

Issue 42 April 2023

## Looking at my window...

# And it's Spring!

Every month comes with its good days and its bad days; with its challenges and its victories, with highs and lows. And so does every cycle, in every aspect of our daily lives.

That's the rule of life and the force of nature. A nature that slowly defrosts from its white shield; sprinkling more colour and warmth all along; a nature that blooms and glows. But don't be fooled by this beautiful shining sun. Weather in April can be quite tricky and rebel.

April 1st always starts with a fun note to it. Hoping you haven't been fooled this year! Do you know how April Fools Day started? Be it in 1563, 1582 or in honour of festivals like Hilaria in ancient Rome or if it was inspired by Isis, Osiris & Seth, Egyptian legends, poisson d'Avril's origin remains a mystery. Some also speculate it's tied to the biggest hoax Mother Nature pulled on people with the unpredictable weather!

Now besides being the month of humour, "Aprilis" which means to open, is named for the Greek goddess of love, Aphrodite and diamond is its birthstone.

Do you also know that on April 2<sup>nd</sup>, 2008, the UN General Assembly declared it as the World Autism Awareness Day? On April 9, 1959, NASA announced the first Americans astronauts? Or that on April 14, 1828, Noah Webster's 70,000-world American dictionary – considered one of the crucial documents that changed the world and was one of the last dictionaries to be compiled by a single person-was published? Or that the famous Titanic sank on April 15, 1912?

On a brighter note, because we are so done with the world sinking under one catastrophe after the other, on April 6, 1896, the Modern Olympics Game were reborn; on April 7, 1948 the World Health Organization (WHO) was established; on April 10, 1925, "the Great Gatsby" by F. Scott Fitzgerald was published but unfortunately in 1970 the famous Beatles broke up; on April 18, 1956 beautiful Grace Kelly married Prince Rainier of Monaco; on April 22, 1970 Earth Day was observed for the first time; on April 26, 2009 the US declared a public health emergency, the swine flu; on April 27, 1994, Nelson Mandela was voted as South Africa's President- an autobiography worthy to be read though quite heavy-; on April 30th to close the month well first in 1789, George Washington was inaugurated as the 1st President of the US and in 1945 Hitler committed suicide, apparently he had a pinch of remorse in him after all!

Let us not forget that one of the most important Christian holidays is celebrated worldwide: Easter! So much to explore in this issue: spirituality, celebrations, sports and so on.

Till then, stay safe and enjoy reading!

And to end it right, to all the Georges out there... Χρόνια Πολλά!









Why are eggs dyed in red?

It's a religious symbol - it represents the blood of Christ and the sacrifice he made on the cross. The colour red is used to symbolise life and victory and the eggs themselves symbolise the resurrection of Jesus Christ. Traditionally the eggs are dyed on Holy Thursday in preparation for a feast on Easter Sunday





Tsougrisma: The Greek Red Easter Egg Game

risma means "clinking together" or "clashing." In Greek, it is τσούγκρισμα and is OO-grees-mah. The cracking tradition symbolizes Christ's resurrection from the dead and

Each player holds a red egg, and one taps the end of her or his egg lightly against the end of the other player's egg. When one egg's end is cracked, the person with the unbroken egg uses the same end of the egg to try to crack the other end of the opponent's egg.

nile cracking the eggs, one person says, "Christos Anesti" (Christ has risent), while the other person is, "Alithos Anesti" (Indeed he has risent), symbolizing Christ's emergence from the tomb.

On Holy Thursday, women traditionally prepare two types of Easter sweets – tsoureki and koulourakia. The tsoureki is a type of traditional sweet bread, with a fluffy, chewy texture. It contains flour, butter, eggs, sugar, milk and spices. Making a tsoureki is an important Easter tradition in Greece. We often decorate each tsoureki with a red egg. As for koulourakia, they are generic crunchy cookies. They typically contain butter, eggs, sugar, flour and spices, and come in different shapes. They go very well with Greek coffee, or milk.

