

# BELMONT GREEK FESTIVAL

LABOR DAY WEEKEND  
SEPTEMBER 2-3, 2023



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GREEK FESTIVAL**

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**Wishing a  
successful  
Festival 2023**

**Othonia Makris  
and Family**

*In Loving Memory*



**Nicholas Makris**  
*October 26, 1936 ~ February 13, 2022*



# WELCOME

**The Church of the Holy Cross welcomes you to the 51st Belmont Greek Festival!**

As members of the community, we're happy to have the opportunity to share the food, music and hospitality of the Greek culture.

More importantly, we're excited to meet you. As members of the greater Belmont area, this is our chance to say hello and welcome you into our community.

While we are proud of the Greek heritage on display here this weekend, we are also a diverse community brought together through our Orthodox Christian faith.

Your support this weekend allows us to give back to local charities and develop new programs that support our youth. We are ever grateful for your generosity, as it continues to allow our community to grow and give back.

Finally, I want to personally thank all the festival chairs and volunteers who made this weekend possible. Through countless hours of cooking, baking, planning and logistics over the summer, everything we offer this weekend is homemade, and served, with love.

Now it's time to put this book down for a moment. Try something new, make a friend, eat, drink and dance!

Sincerely,  
The 2023 Belmont Greek Festival Committee  
Phil Louridas, Jim Smith, Niki Kouretas & Kathy Flocas



**TEAM GYRO WELCOMES YOU TO  
THE BELMONT GREEK FESTIVAL!**



**ENJOY OUR "FILOXENIA"!**

**OPA!**





# FESTIVAL SCHEDULE

# MAP OF FESTIVAL GROUNDS

## SATURDAY, SEPTEMBER 2

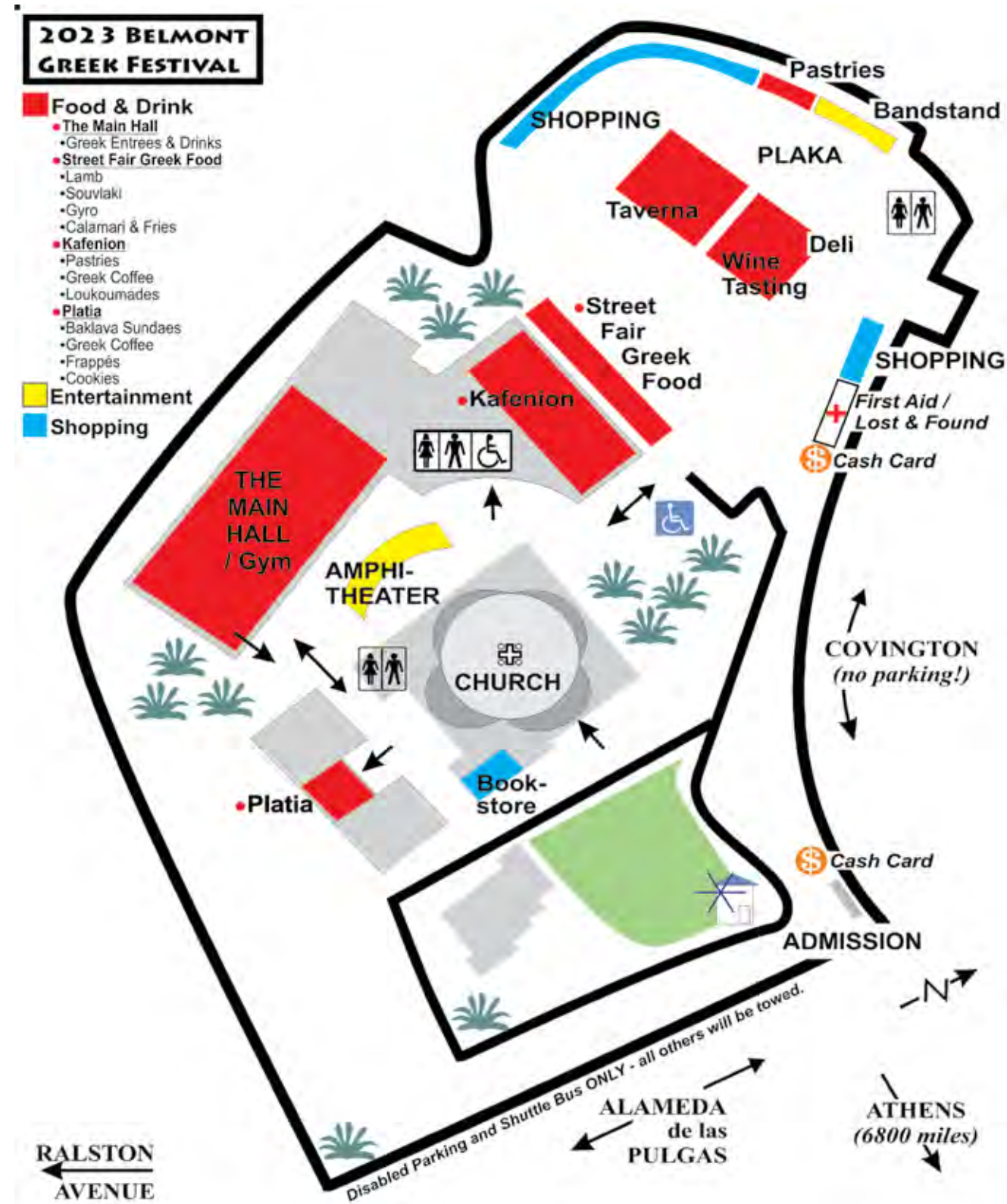
- Noon Opening Ceremonies
- 12:30 Cooking Demonstration with Helene Nemchik – Amphitheater
- 1:30 TA MIKRA Dance Group
- 2:00 Church Tour – Please meet at the Church Entrance
- 2:00 MYTHOLOGY PLAY “Bellerophon and His Rather Strange Adventure” – Amphitheater
- 3:00 ANDY Z performs – Amphitheater
- 4:00 MYTHOLOGY PLAY “Bellerophon and His Rather Strange Adventure” – Amphitheater
- 4:00 Church Tour – Please meet at the Church Entrance
- 5:00 FESTIVAL CHORUS AND ENSEMBLE – Amphitheater
- 5:00 REVMA Dance Group
- 6:00 ENOSI Dance Group – St. Nicholas Greek Orthodox Church (San Jose)
- 7:30 LEVENDIA Dance Group
- 10:00 Festival Closes for today – See you tomorrow!

