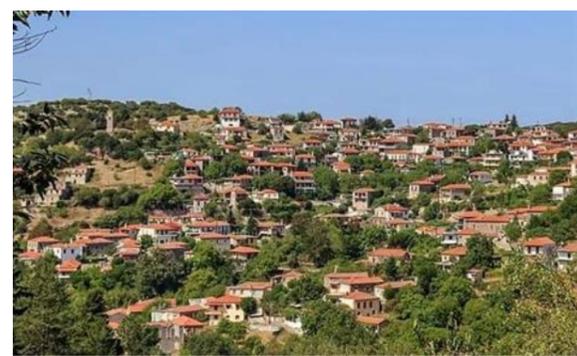




KARYES Laconia



KARYATES ASSOCIATION NEWS BULETTIN

Issue Number 33

Summer 2022

KARYES LAKONIA MEMORY AND CULTURE CENTRE

THE PROJECT NEAR ITS COMPLETION

The weather was warming up and the works started immediately. The Karyates Association, as promised, will deliver a jewel to Karyes. The members of the Board, working with professionalism and consistency and providing constant information on the progress of the project, make sure that not a single euro is lost.



Arachovites/Karyates from all around the world trusted the Association once again.

Thanks to their financial contribution, the dream of creating a Memory and Culture Center is becoming true. At the same time, the ground floor of the building aspires to emerge as a space for the provision of high-quality catering and trade services.

After the Caryatids Monument, the patriots are going to offer in their homeland another landmark of pan-Hellenic scope through their Association.

Always with accountability and transparency and all together with love for the place, unity and cooperation!

THE KARYATES ASSOCIATION GENERAL ASSEMBLY

On the morning of **Sunday, April 3**, the Association members gathered in the Hall of the Agiasos Lesvos Progressive Association at 39 3rd of September Street.

The purpose of the General Assembly was to take the decision to sell three offices no. 5, 6 and 8, owned by the Association, on the 5th floor on Stadiou Street no. 48 apartment building.

The patriots decided positively on the sale and authorized the chairman of the Board Mr Mihael Repoulis to proceed in finding a suitable buyer.

At the same time, the members of the Association were informed about the ongoing projects by the members of the Board.

DONATIONS IN FAVOR OF THE KARYES LAKONIA MEMORY AND CULTURE CENTRE IN MEMORY OF EKATERINI (KATE) KONSTANTOPOULOS – KARDARAS

Kardara Veneta € 200-
The Board Members of the Karyates Association € 140-
Vlachos Spyridon € 100-
Koukoumbetis Athanasios – Varipati Alexandra € 100- The
teachers of the 1st Tripolis Vocational School € 70-
Droulias Symeon € 50-

Sismanopoulou Angela € 50
Francis Michael € 50-
Anonymous € 50-
Kourgitakos Panaghiotis € 30-
Tzemos Konstantinos € 30-
Kourgitakos Michael € 30-
Kourgitakou Stavroula € 20-



ΣΥΝΔΕΣΜΟΣ ΤΩΝ ΑΠΑΝΤΑΧΟΥ ΚΑΡΥΑΤΩΝ

ON SATURDAY AUGUST 13

THE KARYATES ASSOCIATION ANNUAL SUMMER DANCE EVENT



After a two-year hiatus due to the pandemic, the Karyates Association organizes its annual dance in the grove of Agia Paraskevi - Karyes Primary School on Saturday, August 13th.

Therefore, the BoD invite all compatriots to meet and have fun under the summer night sky.



ΣΥΝΔΕΣΜΟΣ ΤΩΝ ΑΠΑΝΤΑΧΟΥ ΚΑΡΥΑΤΩΝ

DID WE PAY OUR ANNUAL MEMBER'S FINANCIAL COTRIBUTION?

Dear Compatriot,

Due to the pandemic, we were not able to organize the events we hold every year in order to meet, discuss and joy.

For this reason, **it was impossible to collect your contributions** that every year you always willingly give us and thus thank you from the bottom of our hearts.