On the evening of Good Friday, every church in Greece mourns the death of Jesus, and organizes an Epitafios procession. During this ceremony, the Epitafios is carried around every single town and village in Greece. People follow the procession around the neighbourhood, carrying candles. On Holy Saturday, Late in the evening, people gather outside the church in expectation of the Resurrection of Jesus Christ, which we call Anastasi in Greek. People kiss each other on the cheek, repeating the phrases "Christos Anesti" (Jesus has risen) and "Alithos Anesti" (He has truly risen). This is a solemn event, but it is now one of joy, and is accompanied by loud chiming bells and plenty of fireworks and firecrackers. Then everyone returns home, holding their lit candles. It is customary to make a cross out of candle smoke on the ceiling, just above the entrance door. This symbolizes the fact that Christ is risen from the dead. Another phrase that you will hear often before Saturday night, is Kali Anastasi, which literally translates to "Good Resurrection" Magiritsa soup is a traditional dish prepared in most Greek houses (made with offal and finished in a lemon sauce). Before midnight, people gather in church holding candles, which they light with the "Holy Light" offered by the priest.

Sunday feast includes meat! Lots of it! Apart from roasted lamb or goat, you can usually find kokoretsi and gardoumpes, meat delicacies made with the various lamb and goat entrails



How to say Happy Easter in Greek

- Kalo Paschal







# Did You Know: Behold the Holy Light

The miracle of the Holy Light, "A $\gamma$ Iov  $\Phi\tilde{\omega}\varsigma$ ", is an undisputable miracle venerated all over the world with the Resurrection of Jesus Christ. It occurs every year at the Church of the Holy Sepulchre in Jerusalem on Great Saturday, the day before Orthodox Pascha.

It is said that the tradition dates back to at least 328 AD, as mentioned by historian Eusebius, and is celebrated by Orthodox Christians from various countries. (Source: Wikipedia)

After the procession on Holy Friday, the representatives of the various Churches' authorities and the civilian authorities verify all lights are turned off, a new lantern is inserted in the Sepulchre which is to be sealed without lighting it, then the room is closed with beeswax and stamped with the personal steal of the present priests.

On the second day, the Holy Saturday, after the Divine Liturgy, the Patriarch of the Greek Orthodox Church of Jerusalem, currently H.E. Theophilos III, who has been initially and thoroughly checked at the main gate of the Church of Resurrection, enters the chapel in front of the Tomb/stone wearing a white tunic and holding 2 big candles each made of 33 thin candles. A procession with prayers is repeated 3 times around the Sepulchre before they break the seal and open the door. The Patriarch goes in, he kneels and prays.

At some point, a blue light, the Holy Light, is emitted from Jesus' tomb from which many of the remaining candles in the Church are miraculously lit. The Holy Fire held by the Patriarch is then used to light the candles of all the clergy and the pilgrims present, wishing everyone a Blessed Pascha in rejoicing.

Representatives of the various Churches are the first to obtain the Holy Light, then it is distributed to all pilgrims.





Special flights are organized to transport the Holy Light to several countries, Greece for starters and other countries with Orthodox churches such as Lebanon, Cyprus, Syria, Egypt, Romania, North Macedonia, Serbia, Ukraine and Russia. The Holy Light is received by church and state leaders.

In Lebanon, the light is received through the Archdiocese of Jordan. The representatives of both countries meet at the Amman airport, they exchange prayers and Reverend Father Nectarios has the holy duty of transporting the Holy Light to Lebanon where other priests await at the airport to share this beautiful miracle all around the country.

Και του χρόνου! Καλή Ανάστασή!





# Did You Know: Classic Cars Compete in Spetses Spring Rally

Not only did Spring blossom in various shapes and colors, but it also brought a beautiful whirlwind of old vintage classic cars competing in the Spring Rally FILPA, translated as "Friends of Old Cars". It took place on the 7-9 April this year.

The first Spring Rally FILPA took place on the 5-6<sup>th</sup> of April in 2014. It consisted of cars aged between 35-85 years old and has become a yearly event since.

Vintage beauties and remarkable classics from the most prestigious industry names gather at the Poseidonion Hotel, the starting point and which has been proudly hosting the car-free island rally for many years.

