



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



Ta Nea

Issue 41  
March 2023

Spring is in the air

*“ With the coming of spring, I am calm again” - Gustav Mahlerk*

*March brings a certain balance and dose of regulation.  
It starts with nature slowly blooming into a softer and warmer version,  
yet not completely heading full on into a summer’s heated narrative.*

*Did you know that March 20<sup>th</sup> is the International Day of Happiness?*

*What’s not to be happy about when Spring gradually kicks off?  
Many major events happened during the month of March.*

*To start with, March was a major breakthrough for women forging  
their way in a man’s world. It took ordinary women to achieve some-  
thing extraordinary back in 1909 when it officially started, and till this  
day, it still resonates all over the world.*

*By defying the norms and standing in solidarity, women obtained the  
right to work, train, earn, equally to men, ending the discrimination  
they were long forced to tolerate.*

*In 1945, in San Francisco, the Charter of the UN, the first international  
agreement to proclaim gender equality as a fundamental right, was set.*

*This year’s theme for International Women’s Day set by the UN was:  
“DigitALL: Innovation & Technology for gender equality”.*

*Let us not forget that on March 21<sup>st</sup>, we also celebrate a very important  
female figure yet again, Mothers!*

*“Of all the rights of women, the greatest is to be a mother” – Lin Yutang*

*That isn’t (only) a right, but it’s rather a privilege, a superpower, one  
men could never possess!*

*Here’s to breaking barriers, shaking up the status quo and ..keep  
marching ahead.*

*Here’s to all the unsung heroines! Here’s to all WOMEN!*

*Till then, stay safe and enjoy reading!*



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**Feminine energy is soft; it flows gracefully, it doesn't force things; it doesn't rush them; it doesn't respond to ego and moves with and through love.**

**Cecilia Payne** (1<sup>st</sup> person to earn a PH.D in astronomy and discover what the universe and the sun were made of); **Milvea Einstein** (who secretly contributed to Einstein's work, being herself a physicist); **Lise Meitner** (1<sup>st</sup> German to have a professorship at a German university who suggested the idea of bombarding uranium atoms, that led to the nuclear fission- the ability to split atoms. Not only did her colleagues carry out her research, but they got awarded the Nobel Prize in 1945 as it was a ground-breaking development that led to the atomic bomb and nuclear reactors); **Hedy Lamarr** (the Austrian-born Hollywood star and the brain behind wireless communication); **Alice Ball** (1<sup>st</sup> black woman Chemistry professor at the University of Hawaii, who by figuring out how to turn oil from the chaulmoogra tree into fatty acids and ethyl esters for obtaining an injectible medicine, cured Hansen's disease or leprosy that once it affected patients, they were left to die); etc.

There are several female inventors, and heroines, who, alas did not get recognition and their discoveries were credited to men.

**'The greatest glory of a woman is to be least talked about among men, whether in praise or blame.'**

**(An extract from Pericles' Funeral Speech, Thucydides 2:46)**

Greek women also impacted the course of history. To name a few :



Gorgo the Queen of Sparta



Olympia Queen of Macedonia



Aspasia the Intellectual & Political Advisor

And so more who shaped Modern Greece!



Katerina Sakellaropoulou 1<sup>st</sup> female president



Dora Bakoyannis 1<sup>st</sup> female mayor of Athens



Nana Mouskouri not only a famous singer but a UNICEF spokesperson & a Greek deputy in the European Parliament



Hedy Lamarr



Alice Ball



Behind every successful man, there is a woman – And behind every unsuccessful man, there are two.



Cecilia Payne



Milvea Einstein



Lise Meitner



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## Did You Know: Our Greek International Muse Passes Away on March 6, 1994

Beautiful and mesmerizing, both on and off the screen, Maria Amalia “Melina” Mercouri, had a vibrant personality.

