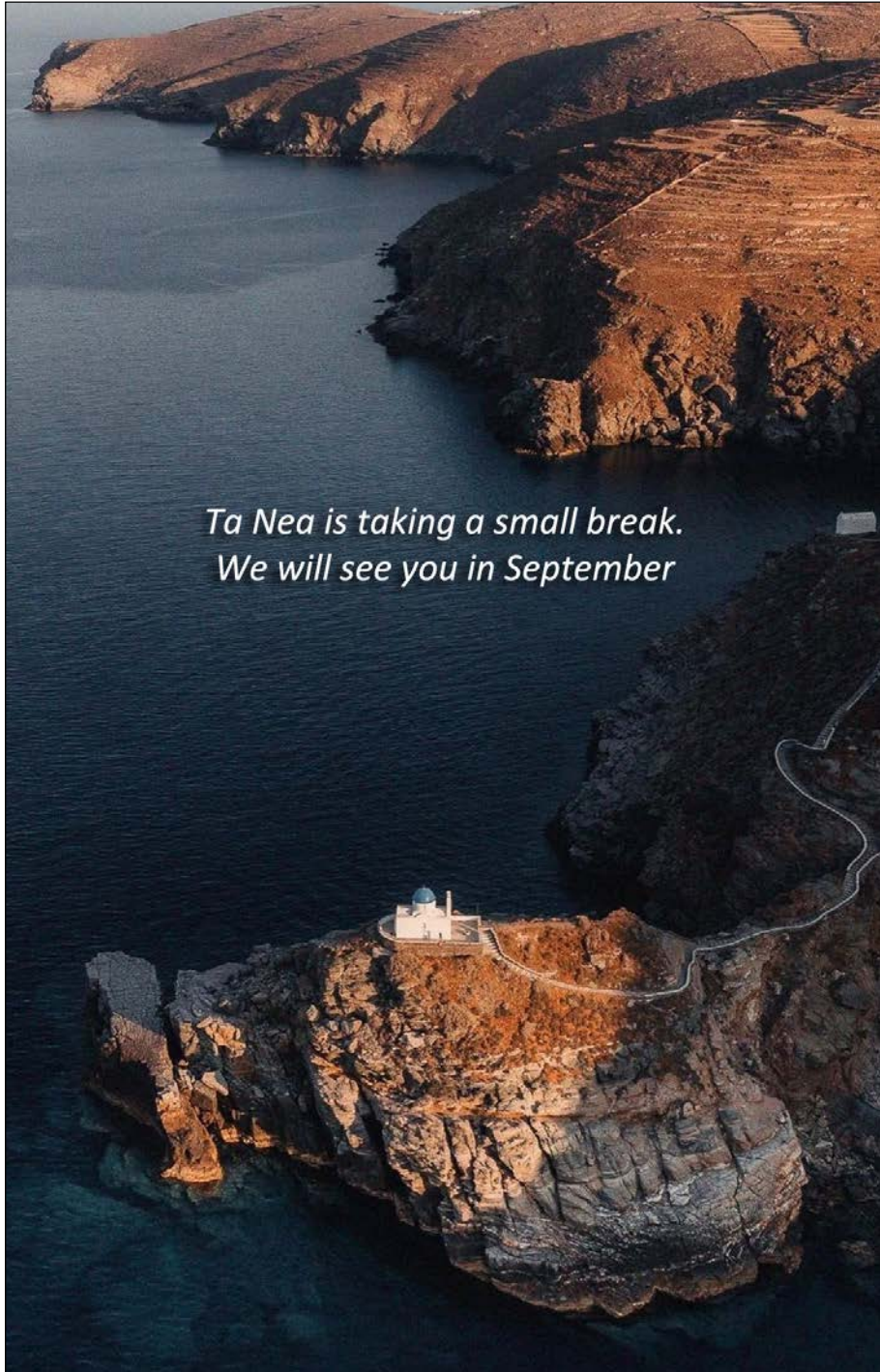




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GREEK COMMUNITY OF BEIRUT



Ta Nea



*Ta Nea is taking a small break.
We will see you in September*