

Daughters of Penelope E-newsletter Issue 11 | June 6, 2022

Daughters of Penelope Headquarters <dophq@ahpa.org>

Mon 6/6/2022 15:41

To: Elena Saviolakis <elena@ahpa.org>



**GRAND PRESIDENT'S MESSAGE**

Dear Sisters,

Summer is just around the corner and what a year it has been so far!

After 7 years of writing articles, it is bittersweet to say this will be my last. What will I do next, hmm, maybe write a book with all the skills I have learned over the years.

Thank you to my sisters on the Grand Lodge and my sisters around the world

I hope we all made a little bit of a difference this year by working together, moving forward, and keeping our light shining bright.

Thank you to my committee chairwomen. KUDOS! You have all done a great job. Each month we learned something new about different aspects of the Daughters of Penelope.

This year was a whirlwind, to say the least and loved every moment of it, as I represented the Daughters of Penelope around the world. You know you've traveled too much when you wake up and you're not sure where you are.

The year started with the Illumination of St. Nicholas in NYC to the Leadership Conference in DC that was coupled with the visitation of the Patriarch. Since COVID had declined, I thought I should be on the move to visit as many chapters and districts as I could before the possibility of travel halting again.

From Florida to Arizona and up the coast of California, to visiting the Archives at the University of Minnesota to many trips including NYC and Washington DC. Epiphany in Tarpon Springs was finally held after 2 years and what an amazing event it was! Before I knew it the year was half over and travel was halted once again by a spike in COVID. February included ZOOM calls and catching up on the family front. On the road started up again in March which included Dallas, a 100th Anniversary Gala in Chicago, my daughter's bachelorette party in Vegas (which I am too old for, but wouldn't have missed it for the world), and a beautiful International Women's Day with Her Excellency Madame Ambassador Alexandra Papadopoulou.

May brought a very important day for my family. Besides working, Daughters of Penelope duties, I also planned a wedding. On May 7, my daughter married a wonderful man, who of course, will become an AHEPAN.

May and June are District Convention months getting us ready for the "Big" one. Good Luck to successful conventions. Please remember the Grand Lodge Liaisons will be there to guide and assist, if needed.

The Daughters of Penelope has been privileged to give \$10,000 to Meals on Wheels and we were able to give again this year, for the fifth year. Plus, I have wonderful news; we were given an additional \$10,000 by the AHEPA Marathon Chapter, Charlotte, NC to continue our donation to Meals on Wheels for an additional year. I believe we have an angel looking over us named Past Grand President Eva Jean Fomalont, who started our 5 year giving to Meals on Wheels.


### **CONVENTION ANNOUNCEMENTS:**

Don't forget to register *before July 1* and be ready to work and play a lot.


Speaking of play, click on the link below and find out which Disney Princess you are and let us know; Wear a tiara or dress like the Princesses you are


 Which Disney princess are YOU?

In my last e-bulletin I mentioned a surprise for Convention: SEE BELOW

 **Decorate a lantern to “KEEP OUR LIGHT SHINING BRIGHT”** >>> Every year at convention, delegates sit with their districts. It has been a tradition to decorate your table to reflect your district. This year we will be decorating a lantern to “KEEP OUR LIGHT SHINING BRIGHT” The lanterns will be provided for you with an LED candle. Put your thinking caps on to decorate your lanterns. We will be voting on the best decorated lantern and we will be bidding on each to give to a charity. I can't wait to see what you all come up with! **The dimensions of the lanterns are 5.5” x 5.5” x 13.5”.**

Every month I love to add dates whether they are a Hallmark card day or an important date so below are a few for the month of June.

 June 6 - Please take a moment of silence today, and thank the many soldiers who fought and died for our country on D-Day

 June 8 - Best Friend Day (BFF Day) is a time to enjoy and appreciate your pal. It's a day to honor and cherish the relationship.

 Fathers' Day - Celebrated the 3rd Sunday every year

**Did you know?** The 1st Fathers' Day was celebrated on May 18, 1910 in Spokane, WA

[CLICK HERE](#) to read some famous and funny Dad-ism's.