## SUNDAY, SEPTEMBER 3

- Noon Festival Opens
  - 12:15 Cooking Demonstration with Helene Nemchik – Amphitheater
  - 12:45 Church Music Presentation featuring the Holy Cross Choir (Please meet at the Church Entrance)
  - 1:00 TA MIKRA Dance Group
  - 1:30 MYTHOLOGY PLAY “Bellerophon and His Rather Strange Adventure” – Amphitheater
  - 3:00 MYTHOLOGY PLAY “Bellerophon and His Rather Strange Adventure” – Amphitheater
  - 4:00 Church Tour – Please meet at the Church Entrance
  - 4:00 ANDY Z performs – Amphitheater
  - 4:45 REVMA Dance Group
  - 5:30 AURORA MANDOLIN ORCHESTRA – Amphitheater
  - 8:00 LEVENDIA Dance Group
  - 10:00 Festival Closes! See you Labor Day Weekend 2024!
- (All performances except those noted, are on the Plaka)  
The “KYMATA” band performs throughout the day at the Bandstand at the Plaka.

## GREEK 101 ~ MODERN GREEK FOR FUN!

Hello/Greetings HEH-reh-teh!	(I am) well Kah-LAH	Yes NEH	Tea TSAH-ee
Hi/Greetings! (informal!) YA-sou!	Good morning Kah-lee-MER-ah	Certainly/Of course MAH-lee-stah	Water Neh-roh
My name is ____, and you? Meh LEH-neh ____, eh-SEH-nah?	Good afternoon/evening Kah-lee-SPER-ah	No O-hee	A beer BEE-rah
Nice to meet you. KHAH-ree-kah. (say HA-ree-kah)	Good night Kah-lee-NIHK-tah	I'm thirsty. Theep-SOH	
How are you? Tee KAH-nees?	Thank you Ef-har-ee-STO	I'm hungry. Pea-NOH	
	Please/You're welcome Pah-rah-kah-LO	I would like that. THEH-lo af-TOH	





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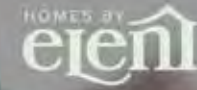


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# OUR HOLY CROSS PARISH



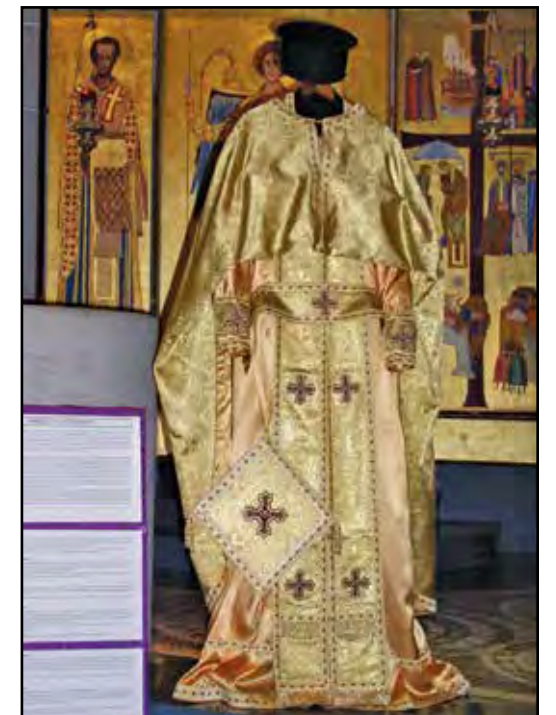
Byzantine mosaic icons by the internationally renowned artist Sirio Tonelli. We ask that you remain silent throughout the presentation. Please do not bring food or drink into the church. Our Clergy, will be available after the presentation to answer your questions.

*The Orthodox Church is the direct continuation of the Church of the Apostolic Age.*

Our church was built on these grounds in 1964, eight years after the first Greek Orthodox Divine Liturgy was conducted in San Mateo County. Once the land was obtained, parishioners came together to build a temporary altar so that services could be enjoyed outdoors on Sunday mornings followed by joyous picnics on the serene grounds. Construction of the church took approximately 14 months, and the first Divine Liturgy held in the church was in observance of the Feast Day of the Holy Cross, September 14, one of the holiest days on the Orthodox calendar.

We welcome you to our beautiful, award-winning Byzantine-style church. The building itself follows a very specific lay-out characteristic of classic Byzantine architecture. Holy Cross is a traditional cruciform structure forming an equal-sided cross with a dome in the center.

Tours of the church will be conducted daily during the Festival weekend (please consult the Festival Schedule on page 4). We hope to tell you something about Orthodox faith and tradition, and the symbolism of our church as reflected in the architecture and iconography, including the recent addition of magnificent



## The San Mateo AHEPA Family wishes Church of the Holy Cross a Wonderful 2023 Greek Festival!

**The AHEPA Family's mission is:**  
**Celebration of the great principles of Hellenism:**  
*Commitment to humanity, freedom and democracy*  
*Education of our youth through support and scholarships*  
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**Come Join Us!**

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For 51 years,  
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has been blessed to offer  
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spiritual and cultural heritage.  
May the Strength of the Holy Cross  
of Our Lord Jesus Christ  
continue to guide and uphold  
our efforts to give Glory to Him.