“But every obstacle is for good” our people say. For this purpose, since we live in the digital era, each of us **may pay his/her annual subscription easily through internet banking.**

The annual cost is only **€ 5.00/ US\$ 6.00**

Payment is optional. The Association does not necessarily ask for anything.

The number of accounts is (IBAN):
GR 560110 662 00000 66200 228709
KARYATES ASSOCIATION
SWIFT (BIC) ETHNGRAA NATIONAL BANK OF GREECE

The same account is available to anyone for **donations and any financial support** he/she wishes for the purposes of the Association.

Regarding the **postal sending of the Newsletter**, although the cost of the postal delivery is high, it will remain **free of charge.**

However, each of your contributions **helps us to cover the costs and gives us strength to keep going.**

Thanks in advance everyone.
With patriotic greetings,
the BoD of the Karyates Association

Fire on Parnonas Mountain



Residents and Easter visitors watched with concern thick smoke on the horizon at noon on **Easter Tuesday, April 26th**. The fire was in the area of **Agioi Theodoroi** near **Varvitsa** and the outbreaks were three, creating suspicions of arson.

The mobilization of the **Fire Service** and the **Voluntary Firefighting Teams** was immediate and fortunately the fire was immediately controlled. It is characteristic that only through Karyes passed 20 fire trucks of all kind to assist in the extinguishing.

Climate change is unfortunately here, as we have never seen fires in the area before June.

Financing of the St. Andrew Church roof's repair by the the Kerhoulas Trust



According to a relevant announcement, the Trust "with a unanimous decision of the Board prepared a Topographic Study for the Imaging of the roof, an Economic-Technical Study for its tiling and selected and procured directly from a leading Greek Pottery the appropriate Byzantine tiles.

The Association in good cooperation with the **Priest of Karyes Father Leontios** and the **Ecclesiastical Council of Karyes** inaugurates the large donations for the completion of the tiling project as a precursor to other similar donations from expatriates and mainly benefactors and donors, in order to protect his invaluable hagiographies from further damage".

The works of the irrigation project at the Karvelo site are completed



As we can see in the photo, the works financed by our patriot Mr. **Panos Kopsiaftis** under the supervision of Kerhoulas Trust have been completed. Now the next stage of work is its connection to the water supply network.

Works at the Sakali Fountain



With the help of **Dimitris Dimas**, the yard of the spring was cleaned of moss and the area was covered. The result as shown in the picture above is evidence of a good outcome.

Installation of wooden benches

Grace at the initiative of our compatriot **Dimitris Dimas** and at his expense, the old ones were replaced while new ones were installed too.



The old benches were situated the first one at the park near the road above the old creamery at the village's entrance and the second one near the stone bridge of the Diros River. Meanwhile a new one was placed at the Sakali fountain.



Congratulations!

Strong hail in Karyes



On **Wednesday, May 25**, a strong hailstorm hit the area of Karyes, unfortunately causing a lot of damage to the crops. The phenomenon took place at noon and was so intense that, as it can be seen from the photo of our compatriot **Giannis Koutsogiorgas** at the entrance of the hotel of the "Archontiko / Mansion of Parnon", it was like snow.

Presentation of the «Areti» Tavern in the Greek National Television



Another presentation about Karyes was made through the show "Me nea matia" of Greek Public Television Network (ERT1 and ERT WORLD). Specifically, the tavern of the P. Koutsogeorgas family "A r e t i" at the Rachi square was presented as one of the oldest taverns in Greece, since it has been operating non-stop since **1890!**

The famous Greek Telerepresentative Ms Ioanna Maleskou in Karyes



The well-known TV presenter **Ioanna Maleskou** and her collaborator, **Konstantinos Artsita**, were found in Karyes, Laconia, Arachova, on the weekend of **April 9 and 10**, specifically at the "**Parnonas Mansion**" and the "**Areti Tavern**".

According to a post, she wrote about our beautiful place: "We live in a blessed place!

Karyes of Laconia! The village of Caryatids on the imposing Parnonas mountain combines the tranquility of nature with the special relief and the hospitable inhabitants.

What a blessed place we live in! I was full of energy and smiles. Discovering Greece with loved ones!"