**A BIG CONGRATULATIONS** to our Executive Director Elena Saviolakis on being recognized by THI/NHN, The Hellenic Initiative and National Herald Joint Venture! [CLICK HERE](#) to read the article. We are so proud of you!

I am looking forward to seeing everyone at the convention in Disney World in only 6 weeks!

**THANK YOU** all for an unbelievable journey. I hope I represented our organization with respect, pride, and the love that I have for this organization...ALWAYS!

For the Love of the Daughters,  
Your Grand President,

Kathy Bizoukas

**Let's RE-IGNITE the Daughters of Penelope  
and Keep our Light Shining Bright!**

## **GRAND PRESIDENT'S TRAVEL HIGHLIGHTS**



Supreme President Jimmy Kokotas, Daughters of Penelope Grand President Kathy Bizoukas, Col. Nicholas P. Vamvakias (USA, Retired), chair of the AHEPA Veterans Committee and past supreme treasurer; and Col. Vasileios Lampropoulos, Defense attaché, Embassy of Greece in Washington; placed a wreath at the Tomb of the Unknown Soldier.

An Honor Guard Specialist from 3d U.S. Infantry Regiment (The Old Guard) assisted them and a U.S. Army Band Bugler played "Taps."

"This was one of the most powerfully moving experiences of my life," Kokotas said. "We honored the sacrifices of those throughout our nation's history who paid the ultimate price, and we expressed—in a small yet significant way—our community's gratitude to our nation's fallen. It was also especially meaningful to perform this ceremony at this time in our nation's history when our brave men and women continue to be in harm's way."

Grand President Bizoukas added it also was an honor to stand with retired Col. Vamvakias and Col. Lampropoulos at such a meaningful and moving ceremony.



It was truly an honor and pleasure to be at The White House May 16th for a Bicentennial Celebration in honor of His Excellency the Prime Minister of Greece Kyriakos Mitsotakis and Mrs. Mitsotaki.

Photo: DOP Executive Director Elena Saviolakis, Grand President Kathy Bizoukas and Supreme President Jimmy Kokotas with United States President Joe Biden and Prime Minister of Greece Kyriakos Mitsotakis.



History made. What a proud and historic moment and honor for Grand President Kathy Bizoukas and Supreme President Jimmy Kokotas to be in the gallery for His Excellency Kyriakos Mitsotakis Prime Minister of Greece's Address to a joint meeting of congress on May 17th.



Grand President Kathy Bizoukas, Grand Vice President Georgette Boulegeris, Grand Secretary Marianthi Treppiedi, Grand Treasurer Margaret Dritsas, and Executive Director Elena Saviolakis had the pleasure to attend a dinner in honor of His Excellency Kyriakos Mitsotakis and Mrs. Mareva Mitsotaki on the evening of May 17th. It was a beautiful night. Congratulations to all who made this happen and to all the honorees who were awarded the Order of the Phoenix by the President of Greece including the Order of AHEPA!

Photo: Grand President Kathy Bizoukas, Grand Vice President Georgette Boulegeris, Grand Secretary Marianthi Treppiedi, Grand Treasurer Margaret Dritsas, and Executive Director Elena Saviolakis with Nancy Pelosi, Speaker of the United States House of Representatives.



Grand President Kathy Bizoukas, Grand Vice President Georgette Boulegeris, Grand Secretary Marianthi Treppiedi, Grand Treasurer Margaret Dritsas, and Executive Director Elena Saviolakis with American professional basketball player Enes Kanter.





Grand President Kathy Bizoukas and AHEPA Supreme President Jimmy Kokotas at the Greek Independence Day parade in Chicago on May 22nd.



Order of AHEPA Supreme President Jimmy Kokotas, Grand President Kathy Bizoukas, PSP/BOT Chair Nick Karacostas, Supreme Treasurer Savas Tsivicos, and PSP George Horiates, at the Federation of Hellenic Societies of Greater New York banquet on June 4th to kick off the celebrations before the parade. The parade (done nearly every year since 1938), which marks Greece's 1821 declaration of independence from the Ottoman Empire, runs each year along Fifth Avenue between East 64th and 79th streets.



