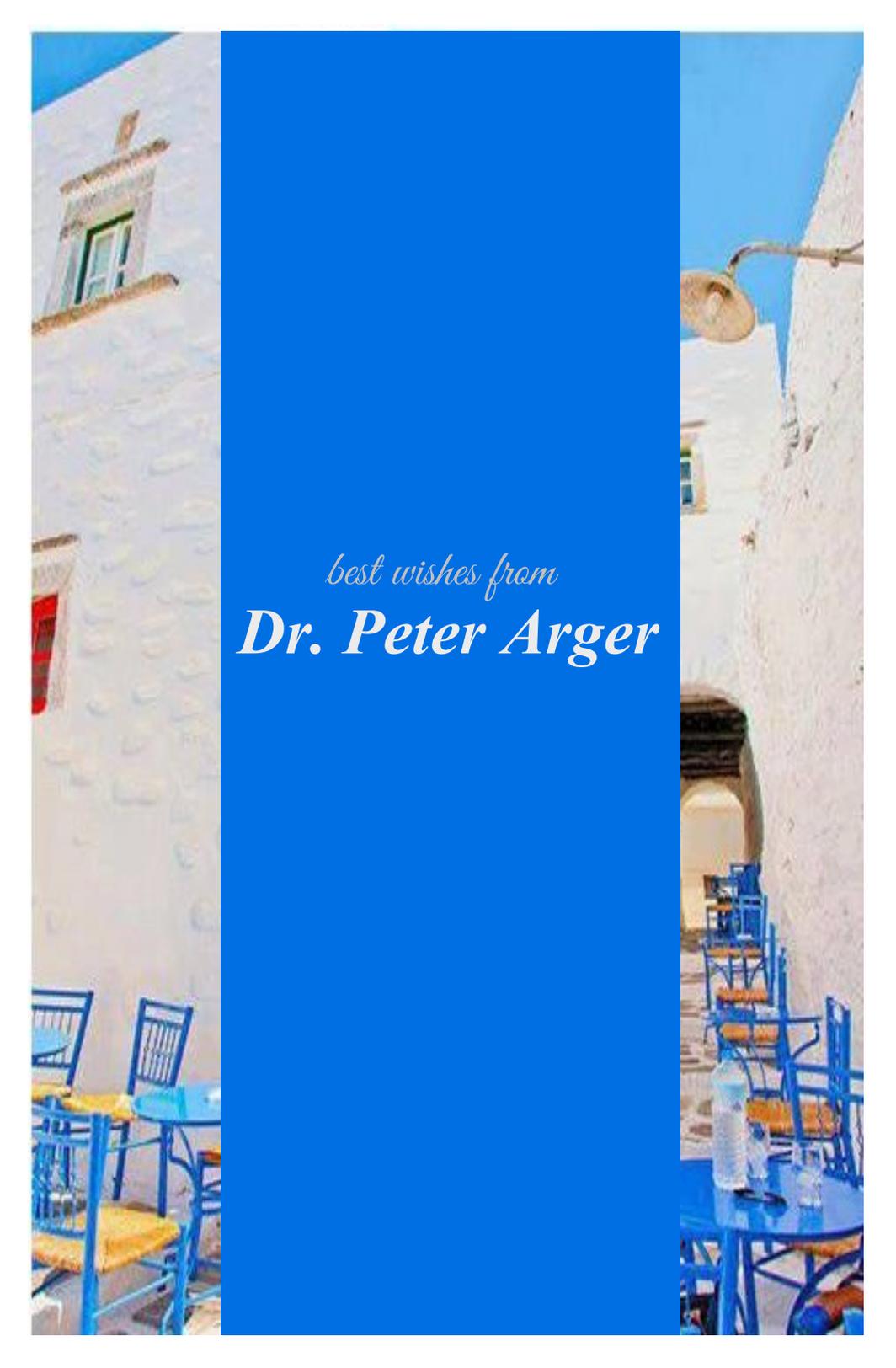




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GREEK AFFAIR 2013

Friends:

Καλώς ήρθατε! Welcome!

On behalf our esteemed Chairs, Andrea Papadopoulos, George Migias and Tony Palmieri, I welcome you to the 36th Anniversary of the Greek Affair.