*Father Peter, Presbytera Nikki, Konstantine  
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## JOIN US FOR CELEBRATIONS THROUGHOUT THE YEAR!

Throughout the year, the Holy Cross community comes together to celebrate many feast days and cultural events.

These include:

**January:** the New Year is celebrated by the cutting of the Vasilopita — the traditional sweetbread with its buried “lucky” coin commemorates a miracle performed by St. Basil. [first Sunday following January 5]

**January/February:** Annual Crab Feed.

**February:** just before the start of Lent, there is a Greek version of Mardi Gras which is the Apokreatiko Glendi — a wonderful dinner event featuring Greek dancing performances. The following day begins six weeks of Lenten fast and no more dancing until the joyous Pascha (Easter) celebration.

**March 25th** celebrates both the Annunciation of the Mother of God and Greek Independence Day (birth of the modern Greek state in 1821).

**Palm Sunday** is traditionally a beautiful day with Palm Crosses distributed to everyone present and a delicious traditional fish luncheon before the start of Holy Week and its daily services in commemoration of the Passion and Resurrection of our Lord Jesus Christ.

**Pascha:** after the celebration of the Resurrection Liturgy and breaking the fast with a traditional meal of Avgolemono soup, cheese, olives and red eggs, the community gathers again a few hours later for the Agape Vespers and Picnic on the church grounds, to feast on lamb and rejoice in the fellowship of friends and family.

**May:** the Philoptochos hosts its annual Fashion Show fundraiser with mouth-watering food served by fabulous waiters (drafted from the ranks of husbands and sons!) and tempting fashions modeled by our own women and provided by generous local boutiques.

**June and July** are full of opportunities to learn to cook — the Greek way! Barely a day in the calendar is empty of cooks and bakers as we prepare for the wonderful Belmont Greek Festival over Labor Day weekend.

**August 15th** celebrates the Dormition (or falling asleep) of the Panagia, the Mother of God. The two weeks of fasting and services culminate in church services followed by a celebration on the grounds of the church.

**Labor Day** weekend is the annual Belmont Greek Festival! Come join us for the best festival in Northern California.

**September 14th** we gather to celebrate our church’s name day, the Exaltation of the Precious and Life-Giving Cross. A true and authentic Holy Relic of the Cross of our Lord is brought out for veneration by the people.

**November:** two weeks before Thanksgiving the youth and families gather for a potluck Piece Meal. Traditional American dishes are offered as everyone gives thanks for the fellowship and community around us.

After Thanksgiving, visit us and select a beautiful fresh Christmas tree from our lot.

**The second Sunday of December** is both the Philoptochos Christmas tea in the afternoon and the Christmas pageant in the evening. The women prepare delicacies as they raise funds to support the annual Christmas Family Sharing program where the entire church community donates gifts and money for families in need in San Mateo County, as well as collect items to be donated to homeless shelters.

**December 25, Christmas:** we celebrate the nativity of our Lord and Savior, Jesus Christ, with joyful divine services on Christmas Eve and Christmas Day.

Friends and families are always welcome to join us for these and many other feast day and holiday events throughout the year. If you wish further details, please call us at (650) 591-4447, or drop us a note at [office@goholycross.org](mailto:office@goholycross.org).



# CHURCH HISTORY

*In the beginning was the Word. And the Word was God. The first Church, the Orthodox Church, began with Christ and His apostles. The Greek Orthodox Church of the Holy Cross is the same “ecclesia” or “congregation” which was born at the outpouring of the Holy Spirit in Jerusalem on Pentecost.*

Throughout the centuries, the same teachings, the same principles and the same head have remained: “Jesus Christ is the same yesterday, today, and forever” (Hebrews 13:8).

The Orthodox Church is the direct continuation of the Church of the Apostolic Age. For the first thousand years of her history, the Church of the New Testament was composed of five patriarchal centers — Jerusalem, Antioch, Rome, Alexandria, and Constantinople — and remained “One, Holy, Catholic, and Apostolic Church.”

With the events culminating in AD 1054, a Great Schism occurred between the Bishop of Rome and the other four Christian centers or Patriarchates.

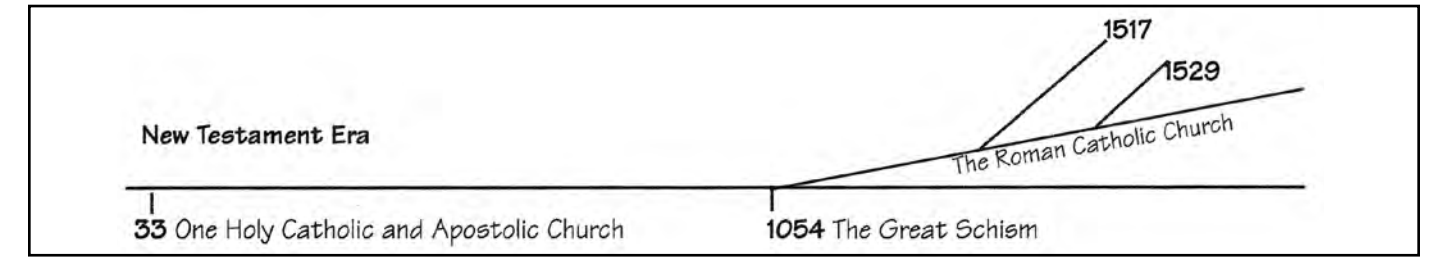
Nearly a thousand years later, the four historical patriarchates of Pentecost (The Coming of the Holy Spirit) remain intact, maintaining the Orthodox Apostolic Faith of the inspired New Testament record.