Motorcyclists meeting in Karyes

The beautiful Karyes have gained great publicity in recent years among motorcyclists in Greece. The beauty of the place and the quality of catering services offered by the beautiful small town invites them to gather there and start the journey through a modern road network that crosses the dense forest of mount Parnon.



Thence, a group of owners of "historic motorcycles" visited Karyes on **Saturday, May 14th**. As we can see in the photos, the view was quite impressive.



KARYES 2022 EASTER CELEBRATIONS

Finally, after 2 years of suffering due to the pandemic, the Greeks were able to celebrate Easter away from the cities in the Greek countryside and enjoy the spring's beauties. As usual, many people preferred their places of origin in order to meet relatives and friends.

For this reason, Karyes was full of people. The difference compared to previous years was that now it was not only the patriots who chose to celebrate Easter in their homeland, but also many visitors who chose Karyes as a tourist lilac destination filling its hostels.

Quite impressive the celebration of Good Friday



It is worth noting that on Good Friday at St. Andrew Church, where the divine service began, the beautifully decorated epitaph was framed by beautiful young girls, Karyatopoules, dressed in white with flowers in their hands. At the same time, the anthem of "Oh gliki mou Ear" was sung by a group of women from the village. Then, the epitaph roamed in Karyes on the shoulders of young Karyats, after passed through both squares and ended up through a corridor lit by fire at St. Paraskevi Church, where at the next day the Resurrection of the Lord was celebrated.



The celebration of our Lord resurrection "Anastasi" at the St. Paraskevi Church



Congratulation at Ms. Litsa Floris and at the members of the **Karyes Ecclesiastical (Church) Council** and the **Karyes Cultural Club**.

THE RELIGIOUS CELEBRATION OF ST GEORGE

On **Easter Monday**, many Karyates went to the Holy Temple dedicated to the memory of the Saint in the "Arachovitikos Kampos" to attend the divine liturgy.

The weather was very good, and everyone enjoyed this beautiful spring day. Therefore many decided to stay in the area afterwards in order to enjoy nature and "lay" an outdoor table.



THE ST CONSTANTINE AND ST HELEN RELIGIOUS CELEBRATION

Under the towering pinecones and on a sunny day, the memory of Saints Constantine and Helen was celebrated in the homonymous church of the village with many attendees on **Saturday, May 21st**.



The service was followed by a raffle in favor of the parish and the **Ecclesiastical Council** offered delicious souvlakia to all. The people spread with joy around the church enjoying the day and the landscape, so that even songs were heard.



At the WEB SITE WWW.KARYES.GR
NEWSPAPER DIGITAL ARCHIVES 1986-2010



Karyates Spring Gathering in Karyes Park at Gastonia N.C.



After two years, when all activities were postponed due to the pandemic, our compatriots met on **Sunday, May 1**, in the privately owned park "Karyes" of the historic Brotherhood in Gastonia, Carolina, to celebrate the Spring coming.



Let us hope that the activities of the Brotherhood will regain the vitality that characterized them in previous years.

On Saturday, August 6, the Karyes Cultural Club Summer Party



Organised initiative by the Karyes Cultural Club for the village's cleaning

The **Karyes Cultural Club**, acting in support of the difficult work of Karyes Local Community regarding cleanliness, after an open invitation to the residents of the village, proceeded on **Sunday, May 5, 2022** to a voluntary cleaning of the central points and sights of our village.

According to the announcement, those who have their own equipment (shovels, brooms, lawn mowers, etc.) were invited and wish to bring them with them. The meeting point was the Central Square.

Restrictive Measures Petition

According to relevant announcements of the Kerhoulas Trust, an application for precautionary measures was submitted by:

- **Kim Hill**, a resident of Michigan USA, in her capacity as a trustee of Panagiotis Kerhoulas and
- **Michael Kerhoulas**, resident of Michigan USA, in his capacity as a member of the advisory committee of the above Trust against
- the **Holy Diocese of Sparta and Monemvasia** and
- of the **Panagiotis Kerhoulas Trust Management**.

