



It's all greek 2 me

February–March 2003

Issue 2

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This newsletter is written and edited by young Greeks, and so reflects their voice.

Competition

Join our mailing list & give us your feedback & ideas on this newsletter.

Thanks to a generous donation from a community member, we can offer:

£40 to best letter from under 25s and £10 to best letter from ages 25+

Send full details (name, address, email) & entry to addresses on back page.

Mark correspondence "Newsletter competition".

Easter Services

*Easter Sunday 27th April
Holy Week*

*Sunday 20th-Tue 22nd 7pm
Wed 23rd 5pm (Holy Unc-
tion) & 7pm*

*Thursday 24th 7pm
Good Friday 25th 7pm
(Epitafios)*

*Saturday 26th 11am
& 11pm (service 12am
following Resurrection)*

The Greek Orthodox Cathedral of St. Luke is located at: 27 Dundonald Road, Dowanhill, Glasgow G12 9LL Tel: 339 7368 Website: members.tripod.com/agios-loukas The Priest in Charge is Rev. Constantinos Papageorgiou

Greek Easter

In the Orthodox calendar, Clean Monday (Kathari Theftera) marks the start of the 48-day fast for Lent or Sarakosti and Holy Week (Megali Evdomada). All this builds up into the feast of Easter (Lambri or Pascha) which is determined by the Julian Calendar and is the most celebrated holiday for Greek Orthodox people.

It all starts with the **Apokries** - Carnival or Mardi Gras - which usually falls in March and lasts for about 2-3 weeks. **Our youth club will be celebrating this on 16th March at the Glynhill Hotel in Renfrew (see ad).** There are usually masquerade parties and carnivals where people and bands in costume roam the streets - something like the Mardi Gras in New Orleans. The wearing of masks is common and probably derives from the practice of actors in ancient dramas and comedies.

During Apokries, humans have the opportunity to go beyond the limits imposed by conventional social pretensions - we are free to follow our passions and desires, regardless of age or sex. You could say that "Apokries" is a way of relaxing so that we are ready to be committed to fasting. The word "apokria" means literally "from-meat", or abstinence from meat.

There were many rituals associated with the celebration. The first week was heralded by drumbeats and gunshots (in the city of Patras "delalis" announce the coming of Apokria, much like the old town crier). The second week, is "meat fare" week where we eat mainly meat (although these days, all weeks are "meat" weeks!). Tsiknopempti (Thursday of "tsikna" - smell of the meat on the fire) falls on the Thursday of this week. This is a day of family gatherings, good times and, of course - eating meat!

Glasgow Hellenic Youth Club

Apokries Fancy Dress Party

March 16th

Glynhill Hotel, Renfrew, 2pm onwards

Greek Food & Dancing, DJ

Tickets: £10 (£5 6-18) Info: 07931 818277

St. Luke's Sunday Talks

*All talks take place in the Greek Orthodox Cathedral of St. Luke
27 Dundonald Road, 0141 339 7368, from 2pm*

March 9th I Megali Tessarakosti (Great Lent)*Dr Raphael Pavouris (in English)***March 30th 'We are what we eat'***Dr Ioannis Pitsiladis***April 6th Orthodox fasting***David Forrester (in English)***May 18th 'Love from a pure heart' (Tim.1,5)***Dr. Eleni Papakonstantinou, Cardiologist***May 25th Byzantine civilisation***David Forrester (in English)***June 8th Symbols & symbolisms in the Orthodox Church***Father Constantinos Papageorgiou***June 22nd Review of the year's activities***Father Constantinos Papageorgiou*

Our very own **Glasgow Hellenic Dancers** have been performing at several events around Scotland and spreading the joys of Greek music and dancing. In November they were part of the Global Glasgow celebrations at the Concert Hall along with other dancers and musicians from India, Pakistan, and Russia. And coming up in May you can catch them at the MayDaze Festival in Glasgow Green (4th May) and the Doune Fling at Doune Castle (25th May).



Add some Greek spice to your parties. Our dancers will show you how it's done. For information & rates: 078111 70534

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Lunch 12-2.30 Mon-Sat
Dinner 5-10/11 Fri/Sat



The Road 2 Athens 2004 Part 1



The long journey of the Olympic Games began over 2,700 years ago. Records of Olympic history show that the ancient Olympic Games were held in Greece as early as in 776 BC. It was then that the basis of the Olympic Movement began to evolve into a philosophy of life: exalting and combining the qualities of body, will, and mind in a balanced whole. Out of this philosophy the Olympic Ideals were born, placing noble competition, sport, peace, culture, and education at the very core of Greek civilisation.

By 393AD, when Emperor Theodosius abol-

ished the event for being too 'pagan', over 290 Olympic Games had been held. But despite the abolishment of the Games, the Olympic Ideals survived the centuries and were eventually revived by the French Baron Pierre de Coubertin. In 1896 the first Modern Olympic Games were held in Athens and since that time have been on a journey around the world for more than a century.