Your visit on our campus offers you a myriad of opportunities to experience and enjoy. Our youth offer the traditional dances of Greece for your enjoyment. As always, you are encouraged to rise up and dance with them.

The succulent foods and desserts, prepared fresh on our premises, are waiting for you to sample and to share with your family and friends. You are invited to explore the richness of the Greek Orthodox Christian faith by participating in one of our Church tours where you will learn about the historic Church of Jesus Christ and view the mystical Iconography that covers the walls of our sacred Church.

The sounds of Greece, traditional foods and dancing, grapes that offer wines from the motherland, shopping, games for the children and fellowship: the entire “Greek experience” is offered for your pleasure. What you will find even more appetizing is our Greek philoxenia (hospitality).

I look forward to visiting with each of you and on behalf of our entire St. Luke family that has made this weekend possible, I welcome you once again as I expect your time with us will be memorable.

As I pray for your good health and spiritual joy, I greet you with brotherly love in Jesus Christ,

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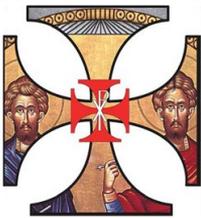
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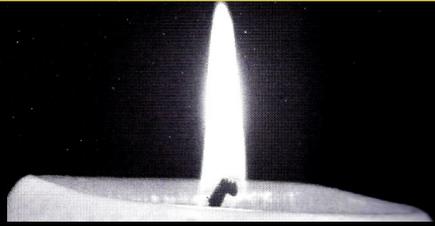
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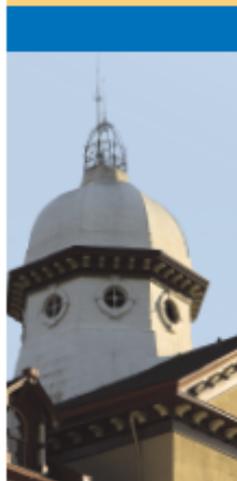
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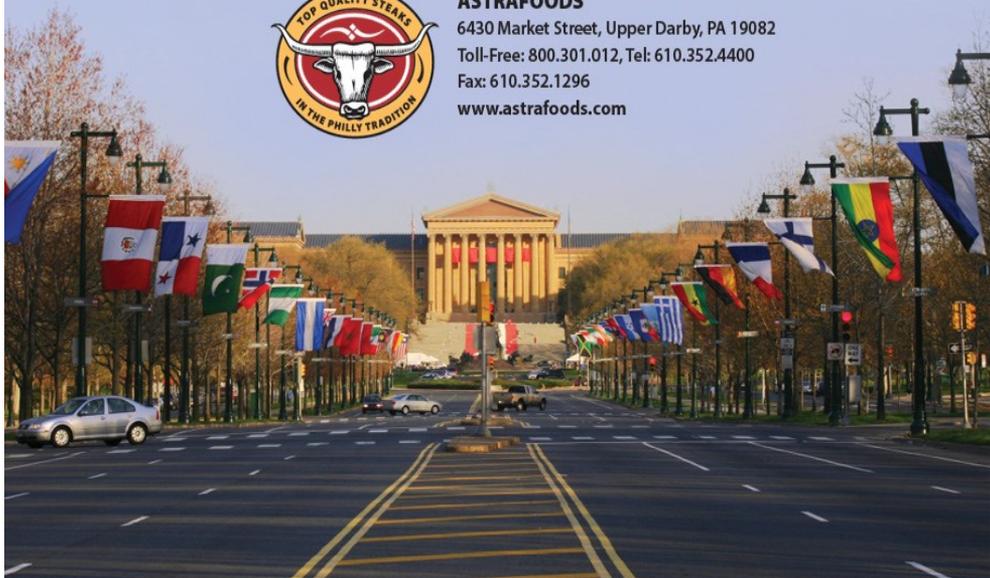
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frappé

The *frappe*, a foamy cold coffee drink, is an easy-to-make beverage that's wildly popular in Greece. It started by accident in 1957: A representative from the Nestlé food company couldn't find any boiling water to make his coffee at an international trade fair in Thessaloniki, Greece. So he used cold. And thus was born the frappe, the foamy, caffeine-packed drink that became an icon of Greek pop culture.