Grand President Kathy Bizoukas and Maids of Athena Grand President Maria Ana Pantelous on the Order of AHEPA family NYC parade float on Sunday, June 5th.

## GRAND PRESIDENT'S CURRENT ITINERARY

**June 18, 2022:** Grand Lodge Meeting and Grand President Kathy Bizoukas' Testimonial in Schererville, IN

**June 24-26, 2022:** District 1 Convention and AHEPA 100th Anniversary Celebration

**July 3-7, 2022:** Clergy-Laity Congress of the Greek Orthodox Archdiocese of America in New York

**July 17-22, 2022:** Supreme Convention in Orlando, Florida

## IMPORTANT INFO & LINKS

**Grand President's Bulletin**

**National Directory**

**Resources & Applications**

**Forms and More**

**Donate Today**

## **GROWTH & EXPANSION MESSAGE**

*Believe in the Power of We*

Dear Sisters,

Please [click here](#) for the June Growth & Expansion bulletin.

Please click below for a few June Growth & Expansion promos/ideas.

- DOP Scavenger Hunt
- June DOP Join Promo 1
- June DOP Join Promo 2

Keep in mind that there are new resources available on the Daughters of Penelope website!

**[Click here](#)** for the Growth & Expansion Presentation

**[Click here](#)** for additional Growth & Expansion Tips and Resources

**[Click here](#)** for additional Growth & Expansion Promo Flyers

Sincerely in Theta Pi,

Georgette Boulegeris

Grand Vice President and G&E Chairman

### **AHEPA 100th ANNIVERSARY VIRTUAL 5K**

Only 25 spots remain for the virtual 5K! Register today by [clicking here](#)!

### **ALZ - PRESIDENT'S INITIATIVE**

Did you know that June 21<sup>st</sup> is the longest day of the year? Known as the summer solstice this day typically kicks off the summer season! On June 21st the Alzheimer's Organization is encouraging people to fight the darkness of Alzheimer's through fundraising on the longest day of light. The best part of this fundraising is that you decide what type of fundraiser to host. You can pick activities that interest you whether it includes exercise, sports, fun hobbies or even games, you decide!

It is easy to get started by checking out this site, [Alzheimer's Longest Day](#).

**Register**, sign up and select the activity you want to do. There is something for everyone from basketball games to baking.

**Create** a fundraising page about your activity. There are resources available to help you create a fun page with a link you can easily share.

**Invite** friends and family to support you and to help you raise funds to meet your goal. You can also do a Facebook fundraiser and reach everyone in your network.

As a reminder, Grand President Bizoukas asks that if you make any donation to Alzheimer's to please submit as Daughters of Penelope, including your District or Chapter number as the sponsor. Any money you raise makes a difference. It supports online education programs, research initiatives and support groups for those suffering from this terrible disease.

So please join us in fighting the darkness and keeping our light shining bright!

Georgia Karnezis  
President's Initiative Chair

## PROTOCOL BY PENNY

As we sisters begin our deliberations in both district and supreme convention settings, some "handi hints" may be useful for speaking before a large group.

Presenting information and/or commenting on motions requires that the material is easily understood by a large group. It is very important that each speaker **uses the microphone**.

While many may feel 'uncomfortable' with such a device and state that their voice is very loud and can carry in a room, trust me it is not!

- Hold the microphone 3-4 inches from your mouth so that it will pick up ALL that you say
- Wait until being acknowledged by the chair
- Address the convention chair **only** with your comments
- Rate of speech should be slower than general conversation frequently at the end of sentences or phrases
- State the main point of your comment eg "I speak in favor of... or I speak in opposition to..."
- Remember the time limits, usually 2-3 minutes per speaker
- Each member may speak once during the allotted time for discussion

Each delegate has something to contribute to the discussion. It is important that new comments be made, not a repetition of what has already been said.

Careful deliberations on the business that comes before the convention is the responsibilities of the delegate body.