Because promoting the necessity of conservation, maintenance and usage of antique cars -which necessitates continuous efforts from the FILPA, is as important as safeguarding traditions.













FILPA's main aim joins FIVA's (Fédération Internationale des Véhicules Anciens) effort to encourage young enthusiasts to discover historic vehicles.

According to Dr. Mario Theissen, Senior Vice President of FIVA "Engaging the interest of the younger generation is crucial to the future of the historic vehicle movement and vital part of FIVA's long-term strategy".

In 2016, FIVA celebrated its 50<sup>th</sup> anniversary with the FIVA World Motoring Heritage Year program under UNESCO's patronage.

Participating vehicles for the Spring Rally must adhere to specific regulations. If you care therefore to participate, make sure you browse their website and subscribe in due time:

https://www.philpa.gr/en

#### 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.







# In the News: Alexander the Great Marathon

The 17<sup>th</sup> International Marathon taking place in Thessaloniki is held in homage to the legendary Alexander the Great.

On April 30<sup>th</sup>, around 14,800 runners took over the streets of Thessaloniki.

The race started from Pella, in front of the statue of Alexander the Great on horseback, crossing various streets to end after 42 km on Nikis Avenue in Thessaloniki.

Pella is the ancient capital of Macedonia, also the birthplace of Alexander the Great and Thessaloniki is the modern capital of the Macedonia region.

This run, therefore, bridges fun, sports, culture, and history. It started in 2006 and has been going on since annually.







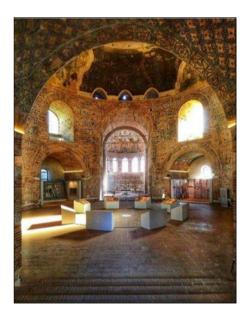








# Let's explore: Rotunda in Thessaloniki









Rotunda by definition is a round building or room, especially one with a dome.

The famous Rotunda of Thessaloniki is one of the most important Roman monuments in Thessaloniki. It was built by Galerius the Roman emperor in 306 AD and is the oldest of Thessaloniki's churches as well as a UNESCO World Heritage Site since 1998. It stands just next to the Arch of Galerius in the city center and is also known as the Church of Agios Giorgios.

It has an impressive structure of almost 30 meters high, an inner diameter of 25 meters and walls of 6,30 meters thick which helped beautiful Rotunda withstand the various earthquakes throughout the past centuries. It is said that, during the Roman rule, Rotunda was supposedly used as a place of worship of Zeus. Then, in 400, it was transformed into a Christian temple. In 1590, during the reign of the Ottoman Empire, it was turned into a mosque by Suleiman Hortagi Efendi and by its side a minaret was built, withstanding till this day. Rotunda became a church again, under the name of Saint George, when Thessaloniki was liberated from Turks in 1912.

The earthquake of 1978 caused severe damages and took almost 40 years of reconstruction. It opened again to the public in 2017 and nowadays it serves as a museum where once a month a church-service is held. In terms of architecture, Rotunda is considered the twin of the Roman Parthenon due to the similar Greek-style both monuments portray. It has a rich history having served three different cultures, the pagan, the Islamic, and the Christian; and is decorated with magnificent mosaics worthy of being seen.



## 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

All permanent residents in Lebanon can apply for their touristic visa at VFS offices <a href="https://visa.vfsglobal.com/lbn/en/grc/">https://visa.vfsglobal.com/lbn/en/grc/</a>

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 <a href="http://www.passport.gov.gr/en/">http://www.passport.gov.gr/en/</a>

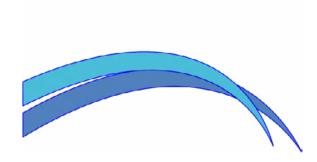
**Legalization of documents:** The Consular Office can legalize any Lebanese official document that has been stamped by the Lebanese Ministry of Foreign Affairs. You can visit the Consulate any week day between 09:30 and 13:30.