She was born in Athens on October 18, 1920 and came from a political prominent family, which at some point in her life, had an impact on her life. In October 1981, Mercouri was the first female to be appointed as Minister of Culture & Sports; she served for 8 consecutive years till 1989 then in 1993 until her death in 1994.

In 1938, she was admitted to the National Theatre’s Drama School. In 1955, she starred in her 1<sup>st</sup> feature film “Stella” which was written by Iakovos Kabanellis, specifically for her. When the feature film competed at the Cannes Film Festival, Mercouri met Jules Dassin where they fell in love and got married. She was however married before that to Panagis Harokopos, a wealthy landowner and much older than her. They wed in the winter of 1939 upto 1962.



Mercouri is considered one of the greatest women figures in the 20<sup>th</sup> century. She won a Cannes Film Festival Best Actress Award for her leading role in “Never on a Sunday” (1960).

During her tenure at the Ministry of Culture, Mercouri achieved several prime activities:

- Started the campaign for the return of the Parthenon Marbles presently in the British Museum. At the same time, she gave special attention to the restoration of the Acropolis monuments and held an international competition for the design of the New Acropolis Museum.
- She introduced free access to museums and archaeological sites for Greek citizens as part of an overall education effort aimed at the people, youth in particular.
- She organized a series of impressive exhibitions of Greek cultural heritage and contemporary Greek art in all five continents.
- She supported and promoted Greek cinema.
- She commissioned a study for the integration of all the archaeological sites of Athens, i.e. the integration of Athens’ historic center at Iera Odos – Plaka – Temple of Olympian Zeus triangle, so as to create a 4 km archaeological park, a pedestrianized area free from traffic where residents and visitors could learn and enjoy the history of Athens.

(Source: <https://melinamercourifoundation.com/en/melina-mercouri/biography-2/>)

When Mercouri passed away, on March 6, 1994, from lung cancer at the Memorial Sloan Kettering Cancer Center in New York, Jules Dassin established the Melina Mercouri Foundation in Plaka to carry on Melina’s work, particularly her campaign for the return of the Parthenon marbles to Greece.



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In the same spirit, UNESCO also established the Melina Mercouri International Prize for the Safeguarding and Management of Cultural Landscapes (UNESCO-Greece).



“If we lose our culture, we are nothing. We are our culture,” she used to say.

From her autobiography:  
*“I am born a Greek”*



#### 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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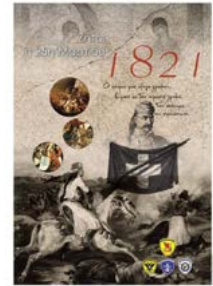


Ta Nea

## In the News: Celebrating the 202 National Independence Day in the heart of Beirut

This March 25<sup>th</sup>, 2023 marked the 202 Independence Day. A day all Greeks take pride in celebrating.

To commemorate the Greek National Day, the Embassy of Greece, under the guidance and support of H.E. the Ambassador Mrs. Catherine Fountoulaki, and in coordination with the Greek Community of Beirut, a private reception was held at the Phoenicia Hotel in Beirut on Thursday, March 23<sup>rd</sup>.



It was attended by prominent political figures such as Mr. Elias Bou Saab, Vice President of the National Assembly representing H.E. The Speaker Mr. Nabih Berry, H.E. Mr. Walid Nassar, Minister of Tourism representing H.E. the President of the Council of Ministers Mr. Najib Mikati; Mrs. Abir Ali, Director of Protocol at the Ministry of Foreign Affairs and Emigrants, representing H.E. Minister Abdallah Bou Habib; **key members of the Greek Orthodox Church**/ Eminencies and honorable religious dignitaries amongst them H.E. Metropolitan Bishop Elias Audi, H.E. Metropolitan Bishop Elias Kfoury; honorable representatives of the armed and security forces and the UNIFIL; colleagues from the diplomatic corps; members of the media and close friends.



The day our Greek ancestors rebelled against the Ottoman rule claiming their freedom, is also the day when the Virgin Mary learned she would bear the Son of God.