Over fifty years later, while Americans guzzle innumerable fancy chilly copycats, Greeks remain loyal to their simple cool coffee, imbibing everywhere from the beaches to Athens' numerous upscale cafes. In fact, the frappe has become its own industry. Supermarkets carry hand-held electric foam beaters, while roadside kiosks keep frappe kits in

their fridges. Tips are traded on the merits of thick froth, straw placement, and the best time to drop the ice into the mix.

"Frappe looks so thick, but it glides

through the straw so easily," said Daniel Young, an American food critic who teamed with his wife, Vivian Constantino-poulos, to write a coffee-table book on the subject. It may drink smooth, but it has a kick. Young says many frappes have four

times the caffeine as an espresso. And it is fueled by something considered the dregs of the beverage world in many countries, *instant coffee*.

Frappe is a simple beverage. A couple of spoonfuls of instant coffee is combined with water, sugar and sometimes milk, then shaken vigorously in a cocktail mixer. When to add the ice, during or after shaking, is hotly debated. The resulting dark drink has a foamy head so large it resembles a half-pint of Guinness more than a coffee.

How the freeze-dried coffee drink

became a national craze is hard to say, but supporters insist that it matches Greeks' erratic lifestyle: laid-back Mediterranean with bursts of energy thrown in.

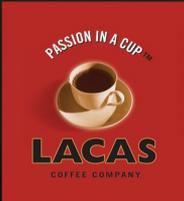


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Some believe that the Greeks' relationship with the drink is rooted in their centuries-old thirst for public dialogue and social interaction. "It doesn't have to do with quality or quantity, but it is more about the way people sit and enjoy," said Constantinopoulos, who says the average person takes 93 minutes to drink a frappe. In fact, coffee shop owners price their products accordingly, charging customers likely to keep their tables for a couple of hours as much as \$7.50 for a coffee. Much of frappe's appeal lies in its longevity. Even as the ice melts, the foam, which contains coffee granules, mixes with the ice, and the drink replenishes itself.

"If you time it perfectly, it will stay consistent throughout," Young said. "Greeks turned took something that is supposed to be instantaneous and made it a three-hour ordeal." "To Greeks, there is no such thing as instant coffee," Constantinopoulos said.

Frappe, along with traditional Greek and American coffee is served at **the Greek Affair Coffee House**. Stop by and stay a while.

Ordering your Frappé

Frappe is available in three degrees of sweetness which as you may have guessed is determined by the amount of sugar used. Ask for your frappe by these descriptions.

glykós (γλυκός, "sweet", 2 teaspoons of coffee and 4 teaspoons of sugar);

métrios (μέτριος, "medium", 2 teaspoons of coffee and 2 teaspoons of sugar);

Skétos (σκέτος, "plain", 2 teaspoons of coffee and no sugar).

All varieties may be served with evaporated or regular milk (με γάλα Greek pronunciation [me 'yala]).

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THE OLIVE

On the Greek Table



Greeks were the first to cultivate the olive tree for its precious products, the olives and the olive oil. The Olive Tree, harmoniously tied with the Greek landscape and its inhabitants' temperament, chiseled by the Mediterranean sun and the Aegean winds has served the Greek Spirit and Soul as an endless source of inspiration. The olive remains a symbol of social and religious values, progress, peace, affluence, wisdom and fame.

During the Minoan Era, olive oil served as the foundation of the Cretan economy. Evidence of this relationship can still be traced in the surviving artifacts in the palaces of the once mighty empire of Knossos. The goddess of wisdom, Athena, dedicated the olive tree to the city bearing her name, as a proof of her bond with the city. An olive branch was the golden medal awarded at the Ancient Olympic Games, since it was shaped in the form of a wreath and bestowed to the winners. Legend has it that the wreaths came from a tree planted by Hercules himself. Olive oil was called "liquid gold" by Homer, and the "Great healer" by Hippocrates.

Today, in the shadow of great traditions and legends, Greece still relies on

the olive tree. There are 120,000,000 olive trees in Greece or, to put things in perspective, 12 olive trees for every Greek citizen. Greece is the world's third largest producer of edible olives and olive oil, with a 16% share of the international olive oil market. 450,000 families depend on olive oil production as a primary or secondary source of income.