**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.

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 groon. bei@mfa.gr





# **Embassy Section**



# GREEK EMBASSY IN BEIRUT Office for Economic and Commercial Affairs

New Naccache, Rue 64 Immeuble Ant. Boukather, No 85 B.P. 309, Beirut - LEBANON Tel: (00961) 4-521701, 4-521700 Fax: (00961) 4-418774 E-Mail: ecocom-beirut@mfa.gr

Beirut,11<sup>th</sup> of April 2023 Our Ref: F.1910/AS 105

To: The Greek Community of Beirut

Attention: President, Board Members and Secretariat

Subject: 10th ATHENS INTERNATIONAL TOURISM AND CULTURE EXPO 2023

Dear Mr. Andriotis,

We hope that this communication finds you, the Board and the members of your organization well.

Furthermore, we wish hereby to inform you that the 10<sup>th</sup> Athens International Tourism Expo (AITE expo) will take place from the 6<sup>th</sup> to the 8th of October 2023, at Zappeion Megaron, in Athens.

The 10<sup>th</sup> Athens International Tourism Expo is expected to host more than 150 leading international hosted buyers from Europe, Canada, Australia, Meddle East, India and Asia and will include thousands of B2B meetings with exhibitors.

For further information, please visit the site: www.aite..gr / www.accoexpo.gr

E-mail: info@leaderexpo.gr / marketing@leaderexpo.gr

Tel: +30-210- 6122164 Mobile: +30-6944-475564

Contact Person: Mr. Christoforos Papadiotis (General Director)

You are kindly requested to circulate the aforementioned information regarding the upcoming exhibition, among your esteemed members.

For any additional information you may consider necessary, we remain at your disposal.

On this occasion, we extend best wishes for a Happy Holiday Easter Season.

Sincerely,

Alia N. Papanastasiou First Counsellor for Economic & Commercial Affairs Head of the Office Embassy of Greece in Beirut



# Let's Cook by Giorgos Tsoulis

### Greek Chicken Magiritsa Soup with Egg Lemon Sauce

8-10 Portions 15 min Preparation 50 min Execution



A fabulous, traditional Easter Magiritsa soup with chicken, by Greek Chef Giorgos Tsoulis. This is the perfect soup for those of you who don't like livers! Soft, juicy chicken in a plethora of fresh aromatic herbs and egg lemon sauce. Delicious!

#tsoulotip: If you don't want to boil the chicken livers you can soak them in buttermilk.



1500 ml chicken stock
500 g chicken thighs, cut into pieces
500 g chicken livers
300 g spring onions, cut into rounds
100 g Karolina rice
3 medium eggs, only the yolks
1 lettuce, coarsely chopped
1 onion, finely chopped
1/2 bunch dill, finely chopped
Juice from 2-3 lemons



- 1 Place a pot full of a generous amount of water over high heat and bring to a boil. Add the chicken livers and boil for 10 minutes. Drain and set them aside to cool completely.
  - 2 Cut the chicken livers into very small pieces. Transfer to a bowl and set aside.
  - 3 Place a pot over medium to high heat and let it get very hot. Add the olive oil, spring onions, onion and chicken. Mix constantly and sauté for 3-4 minutes.
- 4 Add the chicken livers and sauté for 1 minute. Then, add the vegetable stock, rice, lettuce and spring onions. Season with salt and pepper, lower heat to medium and simmer for 30-40 minutes.
  - 5 When ready, add the dill. Mix and simmer for 2-3 minutes.
- 6 In a bowl, add the egg yolks. Begin whisking and add the lemon juice and some of the hot broth from the pot. Whisk until completely incorporated.

7 Add the egg lemon sauce to the pot, place over medium heat and simmer for 2-3 minutes. When ready, remove from heat and serve.

©Giorgos Tsoulis www.giorgostsoulis.com



### Dessert as well...

#### **Greek Easter Honey Cookies**

34-36 Portions 15 min Preparation 30 min Execution

Greek Easter honey cookies by Greek Chef Giorgos Tsoulis! Super delicious cookies with the aromas of honey, orange and vanilla. Great for kids and adults!