The Orthodox Church is the second largest Christian tradition in the world. It is comprised of over 300 million Christians worldwide. Even with such a membership, it remains foreign to most people, being considered by many to be “the best kept secret.”



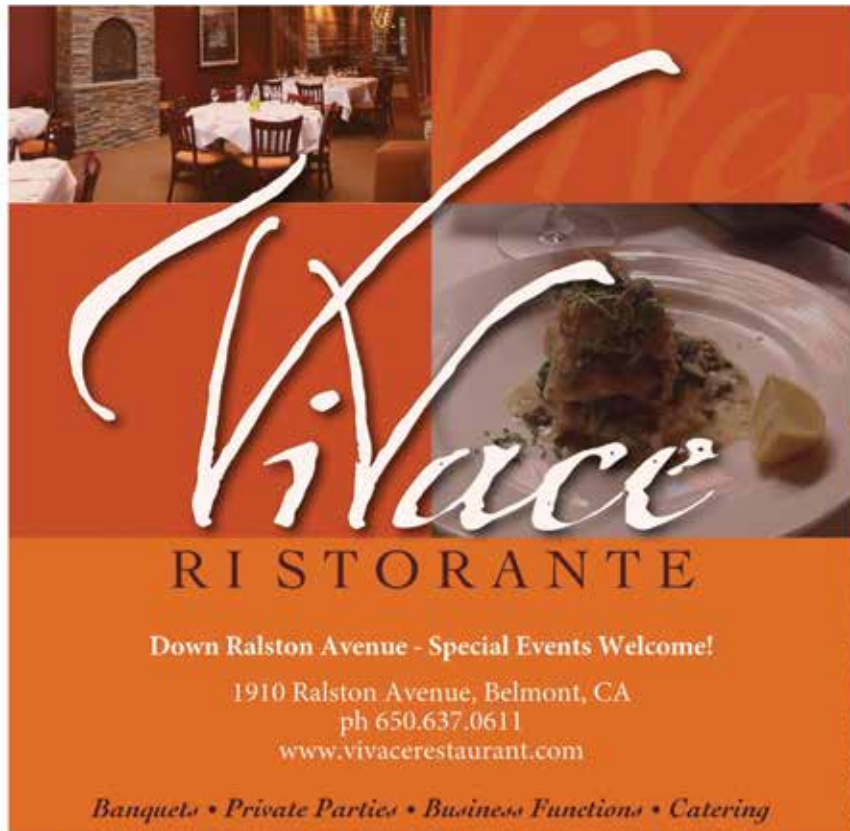
Pentecost: The Coming of the Holy Spirit

# CHURCH HISTORY EVENTS AND TIMELINE



- 33 Pentecost (Sources vary on the exact year)
- 49 Council at Jerusalem (Acts 15) establishes precedent for addressing Church disputes in Council. James presides as bishop.
- 69 Bishop Ignatius consecrated in Antioch in heart of New Testament era – St. Peter had been the first bishop there. Other early bishops include James, Polycarp, and Clement.
- 95 Book of Revelation written, probably the last of the New Testament books.
- 150 St. Justin the Martyr describes the liturgical worship of the Church, centered in the Eucharist. Liturgical worship is rooted in both the Old and New Testaments.
- 313 The Edict of Milan marks an end to the period of Roman persecution of Christianity.
- 325 The Council of Nicea settles the major heretical challenge to the Christian Faith posed when the heretic Arius asserts Christ was created by the Father. St. Athanasius defends the externality of the Son of God. Nicea is the first of Seven Ecumenical (Church-wide) Councils.
- 451 Council of Chalcedon affirms apostolic doctrine of two natures in Christ.
- 589 A synod in Toledo, Spain, adds the filioque to the Nicene Creed (asserting that the Holy Spirit proceeds from the Father and the Son). This error is later adopted by Rome.
- 787 The era of Ecumenical Councils ends at Nicea; the Seventh Council restores the centuries-old use of icons to the Church.
- 988 Conversion of Rus (Russia) begins.
- 1054 The Great Schism occurs. Two major issues include Rome’s claim to a universal papal supremacy and her addition of the filioque clause to the Nicene Creed. The Photian Schism (880) further complicates the debate.
- 1066 Norman conquest of Britain. Orthodox hierarchs are replaced with those loyal to Rome.
- 1095 The Crusades begun by the Roman Church. The Sack of Constantinople (1204) adds to the estrangement between East and West.
- 1204 Sack of Constantinople
- 1333 St. Gregory Palamas defends the Orthodox practice of hesychast spirituality and the use of the Jesus prayer.
- 1453 Turks overrun Constantinople; Byzantine Empire ends.
- 1517 Martin Luther nails his 95 Theses to the door of the Roman Church in Wittenberg, starting the Protestant Reformation.
- 1529 Church of England begins pulling away from Rome.
- 1794 Missionaries arrive on Kodiak Island in Alaska; Orthodoxy introduced to North America.
- 1864 Holy Trinity Church, the first Greek Orthodox parish in the United States, is established in New Orleans, Louisiana.
- 1870 Papal Infallibility becomes Roman dogma.
- Late 1800s through today: Numerous parishes of various Orthodox jurisdictions are established in the United States and elsewhere in the Americas.
- 1922 The Greek Orthodox Archdiocese of America is founded in New York.
- Today The Orthodox Christian Church continues to grow world-wide and maintains the fullness of the Apostolic Faith.