Now, at the dawn of the 3rd millennium, the Games are returning to the country of their birth and the city of their revival. In 2004, Greece will be called upon to empower the Olympic Movement once again, placing sport at the service of peace.

The city of Athens will offer a unique Olympic experience in a safe and secure environment. An environment greatly improved through infrastructure projects as varied as the construc-

tion of modern competition venues and the development of a state-of-the-art transportation network. And it is through this kind of projects that the 2004 Games aspire to leave a lasting legacy to the people of Greece and the world.

Athens 2004
13—29th August

Scottish Hellenic Society

www.scottishhellenic.org

The following meetings will be held in the **College Club** University of Glasgow University Avenue
ALL WELCOME

Wednesday 12th March 7.30
The Greeks in Southern Italy: the Modern Picture
Jean Papamichael, BA, DipPED, DipAdEd, LLM
Tutor in Modern Greek University of Glasgow

Wednesday 16th April 7.30
The Trials of Maximus Confessor & Pope Martin: Politics & Ideology in the 7th Century
Professor John Haldon
University of Birmingham
Director of the Centre for Byzantine, Ottoman and Modern Greek Studies

Further information:

Dr Richard Jones

Tel. 0141 357 3756

e-mail

r.jones@archaeology.gla.ac.uk

Certificate Of Attainment In Greek Language

The Education Office of the Greek Embassy in London has announced the establishment of an Examining Body, under the auspices of the Centre of the Hellenic Language and the Ministry of National Education and Religions, with the aim of holding examinations for the *Certificate of Attainment in Greek Language*. This certificate according to the Common European Framework for Modern Languages: \diamond is the only officially worldwide-recognised title of Greek knowledge, which is given by the Greek State

\diamond is considered as a precondition for the practice of different professions in Greece, the registration in the institutions of higher education and the offer of employment in public sector.

Candidates can sit for examination in one of the four given levels, considering their level of knowledge and their aims providing that on the day of the examination they have completed their 12th year.

The examination will take place on the **14 and 15 of May 2003** in the building of the Greek Primary School of London in West Acton. Those interested must apply directly to the **Education Office of the Greek Embassy in London, 1A Holland Park, W11 3TP**, not later than the **28th of March 2003**. For further information or orders, concerning past papers, practice papers or examination syllabus for each appropriate level, you should phone 020-7221 0093 or 020-7221 5977.

Young Greeks Are Still Outward Bound

As we reported in our last newsletter (Issue 1: November 2002), the Stavros S Niarchos foundation has donated a sum of money to the Outward Bound Trust, with a specific focus on young Greek/Cypriot people in the UK. In November 2002 the first phase of this programme began with a taster weekend for Greek youth leaders and young people from communities across the UK at Outward Bound Eskdale in the Lake District. Here Rania Panayi and youth leader Anne McKay each report on their experience.

The voice of youth

Rania Panayi

Our group from Glasgow, along with representatives from Greek/Cypriot Communities in Birmingham and London, attended two days of activities and discussion at the Eskdale centre.

The key idea of this Outward Bound programme is to help bring young Greek/Cypriot peo-

A Youth Leader's View Anne McKay

I found the Outward Bound an experience to remember. Being one of only two females in the company of eight men was sometimes quite intimidating. The men tried to take charge but they all wanted to be leaders, which I found in all exercises was not possible. I found myself shouting at one point just to be heard. I think

ple together and to help develop their personal skills such as self confidence, communication, problem solving, planning and team work though fun, physical and mental activities.

As representatives we were given a taster of what was on offer. To start we had a few ice breaker games which aimed to build the relationship between our instructor and the other Greek/Cypriot representatives. It worked well. After some games we were all more relaxed with the instructor and each other. After the icebreaker games we went on to physical and mental exercises.

One example of both combined was the spider's web. By using bungee ropes a web had been created between two trees. Everyone in our team had to go through the web without touching any side of a section within the web - every section had a different shape and size. If a member successfully passed through the web, that individual section would now be closed

that it was because Greek/Cypriot men are quite chauvinist and even though these men were brought up in Britain the stigma of a woman being weak and men having to take over remained with them stronger than ever.

I think it was an enlightening experience. I do not normally like to

and would not be able to be used again. Also if one member touched any side while passing through this would also close that individual section. This exercise had us constantly communicating with each other. It was also a great laugh, as we had to carry some members though, which involved a lot of trust. This exercise also helped us to realise that planning ahead is important.

Along with the Outward Bound Trust instructors, we also had the opportunity to brainstorm at the end of the activities. A number of issues were referred to in regard to young people from the UK's Greek/Cypriot communities. A few of the most recurring issues were the fact of the rapidly declining youth involvement within all of our communities, the necessity for modernisation and the need for more and improved communication.

As a result of the weekend, everyone had made new friends, gained skills and had a genuinely great time.



In the coming months there will be more OB events for young Greeks all over the UK

be told what to do but at Outward Bound you have to select a leader and follow orders otherwise nothing will get done. I found this rewarding as it showed me the way to give some responsibilities

Continued on page 4...