Nowadays, Greece produces about 120,000 tons of table olives per year. The table olive oil is one of the country's most important agricultural exports. The harvest begins in October for table olives and continues for about two months, depending on the type of olive and the place it is cultivated. Green olives-essentially less ripe than their darker counterparts-are harvested first; next come all the plump black olives that are among the country's best-known snacks: tight-skinned Kalamata olives with their pointy, nipple-like tip; juicy Amfissas in an array of browns, blacks and purples. Last to be plucked from the tree is the wrinkled black variety, which matures on the branch, can be harvested as late as March, and is cured in coarse salt not brine.

In salads, olives are delicious matched with all sorts of vegetables, such as fresh ripe tomatoes, cucumbers, peppers, onions and more. They are wonderful with vegetables preserved in brine or olive oil, such as roasted red peppers, pickled cauliflower, etc. Greeks use olives in some sauces, namely tomato-based sauces that are served over pasta.

In the last few years, the olive has caught the imagination of contemporary chefs, so that in today's Greek kitchen olives are everywhere: in the skillet and in the pan, in breads, pies, braised dishes, sauces, stuffings, dips and more.

Olive oil in Greece dates back 4000 years, but also has a significant present and promising future. It is globally acknowledged for its purity and exceptional taste and it is globally proposed as one of the features quality Greek products. It is the basis of all the Greek traditional recipes, thus proving its unique position within the Greek diet.

80% of the Greek olive oil is extra virgin, which is the top-ranked classification category in the world. This constitutes Greece as the world's largest producer of extra virgin olive oil. Greek extra virgin olive oil's superior quality is appreciated by the international trade, which is the reason why 150-200 thousand tons of our best olive oil are exported to Italy and Spain and sold at a premium price, in comparison to olive oils of other origins.

At an international level, Greece enjoys the largest per capita consumption of olive oil, with the average Greek consuming more than 15 kilos annually.

Spanish come in second place, with 11 kilos per capita consumption per year. Biological olive oils and olive oils of controlled origin are becoming a trend in the internal market, demonstrating a growth of more than 30% annually.

Research shows that olive oil is the healthiest choice among other vegetable oils and thus it's an integral part of a balanced diet. Olive oil contributes to the reduction of LDL cholesterol without affecting quantities of the HDL cholesterol. It protects from various diseases, and it reduces blood pressure. It reduces the chance of breast cancer by 45%, while it's believed it may play role in reducing intestinal cancer as well. It protects against cell aging and strengthens memory. Also, it contributes to the health of the central nervous system and brain cells.

At the Greek Affair, olives can be found in the salads that are dressed with a extra virgin olive oil vinaigrette. The string beans, Pastichio, Moussaka and Lamb Shanks

are expertly prepared with virgin olive oil and the succulent Souvlaki is marinated in olive oil and herbs for several days before they meet the grill. Without a doubt the 4000 year Greek tradition is observed right here in Broomall,





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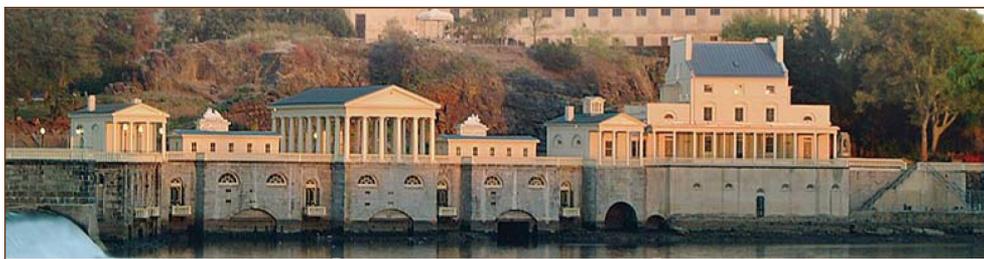
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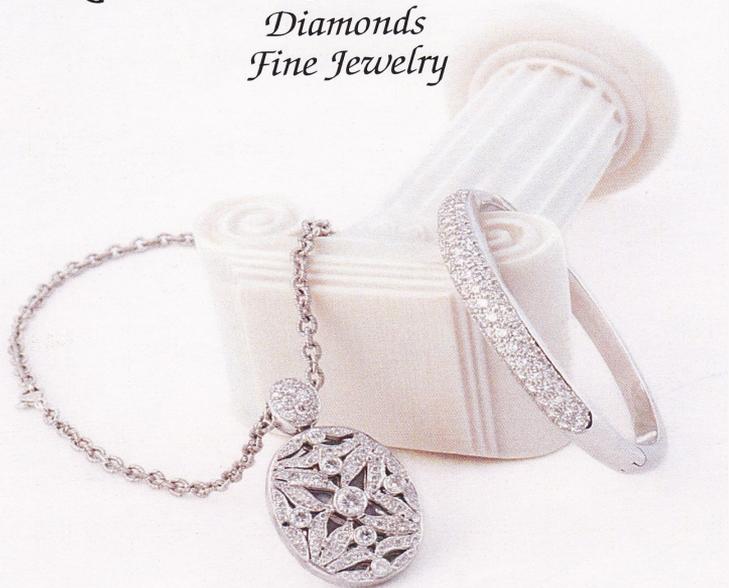
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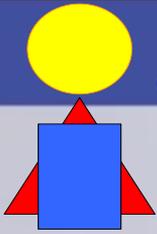