#tsoulotip: The smaller you make the cookies, the tastier they will turn out. You can also brush them with just the egg yolk, but keep in mind that they will not turn out as golden

#### INGREDIENTS

500 g soft flour, sifted
1 teaspoon baking powder
250 g butter, softened at room temperature
130 g icing sugar
1 tablespoon Greek honey
Grated zest of 1 orange
1 teaspoon vanilla extract
2 large eggs
80 ml full fat milk
1-2 eggs, for brushing



### METHOD

1 Preheat oven to 170° C (338° F) Fan.

2 In a mixer's bowl, add the butter, icing sugar, honey, orange zest and vanilla extract. Beat on high speed with the whisk attachment, until the mixture becomes light and fluffy.

- 3 In a separate bowl, add the sifted flour and baking powder. Mix thoroughly with a spoon.
- 4 In another bowl, add the milk and eggs. Mix with a hand whisk, until completely incorporated.
- 5 When the butter mixture is light and fluffy, begin adding the flour mixture and the milk mixture in batches, alternating between the two. This process should always end with the flour mixture. When the dough is ready, transfer to a bowl and allow it to rest for 10 minutes.
  - 6 Then, pick up about 25-30 g of the dough and shape into cookies any shape you like.
  - 7 Transfer to a baking pan lined with parchment paper and brush with lightly beaten eggs.

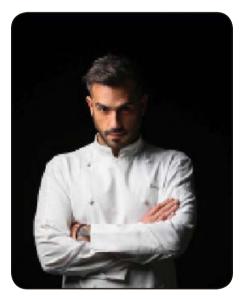
    Bake for 25 minutes, until golden brown.
    - $\boldsymbol{8}$  When ready, remove from oven, allow the cookies to cool and serve.

©Giorgos Tsoulis www.giorgostsoulis.com

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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 <u>@giorgos tsoulis</u>, while every Friday at four at noon shares with us a new cooking video #MiMassa through the YouTube channel of <u>@GiorgosTsoulis</u>.

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 in Melissia, while also preparing his first cookbook.

**©Giorgos Tsoulis** 

www.giorgostsoulis.com





# And play!

Rayez tous ces mots. Ils sont lisibles en zigzag, à l'endroit, à l'envers, sans jamais se croiser. À la fin, il ne restera qu'un mot. Lequel?

ACARIÂTRE	CLAPE
AHURI	COIFF
AINSI	COMN
ALPINE	COUP
AMANDINE	COÛTI
ANDALOUSE	CROIS
APRÈS	CYBER
ARIDE	DÉBRA
ARQUER	DEVIN
AUDITOIRE	DIÈSE
AVELINIER	ENTAF
AVOISINER	ÉQUIT
AZYME	ESGO

BONHEUR

**BRUIT** 

BRUTE

CAPTURE

COIFFEUR
COMMENTER
COUPE
COÛTER
COÛTER
CROISÉE
CYBERCAFÉ
DÉBRAILLÉ
DEVINER
DIÈSE
ENTARTRÉ
ÉQUITABLE
ESGOURDE
FABULATION
FANTASSIN
FANCICULE
FASCICULE
FASTE
FOURBERIE

**FOURNAISE** FURFT **GALVAUDER** GENÈSE GRINCEMENT GRIVE GROSSESSE HERBICIDE HOUKA **IMPÉTUEUX** LOUVE MAELSTRÖM MANIÈRE MICROBE MIDINETTE MILITAIRE MISÈRE

**NUMÉRO** OPINEL ORANGER **ORBITAL PANDA** PATÈRE **PINOT PORTUAIRE** RACER RACKETTER RASTA ROMPU RONCERAIE SATISFAIT SIROP SOLILOQUE SPASME

SUAVE TABATIÈRE TARIF TAUPIN TIQUE TOMBE TRAPPE TREMPER TRÉPIGNER TRIMESTRE VITUPÉRER VOILE XÉRUS YOGOURT ZÉPHYR

**STADIUM** CHALUMEAU MOMIE T E G E S E M E S 0 Q E Т R 0 S E E E Е N T E S M T R T E S R R D U C A A В 0 ٧ G E E E В B Т E T R C S В M E 0 E Е C 0 R D HACNUMEOGS E CEROC Е S N E





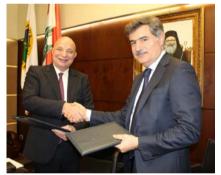
## Joining Hands with Balamand University

On April 18<sup>th,</sup> the Greek Community of Beirut represented by its President Mr. Panayotis Andriotis and the University of Balamand represented by its President Dr. Elias Warrak signed an Academic Cooperation Protocol.