**Happy Independence Day & Blessed Annunciation Day to us all.**

**Χρόνια Πολλά!**





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Ambassade de Grèce  
au Liban

NATIONAL DAY RECEPTION  
Thursday 23 March 2023

Your Excellency Mr. Elias Bou Saab, Vice President of the National Assembly representing H.E. The Speaker Mr. Nabih Berry  
Your Excellency Mr. Walid Nassar, Minister of Tourism representing H.E. the President of the Council of Ministers Mr. Najib Mikati  
Mrs. Abir Ali, Director of Protocol at the Ministry of Foreign Affairs and Emigrants, representing H.E. Minister Abdallah Bou Habib,  
Your Eminencies and honorable religious dignitaries  
Your Excellencies the Ministers, Members of the Parliament  
Honorable representatives of the armed and security forces and the UNIFIL  
Dear Colleagues of the diplomatic corps  
Ladies and Gentlemen,  
Dear Friends.

On my own behalf and on behalf of my colleagues at the Embassy, I would like to welcome you and thank you all for your presence here today, to celebrate with us the National Day of Greece.

Amid adverse circumstances due to the pandemic two years ago, Greece celebrated 200 years since the beginning of our struggle for independence, which gave birth to the modern Greek state. This bicentennial symbolizes what we have achieved within these two centuries and guides our reflection, individually and collectively, to build a vision for the future.

The journey of the Greek state during these two centuries is remarkable. A nation that fought for its right to be an independent state and that never since shied away from the international struggles to defend and uphold freedom and human values, including in both World Wars. A state that has become a sturdy pillar of democracy, and stability in the Balkans and the wider Mediterranean region. A dependable Ally and a dedicated member of the European Union for the past 40 years, actively contributing to the promotion of its fundamental values and priorities.

Tout au long de notre histoire, nous avons connu beaucoup de triomphes et dû affronter de nombreuses catastrophes. La résilience est un attribut du peuple grec. Nous avons fait preuve d'une grande résilience face à une crise financière qui a duré dix ans et que nous avons réussi à surmonter, en rétablissant la confiance dans le pays et sa stabilité macroéconomique. Nous avons dû combiner la mise en œuvre de réformes et de mesures de gestion de la crise, tout anticipant sur des problèmes à plus long terme, veillant non seulement à résoudre les questions actuelles, mais aussi à jeter les bases d'un avenir solide.

La Grèce figure traditionnellement parmi les trois premiers pays exportateurs vers le Liban, tandis que les Libanais se classent continuellement parmi les cinq premiers investisseurs immobiliers en Grèce. La communauté grecque au Liban et la communauté libanaise en Grèce assurent le pont entre les deux peuples, perpétuant une longue tradition d'interaction fructueuse et d'assistance mutuelle.

We will continue to show solidarity with the Lebanese people in difficult times. We believe that fully functioning state institutions, first and foremost election of a new President and formation of a stable Government and respect for rule of law are sine qua non conditions for addressing the many and urgent problems the country is facing as well as for the implementation of much needed reforms that will favour the development of the country in a sustainable manner, leaving no one behind. We hope that this will become a reality thanks to the remarkable resilience, talents and sense of solidarity of the Lebanese.

I take this opportunity to express my sincere thanks to the Greek Community of Beirut for their valuable contribution in the organization of this event as well as to the staff of the Embassy for their dedication and hard work often under difficult circumstances.

Thank you.

Ladies and Gentlemen,

As we all know, National Days are a reason for celebration but they are also a reminder of shared values and beliefs, at a time when these are once again being tested, and of the tasks we still face.

Le monde a beaucoup changé au cours des trois dernières années. La pandémie du Covid-19 nous a obligés à revoir notre façon de travailler et de vivre. La tragique explosion du 4 août 2020 au port de Beyrouth - que j'ai vécue avec les Libanais quelques semaines après le début de mon mandat dans ce beau pays - a laissé de profondes cicatrices. La crise économique et ses conséquences désastreuses continuent d'affecter immensément la société libanaise.