Speaking before the convention assists in facilitating decisions. Therefore, speak up and let your opinion and knowledge be known!

Yours in Theta Pi,  
Penny

## GREEK AMERICAN WOMEN IN THE UNIFORMED SERVICES (PROJECT RECOGNIZE)

Dear Sisters,

As we discussed some helpful information about mental health in last month's article, we learned that May is Mental Health Awareness Month. Another resource for veterans and anyone in need is

the National Suicide Prevention Lifeline website at <https://suicidepreventionlifeline.org>. There is also a new 3-digit dialing code that can route you to this Suicide Prevention Lifeline at 988. This will be available to everyone across the U.S. starting on July 16, 2022. There is also the addiction hotline at [www.findtreatment.org](http://www.findtreatment.org) and 1-800-622-HELP that can help veterans.

Journalist Bob Woodruff suffered a traumatic brain injury (TBI) in January 2006 from a roadside bomb while reporting on U.S. and Iraqi security forces in Iraq. His foundation, the Bob Woodruff Foundation, works to ensure that TBI survivors get the best care and attention they need after they are injured. Greater than 12 million veterans have been helped since 2006 from the Foundation with help from greater than \$85 million dollars to benefit their care and recuperation. He was fortunate to receive the best care and wants all veterans to have access to the same, as he had. On International Women's Day this year in March, MacKenzie Scott announced her donation of \$15 million to the Woodruff Foundation. She wanted to support the veterans and as Bob Woodruff says, "we owe so much to the veterans."

There are many interesting stories of our U.S. female officers currently serving in the uniformed services, as well as, the veterans. One such active-duty female officer is Cmdr. Billie J. Farrell, USN, who took command of the USS Constitution this past January. She is the 77<sup>th</sup> commander of the world's oldest commissioned warship afloat (first launched in 1797) and she is the first woman in this role. She previously served as the executive officer on the USS Vicksburg (CG-69), which is a guided missile cruiser. Another inspiring story is with, Lt. Gen. Jody Daniels, USA, who is the first woman chief of the Army Reserve. As the 34<sup>th</sup> chief of the Army Reserve and the ninth commanding general of the U.S. Army Reserve Command, she leads and guides about 200,000 soldiers and DoD civilians. Another interesting story about veterans, is that the Honor Flights Program that began 17 years ago, bringing veterans to Washington, D.C. to see the World War II Memorial and other memorials, is back up and running since the pandemic shut it down. Over 250 thousand veterans have come and visited D.C. for free, some with wheelchairs, on oxygen, and some wearing their old uniforms! A dream come true for many and in years past the local American Legion chapters would welcome them at the airports after their plane had gone through a water fountain welcome with the help of the local fire departments. Recognition well deserved for all of them!

We are fortunate to hear from another one of our DOP Sister veterans, Sister Carol Vamvakias, in her own words about her uniformed services career. She begins by saying, "Growing up on a farm in Minnesota was a great life. I was the youngest of 4 children and the only daughter. I wanted to be a nurse from my first injury at age 8. I could not expect funding from my parents, so I worked many jobs from age 15. I had applied to the diploma program of nursing and it was converted to a degree program. At the end of my junior year of college, I was told that I could not continue until I had a plan to pay the tuition for that past year. The next week a recruiter from the Army Nurse Corp (ANC) came to talk with our class. I was and remain so thankful to God that He had put this opportunity in my life. Three of us signed up for a promise to serve. My first duty station was Ft. Sam Houston, Texas for a 3-month basic training. I was then sent to Ft. Campbell, KY. I found that all the senior nurses were great mentors. This was 1961 and most of the senior nurses had already served in WWII and the Korean War. Having a degree in nursing gave me more opportunities. I was offered a one-year preceptorship in what was then called "Army Health Nursing". I was mentored by an awesome and brilliant nurse. My next assignment was a 6-month ANC Career Course. I had been courted by a handsome Greek American Lt. We married and he was sent to Vietnam and I, to Germany. I served Neu Ulm and Augsburg as the Army Health Nurse. My first language was German and I loved my work and the country. I gave classes to the school teachers, conducted well baby classes, gave classes to expectant parents and followed up on communicable

diseases. I had a military car and a driver to get me to outlying areas. I lived in a dorm with nurses and Red Cross workers. My husband, Nick, would call every 2 months when able. We received calls by radio ham operators.