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**Wishing a successful 51st Belmont Greek Festival  
from the Alevizos, Ramacciotti & Robson Families.**



**We feel very blessed to have our next generation  
Athena, Yiannaiki, Demetra, Xena and Artemis  
part of our wonderful community.**





✝  
In Memory of my Parents  
Peter & Gloria Evangel  
Celebrating Four Generations  
Of Ottoman Greeks  
101 Years - 1922-2023  
Congratulations to the  
Belmont Greek Festival  
And Holy Cross Church!  
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# Chocolate Fest

October 20 & 21

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Saturday: 1:30-4 & 7-9:30 p.m.



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## Wishing Church of the Holy Cross a Wonderful and Successful 2023 Festival!



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THE FOLLOWING SPONSORS FOR THEIR GENEROSITY IN  
SUPPORTING THE MANY AREAS OF THE FESTIVAL**

- |   |                      |
|---|----------------------|
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| <b>Canellos Family</b>                      | Platia               |
| <b>Sophia &amp; George Fonti</b>            | Outside Pastry Booth |
| <b>Galine, Frye, Fitting &amp; Frangos</b>  | Taverna              |
| <b>Heller Family</b>                        | Gyro Booth           |
| <b>Kolotouros Family</b>                    | Deli                 |
| <b>Koros Family - Fotinos Vineyards</b>     | Wine Booth           |
| <b>Louridas &amp; Smith Families</b>        | Lamb Booth           |
| <b>Vivian &amp; Pete Metropoulos Family</b> | Kafenion             |
| <b>Tom &amp; Joanna Papageorge Family</b>   | Bookstore            |
| <b>Phillips Family</b>                      | Dining Hall          |
| <b>The Schrup Group Realtors</b>            | Shuttle Buses        |
| <b>Sianis Family</b>                        | Indoor Pastry Booth  |
| <b>Sogas Family</b>                         | Loukoumades Booth    |
| <b>Anastacia Stamates</b>                   | Entrance             |
| <b>Kaity &amp; Mark Tragoutsis</b>          | Calamari Booth       |





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# ICONS

## THEIR MEANING AND PURPOSE

Mr. Sirio Tonelli, internationally renowned artist, master Byzantine Iconographer and President of Tonelli Fine Art Studios, passed away on June 3, 2019. He was born in Sarzana, Italy in 1922 and arrived in the US in 1948 on a scholarship to the Art Institute of Chicago following WWII. He soon moved to Omaha, NE and began producing original artwork for Catholic Churches. His oil painting of Christ, featured on the front page of the Omaha World Herald on Christmas Day in 1953, helped launch his career. In 1954 he founded Tonelli Studios and established a studio in Pietrasanta, Italy, where his work continues under the direction of his son, John Tonelli. His mosaics, frescos, stained glass windows, and designs in marble bronze and wood grace the interiors of over 100 churches around the United States. In the 1990s he was commissioned to design the Congressional Medal of Honor and was awarded an honorary doctorate degree by Georgia State University.



Mr. Tonelli began designing and installing the beautiful mosaic iconography at Holy Cross in 1993 with his first icon in the Oaks depicting the encounter of Three Angels with the Prophet Abraham and his wife Sarah at the Oaks in Mamre. In 2002 the first of many mosaic icons would be written and installed on the walls of our sanctuary.

We are deeply saddened by his death yet comforted through our Lord's glorious Resurrection, that through his God given talent, Sirio brought Glory to God and His Holy Name through his inspirational mosaic iconography that adorns many churches throughout America. May his memory be eternal!



An icon is an image (usually two-dimensional) of Christ, the saints, angels, important biblical events, parables, or events in the history of the Church. Byzantine icons are sacred—visual and spiritual treasures of the Orthodox Church. They are an integral part of our Orthodox faith. Orthodox Christians pray in the presence of icons, but we do not pray to the image. Icons lift up our minds from earthly things to the heavenly. Saint John of Damascus wrote, “We are led by perceptible icons to the contemplation of the divine and spiritual.”

Holy Cross began our iconography project in 2000, with the first mosaics being installed in 2002.

This is the icon of Creation and the 4 panels below depict Noah loading the Ark, Abraham sacrificing Isaac, Moses and the Burning Bush, and the Holy Three Youths in the Furnace.



*In Loving Memory*

of our beloved father, grandfather, great-grandfather and husband

**George Anagnostou**

He was a strong Greek-American immigrant who truly loved his family and friends more than anything.

*May his memory be eternal.*



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[stanfordchildrens.org](http://stanfordchildrens.org)



**Congratulations  
to the  
Holy Cross  
Community  
on an amazing  
Greek Festival!**

**Tyk, Jim, Kathy,  
Anastacia, Jeff, Mary,  
Christian, Calli,  
Constantine and Paul**



# HOLY CROSS PRESCHOOL

## Holy Cross Preschool

We are a high-quality, half-day preschool, with flexible scheduling and a supportive family-centered environment. Our curriculum and daily schedule are designed to develop academic and important social/emotional kindergarten readiness skills. Throughout your child's day with us, they will be introduced to a variety of new experiences and activities which will encourage their growth socially, emotionally, physically, and cognitively.



Holy Cross Preschool serves children ages 2 and a half years to entry into elementary school.

- ❖ Our basic classroom hours are 9am to 12pm.
- ❖ Our Preschool offers enrollment options of 2, 3, 4, or 5 days per week.
- ❖ We offer Flexible drop-off between 8:30 and 9am and Lunch and Learn from 12 to 1pm.

## Here are some comments from our wonderful family community:

- ❖ You are awesome!
- ❖ Thank u for taking care of our beloved children.
- ❖ Love your program! We anticipate enrolling our youngest when he's older!
- ❖ Looking forward to another fabulous, loving and learning year at Holy Cross.
- ❖ I would definitely recommend this school to every family I know!
- ❖ Thank you for the amazing service that you provide our children and our entire family.
- ❖ I am very grateful to the staff for taking great care and effort to help my son transition to school - their patience and kindness made the experience a great one for my son and for that I will always be grateful.