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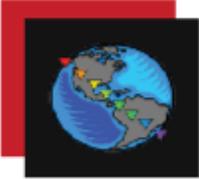
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Κουλουράκια

Those Butter Cookie Twisty Things

Koulourakia

The **koulouraki** (Greek: Κουλουράκι, pronounced: koo-loo-ra-ki, plural: Κουλουράκια, Koulourakia) is a butter-based pastry, traditionally hand-shaped, with egg glaze on top. They have a sweet delicate flavor with a hint of vanilla. Koulourakia are well known for their sprinkle of sesame seeds and distinctive twist shape. Koulourakia are almost always on the Greek dessert table at Easter and Christmas, but in most Greek households they are enjoyed year round and are a children's favorite. These delicious treats were originally hand formed into rings in ancient times. In fact, the word is the diminutive form for a ring-shaped loaf or lifebelt. The cookie dates to the Minoan age when these pastries were also often shaped like small snake circle. Why? The Minoans worshiped the snake for

its healing powers. Better to eat a cookie that looks like a snake than the snake itself!

Nowadays the pastries can be shaped into braided circles, hairpin twists, figure eights, twisted wreaths, horseshoes or Greek letters. They are commonly eaten with morning coffee or afternoon tea. Like all pastries, they are normally kept in dry conditions in a jar with a tight lid.

Koulourakia can be enjoyed at the Greek Affair and are available in 1lbs containers so that you can bring them home to enjoy until you are ready to make your own batch with this recipe that is shared by Thea (auntie) Andrianna.

Preparation Time: 25 minutes

Baking temperature: 350

Baking time: 23 minutes

Yields: 8-9 dozen cookies

Ingredients:

Cookie:

- 1 lb. sweet butter
 - 1.5 cups sugar
 - 2 eggs
 - 3 teaspoons vanilla extract
 - 1/2 teaspoon cardamom
 - 7-8 cups flour
 - 2 teaspoons baking powder
 - 1/2 pint heavy cream
 - sesame seeds
 - Lots of helping hands for rolling!
- ### Glaze:
- 2 egg yolks
 - 2 tablespoons of cream or milk

Preheat oven to 350 degrees. In a separate bowl sift the flour and baking powder. In a mixing bowl, cream the butter and sugar until light and fluffy. Lower speed and add one egg at a time. Mix in vanilla and cardamom. Gradually add in cream. Slowly incorporate the dry ingredients into the liquid,

kneading until the dough is no longer loose and sticky. To form the cookie, roll a rounded teaspoon of dough into a 7 inch rope, bring the ends together and twist. twice.

Place cookies on a parchment paper lined cookie sheet. Whisk milk and egg yolk to make the glaze. Brush with egg yolk glaze and sprinkle with sesame.

Bake for 25 minutes until golden brown. Cookies can be stored in an air tight container and store in a cool place.