According to the announcement on **04.08.2022** of the Trust signed by the chairman of the Board **Mr. Devekos**: "the Board of Directors shall be properly prepared for the rejection of the application for interim measures by the court".

A new announcement followed on **04.30.2022** according to which: "the trial scheduled for 05.06.2022 was postponed due to the absence of the President of the Court".

Finally, with an announcement of **05.14.2022** we were informed that the trial was scheduled for Friday 20.05.2022. The same announcement stated that "the Legal Adviser of the Trust in collaboration with the Board members continues to prepare the defense of the case. For reasonable reasons of protection of the Trust from the Opponents on the one hand and the personal data on the other, Karyates will be informed only after the hearing of the application... and when the decision is issued by the Court of Sparta".

The Caryatides Trails n.1 dedicated in the memory of Christos Drakopoulos



The Kerhoulas Trust Board members decided to dedicate the **trail number 1** of the Caryatides Trails (village trail) in memory of our compatriot **Christos Drakopoulos** for his valuable and multipurpose aid that he had provided to the foundation of the Trust and to its operation.

Therefore, an information signpost was put at the Rachi Square near his house.

Invitation for mountain guides from the Kerhoulas Trust

Following the request of organized groups of hikers for a suitably trained person to accompany them on their chosen hiking route, please those (mainly young Karyates) interested in contacting the President of the Trust, **Mr. George Devekos** (at 6975-746870) or the General Secretary **Mr. Georgios Athanailos** (at 6977-703717 and athanailos@gmail.com) and to submit a relevant request for interest.

The Trust Board will evaluate the requests of the interested personnel and will undertake all the required training of those who meet the requirements of the specific mission (eg communication skills, structured personality, excellent knowledge of the routes, good knowledge of the history and profile of Karyes).

The role of the guide ensures the opportunity of a satisfactory reward on the one hand and on the other hand the creation of relationships and acquaintances with people who are characterized by their practical love and sensitivity for the natural environment. At the same time, the guide has the opportunity to present Karyes as the birthplace of Caryatids and to promote local excellent products, preparations and services.

STORY-TELLINGS AND TRADITIONS FROM THE VILLAGES OF NORTHERN LACONIC PARNON

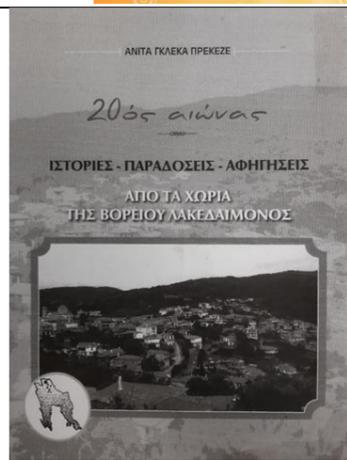
Annita Prekeze's book available for everyone

This book, published three years ago with the kind sponsorship of the **Municipality of Sparta** and our expatriates **Panos and Voulas Kopsiaftis**, is the work of the well-known author **Anita V. Prekeze (genus Glekas)** and which the author dedicated to the Karyates Association.

The first edition was sold out, as the books became literally a hit and much loved. For this purpose, the Association proceeded to a second edition and now there are copies available for everyone. We believe that it is a book that all patriots should have in their library, since in its pages is written in an exceptional way the life in our villages with so much love and nostalgia during the 20th century and not only.

Copies of this valuable book can be obtained from all members of the Board of our Association.

For more information call at **6985-120559**, or at karyates.association@karyes.gr



SOCIAL NEWS

TWO YOUNG KARYATES PASSED AWAY

Ioannis Panagiotis Harakas, died in Sparta at the age of **54**

His funeral took place in Karyes on Friday, June 3. He leaves behind his wife Maria, his parents Panagiotis and Anthoula and his brothers Theodoros (priest) -Stavroula, Konstantina-Georgios, Vasiliki-Nikolaos, Konstantinos-Natassa, Georgios and Sotirios.