The aim of this Protocol is to provide students holding the Greek nationality discounts on their academic tuition fees. It also creates an opportunity for both entities to organize and collaborate on various cultural, sporting and educational activities.

The event took place at the main campus of the University in the presence of H.E. the Ambassador of Greece to Lebanon, Ms. Catherine Fountoulaki, and was followed by a convivial lunch.























The Greek Community of Beirut in cooperation with the Ministry of Education of Greece and its official entity with the Greek Language Centre, will be operating as an examination center pertaining to the Greek Language Certification Exams at the Greek Community premises.

Examinations dates for the Certificate of Attainment for the year 2023 in Greece and abroad as follows:

Levels		Dates	Examination Price
A1 (for children 8-12 years old)	Elementary Knowledge	Tuesday 23 May 2023 (morning)	
A1 (for adolescents and adults)		Tuesday 23 May 2023 (morning)	90 euro
A2	Basic Knowledge	Tuesday 23 May 2023 (noon)	
B1	Average Knowledge	Thursday 25 May 2023 (morning)	
В2	Good Knowledge	Wednesday 24 May 2023 (morning)	
C1	Very Good Knowledge	Wednesday 24 May 2023 (afternoon)	100 euro
C2	Fluency	Thursday 25 May 2023 (afternoon)	

 ${
m *Oral}$  examinations are held immediately after the written examinations.

Registrations will start as of 1st of February till 20th of March 2023.

Applications can be either submitted electronically to

<a href="http://www.greek-language.gr/certification/application/index.html">http://www.greek-language.gr/certification/application/index.html</a>

Or on the spot at the **Greek Community** premises

For further clarifications, you may contact the Greek Language Courses Administrator, Mrs. Stephanie Kowalski during the office hours from 10:00 AM to 5:00 PM, Monday to Friday, on the following contact details:

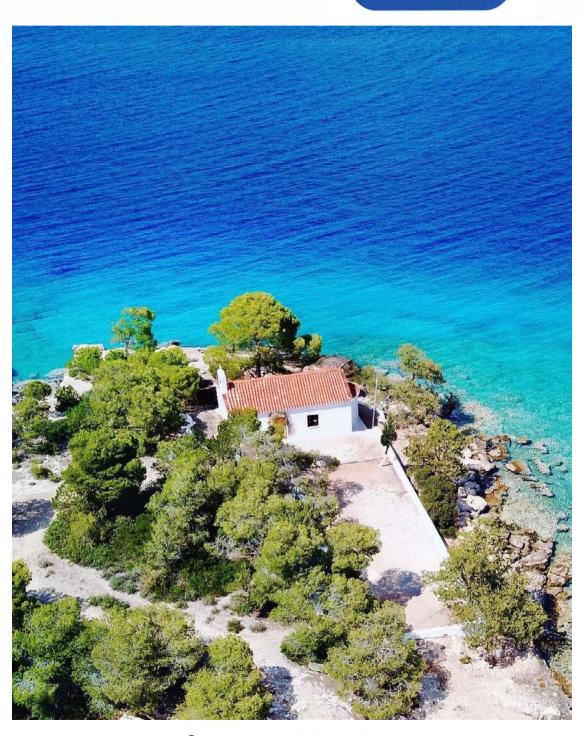
Address: Greek Community of Beirut Dekwaneh - Parallel Towers 232 Block A – 3rd Floor

**Tel**: +961 1 493467/8 and on **Mob**: +961 81 410 848

E-mail: <a href="mailto:stephanie@greekcommunity.org.lb">stephanie@greekcommunity.org.lb</a>

Website: <a href="http://www.greekcommunityofbeirut.com/">http://www.greekcommunityofbeirut.com/</a>





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