Et en Europe, dont nous pensions qu'elle avait enfin trouvé le chemin de la paix, nous voyons à nouveau un peuple contraint de se battre pour se défendre et assurer son avenir.

Pourtant, ce qui reste après toutes ces difficultés, c'est l'espoir, qui nous encourage à continuer, à trouver des solutions et à ne pas ménager nos efforts pour relever les défis.

It is in this spirit that we strongly support the independence, territorial integrity and sovereignty of Lebanon, to which Greece is linked by excellent relations since ancient times. In the same vein, we contribute to the mission of UNIFIL by participating with a frigate to the Maritime component ever since its establishment in 2006.

We expressed our solidarity with the Lebanese people after the port of Beirut explosion by dispatching the very next day a Search and Rescue team and delivering three times urgent humanitarian assistance, including for the needs of the Lebanese Armed Forces.

Greece was among the first countries to publicly welcome the historic Maritime Delimitation Agreement between Lebanon and Israel as an example of peaceful settlement of differences in this region and as a key factor in stabilizing the situation in the Middle East.

As regards Greece's presence in Lebanon, we are particularly satisfied with the revival of the program to strengthen Greek language skills and support theological studies as St. John of Damascus Institute of Theology at the University of Balamand, which will contribute to further enhancing the ties between Greece and Lebanon at the educational, theological, social and cultural levels.



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## In the News: Message from the President for the National Day

**ΜΗΝΥΜΑ**  
**ΤΗΣ ΠΡΟΕΔΡΟΥ ΤΗΣ ΔΗΜΟΚΡΑΤΙΑΣ**  
**ΚΑΤΕΡΙΝΑΣ ΣΑΚΕΛΛΑΡΟΠΟΥΛΟΥ**  
**ΠΡΟΣ ΤΟΝ ΑΠΟΔΗΜΟ ΕΛΛΗΝΙΣΜΟ**  
**ΜΕ ΤΗΝ ΕΥΚΑΙΡΙΑ ΤΗΣ ΕΘΝΙΚΗΣ ΕΟΡΤΗΣ ΤΗΣ 25ης ΜΑΡΤΙΟΥ**

Αγαπητοί μου συμπατριώτες,  
Ελληνίδες και Έλληνες του εξωτερικού,

Απευθύνομαι σήμερα σε σας, τους απόδημους αδελφούς μας, κάτω από τη βαριά σκιά της πρόσφατης αιδηροδρομικής τραγωδίας που στέρησε αδόκητα τη ζωή από τόσους συμπολίτες μας – νέους ανθρώπους στην πλειονότητά τους, γεμάτους όνειρα και όρεξη για δημιουργία – βυθίζοντας στο πένθος τους οικείους τους και συγκλονίζοντας την ελληνική κοινωνία.

Γιορτάζουμε την επέτειο της ένδοξης Επανάστασης του 1821, έχοντας πάντα ως πυξίδα τις αξίες των προγόνων μας. Η πνευματική ανάταση με την οποία αγωνίστηκαν «υπέρ Πίστεως και Πατρίδος», η αυταπάρνηση και η ανιδιοτέλεια με την οποία υπερασπίστηκαν το ιδεώδες της ελευθερίας και της ανεξαρτησίας, υπήρξε πάντοτε οδηγός για μια εθνική πορεία αντάξιά τους.