Kyriakos (Kerry) Andrianakis, passed away on Tuesday, May 31, 2022, in Melbourne at the age of **56**

He was the son of Nikolaos Andrianakis from Karyes and Niki from Amykles. He leaves behind his mother, his sister Angeliki and many cousins, nieces and uncles. His funeral took place on Monday, June 6, 2022, at St. Basil's Melbourne Cathedral and he was buried in Fawkner Cemetery, Sydney Rd, Merlynston Grove section.

Our sincere condolences to their families

THEY PASSED AWAY

Ekaterini (Kate) Konstantopoulos – Kardaras

died on **Sunday, May 22**, in Athens at the age of **73**



The funeral service held on **Tuesday, May 24, 2022**, at 10:30 a.m., at **Aghioi Anargyroi Church in Helioupolis Attica** and the interment at the same afternoon in **Karyes, Laconia**, in the **cemetery of Aghios Nikolaos**.

It is really difficult to write about the person that brought you to life, raised you and passed away so unexpectedly.

She was born on the **15th of August 1948** in Karyes/Archova and was the second child of **Evangelos Vas. Kardaras** from Karyes and **Aspasia Flokis** from the village of Aghios Petros. She was born in a difficult time for our country just a few years after the Nazi Occupation and during the Greek Civil War. She was the daughter of a poor rural family lived in Karyes/Arachova until the age of 9, when due to an illness she settled in Athens in order to receive a better health care. There, her father's sister **Dimitra Kardaras** took over her upbringing with her husband **Elias Fot. Papamichael** (Karyatis originally from the village of Vourvoura) who raised her as their own child.

Being a dynamic and studious character, after graduating from High School, she was admitted to the **Higher Industrial - Economic School** (now the **University of Piraeus**), where she graduated successfully. She married **Athanasios Char. Konstantopoulos**, originally from the region of Evritania, and had two children, **Charalambos (Harris)** and **Maria-Dimitra (Margie)**. She managed to combine the upbringing of her family with her career, working as a member of the **Athens Chamber of Commerce**, of which she also became the **Director** for many years.

She managed to see her children prosper both professionally and as a family, giving her 4 grandchildren (**Thanasis, Fotini, Perikles** and **Elias**) whom she loved dearly. At the same time, she was happy to see her children helping her birthplace, Harris as secretary of the Karyates Association and Margie as administrator of the website www.Karyes.gr.

She was an open person, fair, generous and empathetic, with a real interest for all people and always helping people in need. Unfortunately, the chronic health problems she was facing cut the thread of her life early.

She leaves behind her family members, her son-in-law **Konstantinos Soulantikas**, her daughter-in-law **Ekaterini Papaspyrou**, her brothers **Veneta, Bill** (Sydney resident) and **Helen**, cousins and nieces who loved her.

Anyone who wishes instead of wreaths may donate in her memory in favor of the construction of the **Karyes Lakonia Memory and Culture Centre** in the Account:

(IBAN) **G R 5 6 0 1 1 0 6 6 2 0 0 0 0 6 6 2 0 0 2 2 8 7 0 9**
SYNDESMOS TON APANTAHOU KARYATON
SWIFT (BIC) ETHNGRAA/ NATIONAL BANK OF GREECE

A few words from her daughter Margie on behalf of the family

Our beloved wife, mom, grandmother, Kaiti.

You left us suddenly and unexpectedly and managing your loss is unbearable for all of us. It seems to us like a lie, like a bad dream that will go away and everything will be as we expected.

You were the pillar of our family and until the end your concern was your husband, your children and your grandchildren. You wanted to offer us everything and you succeed in it. And everything your children did in their lives, they owe it to you to a greater extent. You managed to see them progress, as you wished so much, and to see them as worthy people.

Those who had the honor to meet you, to work with you or to keep you company, all had a nice speech to say about you, for the help you generously offered, your support and advice to those in need.

You were always dynamic and your persistence helped you to progress even if the difficulties of the time forced you to be away from the warmth of your parents. But you were just as lucky to have care and love where you were.

You studied, progressed, worked with distinction, being for many years head of the Administrative and Financial Department and later director of the Athens Chamber of Commerce. And all this at a time when the meaning of female emancipation was still a rare or unknown word.