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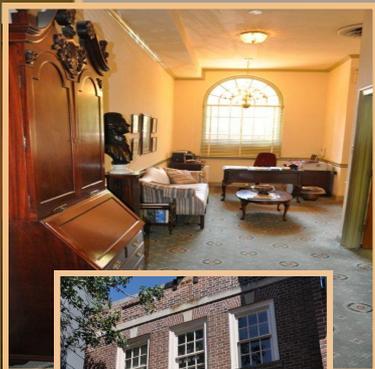
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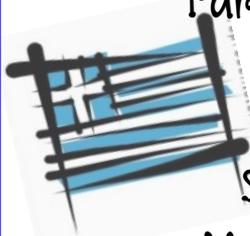
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GREEK DRAMA

The Ancient Grecian Empire commenced around 700 B.C.E. with festivals honoring their pantheon of gods and goddesses. The Ancient Greeks honored Dionysus, the god of wine, on special occasions with an unusual celebration called the “City Dionysia.” The festival consisted of drunken men outfitted in goat skins that sang and played choruses to welcome Dionysus. Goat skins were regarded as sexually potent; therefore, inducing passionate lust during the ceremony, which appeased Dionysus. Tribes hosted competitions against one another in order to win a highly regarded prize. Four of the festivals hosted in Athens were only presented at “City Dionysia.” Scholars have theorized that the Greeks rooted their celebrations after the festival honoring Osiris, the Egyptian god of the dead.

The Greeks entertained large crowd gatherings during these Greek festivals by dramatizing scripted plays, oftentimes with only one person acting and directing the transition of each scene. As the playwrights evolved, a handful of actors produced on-stage performances consisting of a live chorus and musical background. The chorus accentuated Grecian theater dynamics, because of the limited number of actors allowed on-stage during each performance. Additionally, the chorus harmoniously merged with the musical background and commented on the action of the play.

Early Greek theater focused on tragic themes that still resonate with contemporary audiences. The word “tragedy” translates from “goat song,” a phrase rooted in

the Dionysus festival of dancing around sacrificial goats for a prize. The original Greek tragedies centered on mythology or historical significance that portrayed the antagonist's search for the meaning of life. Other times, playwrights focused the overall tragedy on the nature of the gods and goddesses. Each surviving tragedy began with a prologue that explained the following action in each corresponding scene. Subsequently, the chorus introduced the paradox, a transition whereby the audience becomes familiar with the characters, exposition, and overall mood of the setting. Finally, the exodus implies the departure of the chorus and characters derived through the play's duration.

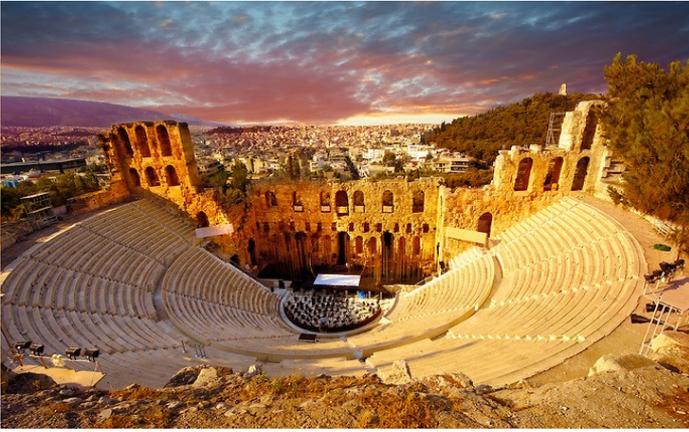
Some of the oldest surviving tragedies in the world were written by three renowned Greek playwrights. Aeschylus composed several notable tragedies, including “The Persians,” and the “Oresteia” trilogy. Aeschylus was the first to introduce a second actor during on-stage performances. Sophocles wrote seven popular tragedies including “Antigone,” “Electra,” and “Oedipus Rex” to name a few. Sophocles won twenty-four awards for his plays, and, when competing against fellow playwrights, never ranked lower than second place. Sophocles introduced a third actor during on-stage performances, adjusted the choral membership to fifteen, and was the first to include painted backdrops.

Euripedes composed over ninety plays, with roughly eighteen surviving pieces studied and incorporated by contemporary playwrights, including “Medea,”

“Hercules,” and “The Trojan Women.” Critics lambasted Euripides' questionable values presented during his on-stage performances, oftentimes depicting varying psychological archetypes not explored by previous playwrights. Many authors modeled Euripides' experimentalism centuries after his death.