*For more information about our programs, please visit our website: [www.holycrossbelmont.com](http://www.holycrossbelmont.com).*

*To schedule a tour, please contact our director Chris Shreve by emailing [preschool@goholycross.org](mailto:preschool@goholycross.org).*

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# FESTIVAL ENTERTAINMENT



In Loving Memory of  
**Charles J. Zarganis**  
 March 9, 1942 - February 26, 2015

Spouse:  
 Nicki Scott Zarganis

Father of:  
 John C. Zarganis  
 Wendy Zarganis McRae

Papou of:  
 Tyler John & Kyra Ann Zarganis  
 Aila Calliope McRae

*We all love you and miss you daily.  
 You are always in our hearts.*

**Congratulations to the  
 Belmont  
 Greek Festival!**

**With best wishes from  
 Holy Cross ORA**

ORA Board Members  
*Back row from left:*  
 Cathy Zamenes, Matina Polakis,  
 Angeliki Sperow Trujillo.  
*Front row from left:*  
 Virginia Coppock, Mary Anagnostou.





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## AURORA MANDOLIN ORCHESTRA

Josephine Pellegrini, Director

Sunday, Sept 3, 2023, Amphitheater  
at 5:30 pm

In the Amphitheater located behind the Church



The Aurora Mandolin Orchestra, under the direction of Josephine Pellegrini, will present music from many countries of the Mediterranean and beyond. The uniqueness of this group is its varied repertoire and the fact that it is one of the few remaining mandolin orchestras in California, and its longevity. Organized in the early '20s by Italian immigrants, the group reached its zenith in the mid to late '30s. They performed at the SF World's Fair in 1939, and later played at the San Francisco Symphony's festive opening night at Davies Symphony Hall.

Gino Pellegrini, was a member of the original "Aurora" in the late 1930s and represents the thread of continuity to the present organization which he reorganized in 1970 until his passing in 2006. His wife, Josephine, assumed the role of Director/Conductor and continues presenting diverse programs at various venues, to audiences throughout the Bay Area. There are over 30 musicians playing mandolin, mandola, mandocellos, guitar, string bass, accordion and flute.

**Aurora has proudly performed at the Belmont Greek Festival since 1998.** So, sit back and pretend that you are on the cruise ship "AURORA" as you are transported to many lands.

We always welcome new musicians. If interested, please contact Director Josephine Pellegrini at [ginopell@aol.com](mailto:ginopell@aol.com).

More info – website: [www.auroramandolin.com](http://www.auroramandolin.com).



**Christos & Tom Mavrakakis**

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# FESTIVAL GUIDE

## WELCOME TO THE BELMONT GREEK FESTIVAL!

*The next few pages will tell you everything you need to know about this 51st Belmont Greek Festival. Dance, music, cooking demonstrations and stage performances take place throughout the 2 days of the festival; please consult the Schedule on page 4 for locations and times.*

## THE CHURCH

Two tours will be conducted daily throughout the weekend with a brief explanation on the Orthodox Church, along with a presentation on the symbolism of the beautiful award-winning Byzantine-style church. In addition, you will see the latest phases of our mosaic iconography, evoking a solemn reverence from those who prayerfully enter. Sunday's earlier tour will feature music from the Holy Cross Choir.

## THE AMPHITHEATER

Our Amphitheater between the Church and the Main Hall is the site of the Festival Chorus and Aurora Mandolin Orchestra concerts; our Mythology Play, our Greek cooking demonstrations; and, children's entertainer Andy Z's imaginative concerts. All of these performers are Festival favorites — try to arrive early and grab a seat because performances are sure to be standing room only.

## MYTHOLOGY PLAY

### Bellerophon and His Rather Strange Adventure

Based on Greek mythology, but with a modern twist or two. Adapted for the stage by Xandra Nemchik. Directed by Helene Nemchik, Xandra Nemchik, Gabby Nemchik, and Eva Canellos.

After accidentally killing his brother while hunting, heroic Bellerophon seeks to redeem himself by fighting the dreaded Chimera monster.

Act I: The home of the Muses on Mount Heliconian; Bellerophon's hometown of Corinth; Jail; King Monotonous' Kingdom of Tiryns.

Act II: King Iobates' kingdom of Lycia.

Act III: Temple of Athena; Enchanted Forest; Pegasus' drinking pond; Chimera's lair; Kingdom of Lycia.

A big thanks to our actors, directors and producers (parents!) for the hours upon hours of hard work! Break a ΠΟΔΙ!

## THE PLAKA

... where all your Festival shopping needs and desires will be fulfilled. Sharing the center of the Plaka is the Taverna & Greek Deli, a great place to sit and watch the band or folk dancers. Food booths line the "church side" of the Plaka.

## DANCERS

The Holy Cross folk dance groups participating in this weekend's festivities are:

Revma "Current"

Ta Mikra "Small Ones"

Levendia "Youthful Vigor"

We welcome guest dance groups from St. Nicholas in San Jose, ENOSI

## LET'S EAT! KALI OREXI! (A good appetite!)

The highlight of every Greek festival is the food!

## THE MAIN HALL RESTAURANT

The site of our Greek Restaurant — you won't want to leave after catching that first aroma of moussaka baking or chickens roasting! Our guests are welcome to enjoy their meals in the Main Hall or take food out to tables on the Plaka.

## CUISINE FROM OUR KITCHEN

**FASOLAKIA** — An old favorite returns! Greek-style green beans, sauteed in tomato sauce with onions and special seasonings.