My husband, Nick, was sent to Walter Reed Army Medical Center for medical care in October, 1964. I took emergency leave to return to D.C. and also see my Chief of Army Health Nurses. Nick had to be assigned in the vicinity for medical follow-up. I was so fortunate that the Army Health Nurse was leaving the position at Walter Reed and I was assigned as her replacement on 5 January, 1965. It was a great awakening to attend morning report every day and walk through the halls of injured and dying soldiers. The halls and wards were always overflowing. There was a constant level of anxiety and exhaustion in our staff. Moms and children were referred for counselling. Moms felt alone and would create a false illness just to be seen by someone. I continued with classes for expectant parents, participated in nursing research, conducted well baby clinics, and followed up on STDs and communicable diseases.

I resigned my commission in March, 1967. I had been designated to attend graduate school and be promoted to Major. I knew that would mean owing another 4 years. I had loved every day of my time in the Army Nurse Corps, but wanted to start our family.” Wonderful reflections Sister Carol! Thank you for your dedicated service and that of your husband, Col. Nick Vamvakias, (U.S. Army, ret.). Sister Carol is in DOP Ch. 283 and Brother Nick in AHEPA Ch. 438.

A gentle reminder that the Military Women’s Memorial at Arlington Cemetery in Washington, D.C. will have its 25<sup>th</sup> anniversary celebration, scheduled for October 14-16. Women Veterans Day will be celebrated on June 12. Check out the website for up-to-date information and to learn more about how you can join “The Square Foot Society” at [www.womensmemorial.org](http://www.womensmemorial.org).

We are honored to have been asked by GP Kathy to serve as National Co-Chairs for this Committee. We hope you have enjoyed and learned from these monthly articles about the veterans in our DOP Sisterhood, and veterans in general. Thank you to all our veteran Sisters and their dedicated service and thanks to all our veterans who have served our grateful Nation.

Chairs Kathy L. Matrakas, PGG, Hermione Ch. 11, Washington, D.C. [klukia14@gmail.com](mailto:klukia14@gmail.com) and Darlene (Dolly) Vatikiotis, CP, Periboea Ch. 62, Tarpon Springs, FL [dwwatikiotis@hotmail.com](mailto:dwwatikiotis@hotmail.com)

## **PENELOPE'S SCROLL - AN ONLINE PUBLICATION**

The second edition of Penelope's Scroll is available now! [Click here](#) to view/download!

## **2022 PER CAPITA AND NATIONAL OBLIGATIONS**

**Please remit 2022 per capita between January 2022 and June 2022. Per capita for 2022 is assessed at \$35 annually (passed at Supreme Convention 2015).**

Please [click here](#) to view the national projects passed at the 2021 Supreme Convention and click here to download the National Obligations Projects Form. Please note **National Obligations are due to Headquarters by March 31, 2022.**

## **2022 AHEPA FAMILY SUPREME CONVENTION**

Our next AHEPA Family Supreme Convention is just around the corner **July 18-22, in Orlando,**

**Florida!** The Supreme Convention Hotel is Disney's Coronado Springs Resort. [Click here](#) to view all Supreme Convention related forms including the tentative agenda for the Daughters of Penelope & AHEPA Family. To reserve your hotel accommodation, [click here!](#) To register for your delegate/alternate convention registration package, [click here.](#)

## 2022 DOP SUPREME CONVENTION AD BOOK

The Daughters of Penelope is pleased to announce to its members, friends and supporters the establishment of a **DOP Supreme Convention Ad Book**. Our hope is that every chapter, district and even individual members will place an ad or listing in our yearbook. Companies are also able to place ads in this 92nd Anniversary ad book. [Click here](#) to download the ad book form. **The submission deadline has been extended to June 15, 2022.**

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