The Grecian playwrights also injected humor into certain aspects of theater. Comedy has no specified origins; however, many scholars believe it started from imita-

tion. Popular comedians competed during the Athenian festivals, including Aristophanes, who authored more than forty plays. Among his eleven surviving plays included a controversial script entitled “Lysistrata,” a tale about a strong, independent woman who leads a female-based coalition against the war in Greece. Despite the limited number of surviving tragedies and comedies, the Greeks greatly influenced the development of drama in the Western world.



The primary and primordial performance space in ancient Athens and the home of the City Dionysia was the Theatre of Dionysus. Built into the slopes of the Acropolis where it can utilize the natural terrain to create seating, this "instrument for viewing" is, if not the actual birthplace, certainly the cradle of Western drama. But its exact structure in the Classical Age is impossible to determine. It was substantially refurbished twice in antiquity, once in the later fourth century (300's BCE) and once again in Roman times, making it unlikely that a single stone visible in the theatre today was there in the Classical Age. Thus, it is improbable any of the classical tragedians would recognize much of the theatre we see now other than its location.

For instance, the orchestra—"dancing place" (literally, "instrument for dance")—of the Theatre of Dionysus, the flat area at the bottom of the theatre where the chorus

sang and danced, is today circular. In the fifth century BCE, however, it was more likely rectangular. This assertion is based on two, albeit scanty, pieces of information. First, ancient choral dances were "rectangular," which a rectangular space would suit better. Second, the only known theatre which has remained unchanged from that day, the Theatre at Thorikos—Thorikos was an Athenian deme ("district, borough")—has a rectangular orchestra with only its corners rounded. Nevertheless, it is not certain that the Theatre at Thorikos was used as a space for performing drama, or just a public meeting ground. In sum, it is hard to speak definitively about the physical nature of the Theatre of Dionysus as it existed in the Classical Age, except to say that it was a large structure capable of housing crowds which were huge even by modern standards.



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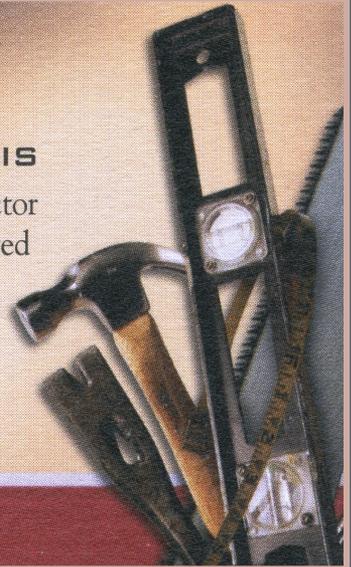
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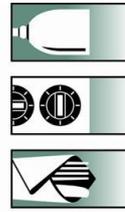
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Greek Coffee preparation has as many variations as there are Greeks. Some people stir only once and boil the coffee three times. Others boil once and stir, stir, stir. No matter how you take it, this coffee is usually sipped slowly and paired with lively conversation and something sweet. All of which can be found at the Greek Affair Coffee House!

To make Greek coffee at home, you'll need a brikki which is a small copper, brass or stainless steel pot that's narrow at the top and wider toward the bottom. The shape help to keep the grounds on the bottom. Greek coffee is served in a demitasse cups that are about 2 ounces of coffees.

INGREDIENTS: Water, Greek coffee, Granulated sugar

INSTRUCTIONS:

1. Using one of your demitasse cups

as a 2-ounce measure, fill the brikki with as many cups of cold water as cups of coffee you want to make. Add 1 heaping teaspoon of coffee grounds for each 2-ounce cup of coffee. Add granulated sugar, if desired: 1 teaspoon per demitasse cup for medium-sweet (*metrios*) or 2 teaspoons per demitasse cup for sweet (*glykos*). For an extra-strong-sweet cup (*vari glykos* or *glykos vrastos*), add 3 teaspoons sugar and 2 teaspoons coffee grounds per 2 ounces of water.

Heat over medium heat and stir just to incorporate the grounds and sugar. As the coffee heats, foam will rise. Be sure to hold onto the handle of the brikki to keep it from falling over. When the foam nearly reaches the top, remove the brikki from the heat and let it stand until the grounds have settled a bit, about 1 minute. Pour a little foam into each cup, then fill each cup, moving the brikki up and down to help settle the grounds. Serve with a cold glass of water.

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