Η ιδέα της Επανάστασης, ωστόσο, δεν γεννήθηκε μέσα στα στενά όρια της τότε τουρκοκρατούμενης Ελλάδας. Οι ελληνικές παρουκίες στην Οδησόο, την Πίζα, το Λιβόρνο, τη Βιέννη, το Παρίσι, το Βουκουρέστι, το Ιάσιο, την Τεργέστη, τη Βενετία και άλλου καλλιέργησαν τις ιδέες του διαφωτισμού, πρωτοστάτησαν στην πνευματική αφύπνιση του γένους, προετοίμασαν ιδεολογικά και πρακτικά την Επανάσταση. Ρήγας Φεραίος, Ξάνθος, Σκουφάς, Τσακάλωφ, Υψηλάντης, Καποδίστριας μεταλαμπάδευσαν τη φλόγα του οράματός τους σε όλους τους Έλληνες, υπόδουλους και μη. Ενίσχυσαν τον αγώνα με κάθε τρόπο, επηρέασαν προς όφελος της Ελλάδας την πολιτική των χωρών όπου διαβιούσαν, μετέστρεψαν το κοινωνικό κλίμα υπέρ του αγωνιζόμενου λαού μας και συνέβαλαν τα μέγιστα στην άνθιση του φιλελληνισμού. Και ήταν μεγάλος ο αριθμός των Ελλήνων της διασποράς που πολέμησαν και έδωσαν τη ζωή τους για την ανεξαρτησία μας, μαχόμενοι στο πλευρό των αδελφών τους.

Ποτέ δεν κόπηκε ο δεσμός των Ελλήνων της διασποράς με τον τόπο της καταγωγής τους, ποτέ δεν έπαψαν οι δυνάμεις του απανταχού ελληνισμού να στηρίζουν το νεοσύστατο ελληνικό κράτος, με τη μορφή είτε της ευεργεσίας προς το έθνος, είτε της συνδρομής στην προώθηση των ελληνικών και διεθνών δικαίων. Η χώρα μας θα συνεχίσει να αντιμετωπίζει με αποφασιστικότητα τις προκλήσεις στο ευμετάβλητο παγκόσμιο περιβάλλον και να υπερασπίζεται την εθνική της κυριαρχία και ανεξαρτησία, με γνώμονα το δίκαιο και στόχο την ειρηνική συνύπαρξη και την ευημερία.

Αγαπητοί μου συμπατριώτες,

Μοχθώνοντας στους ξένους τόπους, κατακτώντας αναγνώριση και κύρος στα πεδία της επιστήμης, της τέχνης και των επιχειρήσεων, λειτουργείτε ως πρεσβευτές της πατρίδας μας, διαδίδοντας τη γλώσσα και τον ελληνικό πολιτισμό. Με την ευκαιρία της εθνικής μας επετείου και της εορτής του Ευαγγελισμού της Θεοτόκου, εύχομαι σε όλους σας, απανταχού στον κόσμο, υγεία και πρόοδο.

Χρόνια Πολλά!



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## In the News: " Greece in Lebanon"

With the launching of the "Mois de la Francophonie", the Embassy of Greece in Beirut organized a special screening of the documentary "la Grèce au Liban" by Carmen Labaki. The film was projected at the National Library of Lebanon in Sanayeh, under the patronage of the Lebanese Ministry of Culture, in attendance of a selected number of guests. The projection of the documentary was followed by a vin d'honneur.

In her welcome address, the Ambassador of Greece Mrs. Catherine Fountoulaki said that "The distinguished relations between Greece and Lebanon have existed for a long time and in various fields, and we will always work to strengthen them. The film relating the Greek presence in Lebanon is considered a historical document for future generations and I am pleased that it is screened as part of the activities of the "Mois de la Francophonie."



This film's project was supported by the Greek Community of Beirut, in cooperation with the Embassy of Greece. It is part of a docu-series showing the presence of different countries in Lebanon and covering many facets: historical, cultural, economic, social ... A beautiful Mediterranean country that shares a lot with Lebanon in many ways: Greece. A historic and friendly relationship that has lasted for millennia in the land of the Cedars. It is intended to be broadcasted on several social media platforms as well as at LBCI at a later date.







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## In the News: Athens Half Marathon 2023

Athens Half Marathon, the city's most popular spring running event organised by the Hellenic Athletics Federation and the City of Athens was held on Sunday March 19<sup>th</sup>. This year's event was dedicated to Mikis Theodorakis, the renowned Greek composer who passed away in 2021.