**FASOLATHA** — A specialty soup, great with a salad, bread & Greek dips. Includes beans, celery, onions and carrots. Perfect for our vegetarian guests.

**GIGANTES** - Giant Lima Bean Casserole

**HORIATIKI SALATA** — A Greek country salad of cucumbers, tomatoes, red onions, and olive oil, seasoned with oregano.

**MOUSSAKA** — A baked delicacy prepared with sliced eggplant, lean ground beef, onions, tomatoes and seasonings, topped with a layer of souffle-like Bechamel cream sauce.

**PASTITSIO** — Greek lasagna with a difference! One of our favorite baked dishes, combining giant Greek macaroni, ground meat and cheese, with Bechamel sauce for an authentic taste of home cooking.

**PILAFI** — fluffy rice simmered in butter, lemon, and rich chicken stock. Perfect with all dinner dishes.

**ROASTED CHICKEN** — Marinated with oregano, lemon, and seasonings before being roasted to perfection.

**SOUVLAKIA** — Greek shish kebab — Succulent cuts of choice lean beef, marinated to perfection and barbecued on individual skewers over flaming coals.

**SPANAKOPITA** — Spinach and cheese-filled triangles. Layers of butter-glazed filo, filled with spinach and feta cheese, seasoned with onion, mint and dill. Baked and served hot.

**STIFADO** — Delicious beef stew in a mouth-watering gravy.

**TIROPITA** — Cheese-filled triangles of butter-glazed filo. With 4 kinds of cheese, they're served piping hot.

**YOUVETZI DINNER** — Delicious baked lamb shanks cooked in a special Greek-style tomato sauce with orzo pasta and served

## YOUVETZI DINNER (cont)

with horiatiki salata. This is often our first dish to "sell out" — it's the real taste of Greece!

**DIPS** — A variety of traditional Greek dips are offered to accompany your dinner.

## OUTDOOR FOODS

**RACK OF LAMB** — A favorite of all Greeks, from the rack of the lamb, barbecued lamb chops (with special Greek seasonings) served with pilafi, Greek salad and bread.

**WHOLE LAMB** — We roast a whole lamb on a spit rotisserie, basting it with olive oil, lemon, and herbs, until it has reached perfection. Served in the evening.

**GYRO** — To further tempt your palate, try our mouth-watering gyro (say "YEE-roh"). Thin slices of grilled meat specially seasoned with herbs and spices, served with tomatoes, sliced onions, and our tzatziki sauce.

**CALAMARI & FRIES** — Delicious deep-fried calamari done Greek style — as well as French Greek fries!

**SOUVLAKIA** — Succulent cuts of Pork and Chicken marinated to perfection and barbecued on individual skewers over flaming coals.

## UNDER THE TENT — THE GREEK DELI

Visit our Deli for many mouthwatering delicacies to enjoy today, or to take home for later!

**HORIATIKI SALATA** — Greek country salad with tomatoes, cucumbers, red onions, olive oil and oregano.

**LOUKANIKO** — Savory smoked sausage with orange rind.

**MELITZANOSALATA** — A rustic Greek eggplant dip made with roasted, perfectly smoked eggplant with garlic, parsley, red onions, lemon juice and extra virgin olive oil.

**SKORDALIA** — A classic Greek garlic dip made with potatoes and olive oil.

**SPANAKOPITA** — Spinach, cheese, and seasonings stuffed between layers of filo pastry.

**TARAMOSALATA** — A popular Greek spread made of potato and fish roe. Try it on pita bread with some Ouzo!

**TIROPITA** — Cheese and seasonings stuffed between layers of filo pastry.

**TZATZIKI** — Delicious dip made with Greek yogurt, garlic, cucumber and dill, served with Pita bread.



# FESTIVAL GUIDE

## CONTINUED . . .

### UNDER THE TENT — THE TAVERNA

#### Sodas & flavored/mineral waters

#### Liquors:

Ouzo – The most famous of all Greek aperitifs. Clear and anise-flavored. Metaxa – Sun-dried Sultana and Black Corinth grapes combine with Muscat wine from the Aegean to produce the finest brandy blend you'll ever taste.

#### Wines & beer:

Our special Festival selection of Greek and American wines, bottled Greek beer, and American draft beer. Don't miss trying Retsina . . . according to legend, the Athenians tried to save their wine from invading Persians by making the wine distasteful. When they added pine resin to their stock, the Persians considered the mixture undrinkable and left the wine cellars alone. Some time later, when the Greeks reopened the jars, they were delighted with the flavor. Resin-flavored wines like Retsina have been popular in Greece ever since.

### UNDER THE TENT — Wine Tasting

Visit our wine tasting bar and try a variety of Greek wines specially selected for our Festival. Our wine experts will help you find the perfect wine to complement your meal!

### THE KAFENION

The Oaks building is home to both our Loukoumades booth and the Kafenion, a relaxed space to enjoy a cup of Greek or American coffee and a sweet treat (or 2).

**LOUKOUMADES** – Light, crisp balls of dough deep-fried to a golden brown and drenched in a honey syrup. The wafting aroma of cinnamon, walnuts and honey will tempt you as you approach the booth! This tasty delight originated in ancient Greece, where they were given as tokens to winners of games at their festivals.

### PASTRY SELECTIONS

Enjoy our exquisite Greek pastries, found in both the indoor Kafenion and the outdoor Pastry Booth next to the bandstand.

**BAKLAVA** – Thirty or more nut-filled, paper-thin layers of filo glazed in a honey-based syrup make this the king of desserts. Every country in the Near East claims baklava as its own.