In recent years you have had the pleasure of seeing four grandchildren, who you adored immensely, as they loved you back and your house will now be half empty without you. But your love, affection, advice and admonition are still there, in their thoughts and in their hearts, and I hope that they have the same imprint on their lives as they did on your children.

Your fragile health made you suffer since young age. They told you that you should better not to have any children, but you gave birth twice. And so you created a beautiful family to which you devoted your soul and body. In recent years, although you had a huge desire for life, your health did not let you enjoy enough of it. And these health problems were the ones who finally deprived us of your embrace so early.

Now where you will be, watch over us as an angel, as you have always been one for us. Have us under your protection, under your wings, your husband, your children and your grandchildren who all love you so much. We do not want to say goodbye to you, we want you present in our hearts, in our souls and in our thoughts forever.

We love you endlessly!

Sophia Leventis Trakas, 85, of Spartanburg, SC, fell asleep in the Lord on Thursday, March 17, 2022.



Born October 14, 1936 in Charlotte, NC, she was the daughter of the late **James Andrew Leventis**, one of the Arachovitian Brotherhood Founder and **Panagiota Boukedes** and the wife of the late **Dr. Perry Nicholas Trakas, DDS**.

Sophia attended **Central High School** and **Queens College** in Charlotte, where she was a member of the **May Court**, and was a graduate of **Converse College** in Spartanburg. At a young age, she had the esteemed opportunity to study voice at the **National Conservatory** in Athens, Greece. She was an accomplished singer and performed often as a soloist, in duets with her husband and with many music groups. She was a member of the **Oratorio Singers of Charlotte**, **Spartanburg Symphony Chorus** (now known as **Spartanburg Festival Chorus**), **Spartanburg Little Theatre**, and was a founding member and past President of the **Spartanburg Repertory Company**. For almost 60 years she was a member and past President of the **Spartanburg Philharmonic Music Club**, and she served on the board of the **SC Federation of Music Clubs**. She was the Choir Director and Organist at her beloved **St. Nicholas Greek Orthodox Church** and a member and past officer of the **Southeastern Federation of Greek Orthodox Choirs and Musicians**. She served for many years on the board of the **Charles Lea Center Foundation**, and as the mother of a special needs child, she devoted her life to advocating for the education and rights of children and adults with learning disabilities. She was also very involved in the community such as volunteering for Mobile Meals.

Her family would like to express their heartfelt appreciation to the staff of Eden Terrace Assisted Living, her residence for the last several years, for their love and devotion, and to the doctors and nurses in the Intensive Care Unit of Mary Black Hospital for their compassion and care.

Survivors include her children, **Nicholas Dean Trakas** of Tryon, NC, **Maria T. Barry (Patrick)** of Spartanburg, SC; grandchildren, **Sophia Frances Barry, John Patrick Barry, Anna Trakas (Ignacio Cassinelli), and William Trakas**; her very special cousin **Helen Malis Theos** of Charleston, SC, along with numerous other cousins, nieces and nephews. She was predeceased by her brother, **Andrew James Leventis**, her very special angel, **JoAnn "Gina" Trakas**, and a daughter-in-law, **Kelly Hearn Trakas**.

The funeral service held on Monday, March 28, 2022 at 2:00 pm at the church, conducted by the Rev. George F. Nayfa and the interment followed at **Greenlawn Memorial Gardens**, 1300 Fernwood-Glendale Road, Spartanburg, SC 29307.

In lieu of flowers, memorials may be made to the **St. Nicholas Greek Orthodox Church Building Fund, P.O. Box 1107, Spartanburg, SC 29304** or to the **Charles Lea Center Foundation, 195 Burdette Street, Spartanburg, SC 29307**.

REQUEST

Those who wish to receive this news bulletin via e-mail, please inform us by sending your e-mail address at E-mail:

karyates.association@karyes.gr

DO YOU WANT TO BE ADVERTISED IN OUR NEWSPAPER?