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It's all **greek** 2 me
Feb-March 2003

To contact us by email
glasgowhellenic@hotmail.com

Coming to the web in
2003...

Greek School of Glasgow

The Greek School of Glasgow operates within the premises of St. Luke's Cathedral and includes pupils from 6 to 16 years old. It employs 3 teaching staff one of whom is normally appointed either by the Greek or Cyprus Educational Missions. In addition to Greek language, pupils are also taught religious history, the history of Greece & Cyprus and also elements of geography of these two countries. Pupils are normally presented for the GCSE examinations in Modern Greek and the GCE in Modern Greek or Scottish Standard Grade in Classical Greek.

Further information-
Nondas Pitticas,
Director 0141 848 3471

Upcoming issues:

May 2003
November 2003

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Rania Panayi
Fivos Scholarios, jr

Outward Bound.....continued from page 3

up to the younger generation of the youth club and at the same time showed them how to handle these responsibilities.

Following orders from a leader does not mean that that person is better than you are. The leader should always be open to ideas from the other members of his/her team and be prepared to accept that his/her ideas are not always right. Trust and trusting your team members was a very important lesson at the Outward Bound weekend as well. Although only knowing the other team members for a few hours we had to rely on them to complete a task by putting in some ways our trust in their hands.

I have learned a lot at the Outward Bound weekend and hope to pass some of the skills gained there to the younger members of the Greek Youth Club.

Outward Bound events for the Greek Community in Scotland in 2003

If you are 16-22

Take part in a residential multi-activity weekend 21st-23rd March

Team Building Problem Solving
Rock Climbing Abseiling
Mountain Biking & Hill Walking
Develop New Relationships
Develop Self-confidence

Have FUN!!!!!!!!!!!!

CONTACT: Dora Scholarios
357-5371 by 1st March or asap

Taster Day 9-15s

Get a taste of team games designed for this mixed aged group. Find out how you might enjoy future Outward Bound opportunities

Saturday 5th April

At St. Luke's Greek Orthodox Cathedral Greek School, 1-3pm
CONTACT: Nondas Pitticas
0141 848-3471

If you are 11-15

A day away at Castle Semple Country Park

Have fun, try different activities and make new friends!!!!

Saturday 3rd May

CONTACT: Nondas Pitticas
0141 848-3471

Greek Music Reviews by Keith Dinnie

Keith has been dj'ing Greek nights in Glasgow for 3 years. He lived and worked in Greece for 6 years, in Athens, Kavala, Komotini, and Thessaloniki. Every Saturday night you can find him dj'ing latin/r'n'b/world music nights in Havana, 10pm-2am

Nikos Ziogalas: *Ei...Ti Kaneis Ekei*

Lyra, 12/2002 Category: Elafrolaika
Anyone who was at the excellent Nikos Ziogalas concert on the Renfrew Ferry last year will want to get a listen of his new cd, 'Ei..Ti Kaneis Ekei'. Most of the cd is reflective and downbeat, not party material but definitely worth a listen when there are no distractions around. 'I Kardia Mou Pona', 'Axrista Pragmata', and 'Stin Agapi' are all excellent soulful late night songs. There is no pop froth on this cd - Ziogalas makes quality music that will endure.



Nikos Ziogalas sings to Glasgow at the Renfrew Ferry in June 2002

Natasa Theodoridou: *Tosi Agapi Pos Na Hathi*

Sony, 2002 Category: Modern Laika
Natasa Theodoridou covers all the bases on this enjoyable cd. 'Opou kai na'sai', the opening song, has a bit of a Eurovision feel to it; it's not bad but a bit bland. However, the next song 'Ax!' is excellent with bouzouki to the forefront, a very danceable track. There's also a good solid zeimbekiko in 'Feggari' and an infectious tsifteteli, 'Farmaki'. Overall, the cd is a good mix of traditional and modern sounds.

Glykeria: *Ta Rebetika Tis Glykerias*

Eros Music, 2002 Category: Rebetika
What a great double cd this is. Glykeria has assembled a terrific band to accompany her on faithful renditions of 32 old rebetika classics, covering such favourites as 'I Pentamorfi', 'Nixtes Magikes', 'Na Pame Yia Ti Voula', and the obligatory 'Omorfi Thessaloniki'. It's great to hear crisp and clear modern production quality on these old songs, with bouzouki and baglama to the fore. Marvellous.

Elftheria Arvanitaki: *Live apo to Gyalino Mousiko Theatro*

Universal, 2002 Category: Elafrolaika
The artwork on this cd is in the style of Austin Powers, bizarrely inappropriate for the music contained within. But of course it's the music that matters, not the packaging. Arvanitaki is in great voice on this live cd. Highlight of the cd is probably the three-track sequence of 'Tha Kleiso Ta Matia', 'Stalia Stalia', and 'Thelo Konta Sou Na Meino'. The final two songs have a latin feel and provide a lively finale to this polished performance.