The race options were the classic 21 km route, the OPAP, 5 km race and, the Family Run for the first time this year, a Family Run along Vassilissis Sofias Avenue at the Byzantine Museum and ending at Syntagma Square. The Family Run was open for students in the 1<sup>st</sup> to 5<sup>th</sup> grade Primary School, for people with disabilities and/or Special Olympics athletes regardless age, etc.

Athens Half Marathon is the ideal event for regular and novice runners; the admission was free of charge.

### SUNDAY 19 MARCH 2023

#### Syntagma Square

08.00 - 15.00: Sponsors' Village

#### Amalia's Avenue (Syntagma Square - in front of the Tomb of the Unknown Soldier)

09.00: Start of Half Marathon Race

10.08 - 10.10: Estimated finish time of 1st runner

#### Vas. Sofias Avenue (LAED - Byzantine & Christian Museum)

09.30: Start of Family Run race & Special Olympic Hellas

09.33: Estimated finish time of 1st runner

#### Syntagma Square (Othonos Str - Mitropoleos Str)

11.45: Start of OPAP 5km Road Race

12.00: Estimated finish time of 1st runner



Admission was for free.





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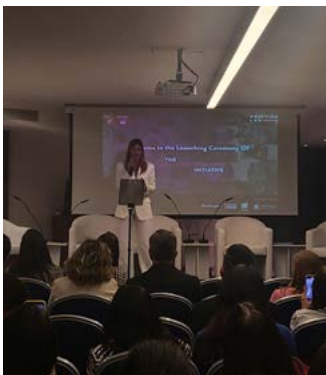


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## In the News: The KnowHer Initiative launched at the Greek Community of Beirut

What better way to empower women than by celebrating them and giving them the recognition they deserve? On March 30<sup>th</sup>, the Greek Community held the launching ceremony of “*TheKnowHer Initiative*” at its premises.

TheKnowHer initiative is an online, free-of-charge, diverse and inclusive woman-led SME's directory aimed at featuring the success stories of women entrepreneurs in Lebanon and bridging **them with potential clients locally and regionally.**



This directory is being launched by Kristie's Lab in strategic partnership with United Nations Global Compact Network Lebanon, The Nawaya Network, BLOOMEMEA and StandforWomen.

The celebration was a post-iftar gathering which kicked off with an inspiring fireside chat led by Dr. Lara Al Arab, Entrepreneurship & Soft Skills Education Expert, and 4 key speakers: Ms. Deenah Fakhoury, Executive Director of the United Nations Global Compact Network Lebanon ; Ms. Jessica Said, Deputy Director of the Nawaya Network; Mr. David Munir Nabti, CEO & General Manager of Bloom EMEA; and Ms. Nada Sweidan, Program Officer & Youth Focal Point of Lebanon for the United Nations Development Program.

The main issue that was addressed was: “ Women Entrepreneurship: A Triple Folded Goldmine”.

It was followed by a Gratitude exercise led by Ms. Stephanie Shaar, Community Engagement & Events Coordinator at Bloom EMEA to spread good vibes and energy as well as crunchy delicious bites and refreshing drinks served by chef Nastasia Khater.

The event was also bolstered by Ramadan- relevant entertainment activities such as the Henna station and Arabic Coffee station making it altogether a pleasant and enticing Ramadan experience.



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## Let's explore: The Ancient Centre of the World: Delphi

Gracefully sitting on the slopes of Mount Parnassus, sacred to Apollo and home to the Muses, Delphi holds a historical significance as it was considered by ancient Greeks as the centre of the world. According to mythology, Zeus left two eagles to fly, one to the East and one to the West, and they met in Delphi, making it the center of the world by placing the omphalos "the navel of the earth".

The Omphalos is precisely an ancient marble monument that was found at the archaeological site of Delphi.