Contact us at 0030-6974-720909

or at the email: karyates.association@karyes.gr

FESTIVITIES IN KARYES

THE 1ST RACE OF THE 2022 SOUTH GREECE SCRABLE MOTORCYCLE CHAMPIONSHIP TOOK PLACE IN KARYES

With support of the Karyes Cultural Club and the "Karyatis" Sport Club

With a great participation from drivers, visitors and fans of two-wheeled motor sports the 1st race of the Regional Scramble Championship of Southern Greece for the year 2022 took place in Karyes, on **Sunday 10 April 2022**. It was organized by the Sparta's Athletic Motorcycle Club (A.M.O.S.).

The race's route of about 5km was wonderful, with large field changes, excited the participants and according to an announcement by A.M.O.S. "We return to the area of Karyes, Laconia, to the church of the Assumption of the Virgin (Panaghia), a diverse route of 5.5 kilometers with the possibility of passing along its entire length, will enter this year's game with soft and stony soils."

The cleaning and signaling of the route were undertaken jointly by the organizers together with volunteers of the Karyes Cultural Club and the "Karyatis" Sports Club.



Με τους καθηγητές στη Φαρμακευτική Σχολή Αθηνών κκ Προκόπη Μαγιάτη και Ελένη Μελιού

ANOTHER METAL FOR EVANGELIA KOPSIAPTIS' BIOLOGIC OLIVE OIL (EVOLIA)



The organic olive oil produced by the "EVOLIA" estate of the Karyates Association Bod member **Ms Evangelia Kopsiaftis** was awarded with the silver medal at a special event held at the Old Parliament Building on **May 15, 2022**. The Olympia Health & Nutrition awards were given for the seventh year by the international non-profit organization World Olive Center for Health (WOCH), which has the mission to raise financially the entire olive industry in Greece and

worldwide, in collaboration with the partners of the European program "ARISTOIL PLUS". The awarding of prizes and scholarships was honored by the presence of the Deputy Minister of Education, Mr. Angelos Syrigos.

The awards were given solely based on its health protection content of the European Health Claim Regulation and the standard producers were awarded for their care for the production and promotion of olive oil as a product for the protection of human health. More than 1.050 producers participated in the tender process with olive oil samples from 10 countries.



Με τον καθηγητή του Παντείου Πανεπιστημίου και υφυπουργό Παιδείας κκ Άγγελο Συρίγο

Meanwhile, more than 250 producers, standardizers and scientists also attended very important scientific announcements regarding the results of experimental and clinical studies with Greek olive oils of high polyphenols. In the event with the central coordinator the Associate Professor of the National Kapodistrian University of Athens Mr. Prokopios Magiatis specialized professors and researchers from Harvard universities (Mr. Stefanos Kales), University of California (Mr. Dan Flynn), as well as scientists from the National Kapodistrian University of Athens, (Ms. Eleni Melliou, Ms. Alexandra Economou), the Aristotle University of Thessaloniki (Ms. Magdalini Tsolaki), Harokopio University of Athens (Mr. George Nomikos), the Pasteur Institute (Ms. Charalambia Boleti), the Cardiology Clinic of Kalamata Hospital (Mr. Emmanouel Makaris) who referred to the latest developments in olive oil and health.

This was followed by important announcements about the action of olive oil with high content of phenols and especially olive oil in patients with mild mental retardation (precursor stage of Alzheimer's disease) and patients with multiple sclerosis, children with autism, patients with diabetes and heart disease, diseases of the central nervous system, hyperlipidemia, and to reduce the risk of thrombosis.

ANNOUNCEMENT

All the previous news bulletin are at your disposal in digital form at WWW.KARYES.GR



**Karyates Association
News Bulletins**

Do you deal with the arts (art, painting, music-song, dance, theater, photography, video, floristry, crafts)?

The Karyates Association invites you to contact us in order to present your work to our compatriots and to the visitors of our village in the summer, either through an exhibition of your creations, or through a cultural action.

Contact now at the email address karyates.association@karyes.gr, or at the phones 6944-784563, 6974-720909.

KARYATES ASSOCIATION NEWS BULLETIN QUARTERLY RUBICATION / For information E-mail: karyates.association@karyes.gr