The original stone is held in the museum of Delphi; there is a simplified copy at the site where it was found. Delphi is also home to the world-famous oracle of Delphi. The Oracle at Delphi was a priestess, Pythia, who made prophecies about the future. People went there to ask questions of the god Apollo, who would answer through the Oracle. The priestess sat on a special three-legged bronze bowl. Pythia was among the most powerful women of the classical world - end of the 7<sup>th</sup> century BC until the late 4<sup>th</sup> century AD.

Delphi is a UNESCO World Heritage Site since 1972. Below are the criteria that makes this place of an outstanding value extracted from their website:

**Criterion (iii):** Delphi bears a unique testimony to the religion and civilization of ancient Greece. At the legendary site where Apollo slew the serpent Python, celestial cults replaced chthonian cults and introduced the old heritage of myths originating from primitive times. The Delphic oracle, over which four sacred wars were fought, is one of the focal points of Greek political history, while the Theatre and the Stadium, where the Pythian Games took place every four years, were places of community celebrations reflecting triumphant Hellenism.

**Criterion (iv):** Delphi, situated in a magnificent natural setting which is still intact, is an outstanding architectural ensemble and an example of a great Pan-Hellenic sanctuary.

**Criterion (vi):** According to the ancients, the Temple of Apollo was where the Omphalos was located, that is, the navel of the universe, the centre of the earth. Delphi is consequently directly and tangibly associated with a belief of manifest universal significance.

Besides the temple of Apollo, precisely north of the sanctuary, you must visit the Theatre, where they used to host contests. Further higher on top of the hill, you could visit the Stadium, where the famous Pythian Games used to take place in antiquity.

The Kastalia spring, located some hundred meters from the Oracle at the root of the Phlemboukos rock, is the sacred spring where Pythia and her priestes washed and purified themselves, just like any other mortal did before approaching the Oracle for advice.



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*Ta Nea*

Other monuments worth checking are the Tholos shrine of Athena Pronaia, which is the unusual circular structure whose function yet remains unknown; the Gymnasium where athletes trained; the Palaistra which was the wrestling arena; and the Baths from the Classical period.

The Corycian Cave with the amazing stalactites and stalagmites, is a hidden gem of Ancient Delphi, also worth visiting. It is the biggest on Parnassos and holds old finds dating to the Neolithic era (4000 BC).

You should also make a stop at the Archaeological Museum, one of the most important museums in Greece that was built in 1903. Out of the most famous exhibits it hosts, the Sphinx of Naxos and the Bronze Charioteer considered a masterpiece of ancient Greek art, despite its missing parts.

The Oracle of Delphi was finally shut down in the 4<sup>th</sup> century AD by the Byzantine Emperor Theodosius and with the gradual spreading of Christianity.

You might not be able to ask for a prophecy or a private audience with the Oracle, but visiting Delphi should be definitely on your to-do list. After the Acropolis in Athens, it is the second most popular attraction day trip. You can travel to Delphi by bus for about three hours from Liossion bus station or by car through the National Greek Road Athens-Lamia for about two hours and a half.





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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](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 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](mailto:grcon.bei@mfa.gr)



Let's Cook by Giorgos Tsoulis

**Greek Roast Cod & Potatoes**  
**Μπακαλιάρος στο φούρνο με πατάτες**

4 Portions 20 min Preparation 2hrs Cooking



*A super easy and delicious roast cod recipe by Greek Chef Giorgos Tsoulis. Tender, flaky roast cod with potatoes, Greek extra virgin olive oil, tomatoes, lemons, and lots of aromatic oregano! Make it today!*

**INGREDIENTS**

- 800 g cod fillet, desalted and cut into 4 pieces
- 800 g potatoes, cut into wedges
- 2 large onions, cut in half and then cut into thin slices
- 2 cloves of garlic, coarsely chopped
- 1 tablespoon dry oregano
- 1 tablespoon fresh oregano, finely chopped
- 1 lemon, cut into slices
- 3 tomatoes, cut into thin slices
- Salt & Pepper
- 8 tablespoons Greek extra virgin olive oil
- Finely chopped parsley, to serve

**METHOD**

- 1 Preheat oven to 180° C (356° F) Fan.
- 2 In a deep baking pan, add the potatoes, olive oil, dry oregano, fresh oregano, onions and garlic. Season with salt and pepper and mix with your hands.
- 3 Bake for 30 minutes, turn the ingredients over in the pan and bake for another 30 minutes.
- 4 Add the lemon and tomato slices and bake for 40 minutes.
- 5 When ready, add the cod and bake for 10 minutes. Then, sprinkle with some parsley and serve.



Dessert as well...

**Greek Honey & Sesame Seed Bars from the Island of Rhodes**  
**Melekouni - Μελεκούνι**

4-6 Portions 510min Preparation 10 min Rest 20min Cooking



*A traditional Greek health bar from the beautiful island of Rhodes called Melekouni, by Greek Chef Giorgos Tsoulis. A soft and chewy energy bar packed with healthy ingredients like honey, sesame seeds, walnuts and cinnamon! The perfect sweet, healthy treat!*

**#tsoulotip:** Be careful when boiling the honey. You don't want it to over-boil because the melekouni bar is supposed to be soft and chewy, not hard like pasteli candy.

**INGREDIENTS**

300 g sesame seeds, toasted  
300 g Greek honey  
50 g walnuts, roughly chopped  
1 teaspoon ground cinnamon + extra to serve  
Grated zest 1 orange  
Sunflower oil, for brushing

**METHOD**

- 1 Place a pot over low heat. Add the honey and cinnamon. Whisk continuously, bring to a boil and cook for 5-6 minutes. You must whisk continuously so the mixture doesn't stick to the bottom of the pot and burn.
- 2 When ready, remove pot from heat and add the sesame seeds, walnuts and orange zest. Mix thoroughly with a wooden spoon.
- 3 Spread a sheet of parchment on a clean working surface and brush with some sunflower oil. Add the sesame seed mixture and spread it out evenly over the parchment. Cover with another sheet of parchment and use a rolling pin to roll it out to a 25x35 cm shape that is 1 cm thick. Allow it to cool for 5-10 minutes, at room temperature.
- 4 When ready, sprinkle with cinnamon, cut into rhomboid shapes and serve.



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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](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/channel/UCGiorgosTsoulis).

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](https://www.instagram.com/tsoulomageiremata) in Melissia, while also preparing his first cookbook.

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

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





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And play!





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COMMUNAUTÉ HELLÉNIQUE DE BIENFAISANCE DE BEYROUTH



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
<b>A1</b> (for children 8-12 years old)	Elementary Knowledge	Tuesday 23 May 2023 (morning)	90 euro
<b>A1</b> (for adolescents and adults)		Tuesday 23 May 2023 (morning)	
<b>A2</b>	Basic Knowledge	Tuesday 23 May 2023 (noon)	100 euro
<b>B1</b>	Average Knowledge	Thursday 25 May 2023 (morning)	
<b>B2</b>	Good Knowledge	Wednesday 24 May 2023 (morning)	
<b>C1</b>	Very Good Knowledge	Wednesday 24 May 2023 (afternoon)	
<b>C2</b>	Fluency	Thursday 25 May 2023 (afternoon)	

*\*Oral examinations are held immediately after the written examinations.*

Registrations will start as of 1<sup>st</sup> of February till 20<sup>th</sup> of March 2023.

Applications can be either submitted electronically to

<http://www.greek-language.gr/certification/application/index.html>

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 – 3<sup>rd</sup> Floor

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

**E-mail:** [stephanie@greekcommunity.org.lb](mailto:stephanie@greekcommunity.org.lb)

**Website:** <http://www.greekcommunityofbeirut.com/>



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