**GALAKTOBOURIKO** – A traditional Greek dessert made with layers of golden-brown crispy filo, sprinkled with melted butter, filled with the creamiest custard and bathed in simple syrup.

**KATAIFI** – A Greek pastry made from shredded filo dough and filled with walnuts soaked in a cinnamon-flavored sugar syrup.

**KARIDOPITA** – Delicious shredded nut pastries- a variation of Baklava.

**KOULOURAKIA** – Small twists of butter cookies. Traditional (and perfect) with coffee.

**KOURAMBIEDES** – Powdered sugar-coated butter cookies that melt in your mouth. They are served at weddings, at Christmas, on special occasions such as namedays, holidays . . . and Festivals!

**MELOMAKARONA** – Cookies drenched in honey and sprinkled with a spiced nut mixture.

**PAXIMADIA** – Delicious Greek Biscotti

**PORTOKALOPITA** – A fluffy and colorful orange cake soaked in a delicious orange and cinnamon syrup!

### THE BOOKSTORE

The Contos Library is home to the Festival bookstore. Browse a wonderful selection of books, CDs, cards, icons, incense, vigil lights, gift items, crosses, beautiful pendants, wedding crowns and children's books!

### PLATIA

Platia: village square

Imagine yourself summering in Greece taking a leisurely stroll down a quiet street and finding a kafenion serving Greek coffee, frappes and yummy Baklava Sundaes. Enjoy the secrets of the Mediterranean diet!

### . . . AND THE WINDMILL!

You couldn't have missed the windmill marking the Festival entrance! Windmills are a major feature on the island of Mykonos, and since our church is very much like those found on that sun-drenched and whitewashed isle, our Greek windmill symbolizes guests' entrance to an authentic Greek experience for a day!

Enjoy the festival!  
From:

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51st  
ANNIVERSARY  
TO THE

CHURCH OF THE  
HOLY CROSS

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Greek Festival.

**Nick & Mary  
Peros**



**Looking forward to  
the 2023 Belmont  
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## Our Programs

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since 1966 and it is accredited  
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to make meaningful  
contributions to our world  
through multilingual and  
multicultural education.

## Our Contacts:

650.868.0728

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

[belmontgreeksschool@gmail.com](mailto:belmontgreeksschool@gmail.com)

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

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# FESTIVAL ORIGINS

## CELEBRATING OUR HERITAGE

# IN MEMORIAM



### The Origins of the Belmont Greek Festival

By George Liviakis

In 1970, the Church of the Holy Cross in Belmont presented its first Greek festival, possibly the first of its kind on the West Coast. The concept for this Greek festival came from village celebrations or “panigiria” held throughout Greece. Traditionally, each Greek village or town celebrates a panigiri on or near the local church’s “nameday,” the special day set aside to remember the saint or sacred event after which the church is named.

When I visited Greece in 1963, my relatives took me to my first panigiri in the Cretan village of Kefala. The event took place on the local church’s nameday, August 15, a major Church holiday commemorating the Dormition of the Virgin Mary. The setting was a large park in the center of the town. At the forefront was the church, where visitors would light a candle before proceeding to the festivities. The park setting included food booths and other concessions, a central stage for entertainment by musicians, choral groups, and costumed villagers presenting their native dances. All who attended enjoyed the lively music, dancing, singing, and delicious food.

In 1969, Peter Bibbes, the president of our Holy Cross parish, asked me to chair an event for the church community, and I suggested the panigiri concept. Our church’s nameday is on September 14, the Feastday of the Elevation of the Holy Cross, so we selected the Labor Day holiday weekend for our festival because of its close proximity to the Holy Cross nameday.

At the time, our church did not have facilities to accommodate a festival; therefore, we selected the San Mateo Fairgrounds’ Hall of Flowers for the event. With the help of Ellen Stratigos, we reproduced a park-like indoor setting with imitation grass, park benches and a stage. Several Greek restaurants brought their musicians, providing continuous entertainment. A choral group of 14 male singers and six mandolin and guitar players was organized by John Efstathiou and Desi Evangel to present Greek folk songs, or “cantathes.” A folk dance group organized by Mary Pappas performed regional dances of Greece in costume. Food booths were organized by Nick Nicholson and Gus Zongus. The bars were chaired by Lee Eurotas. Mary Marcopoulos chaired a large exhibit of paintings of Greece by Greg Condos of Sacramento and other artists.

After several years, the parish was able to hold the festivals on the beautiful church grounds, which each year are transformed into a traditional Greek town square. In 1993, we added an outdoor amphitheatre, a concept created by the ancient Greeks 2500 years ago. Our amphitheatre is used for mythology plays, Greek folk concerts involving a 70-member chorus and orchestra, concerts by the Aurora Mandolin Orchestra, and other performances.

Today, Greek festivals are sponsored by many Greek Orthodox churches across the United States as a way to share our Greek traditions with others. We are blessed to live in a wonderful country in which most of the citizens have roots from elsewhere. Sharing our rich cultures enriches our lives here in the USA.

### FOR MORE INFORMATION ABOUT UPCOMING FESTIVALS, VISIT THESE WEBSITES!

#### The Prophet Elias Greek Orthodox Church – downtown Santa Cruz

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

Fri & Sat, September 9 & 10

#### Saint Basil Greek Orthodox Church – Stockton

[gosaintbasil.org/festival](http://gosaintbasil.org/festival)

Fri, Sat & Sun, September 8, 9, 10

#### Saint Anna Church – Roseville

[festival.saintanna.org](http://festival.saintanna.org)

Sat & Sun, September 9 & 10

#### Annunciation Greek Orthodox Cathedral – San Francisco

[www.annunciation.org/about-us/festival](http://www.annunciation.org/about-us/festival)

Fri, Sat & Sun, September 15, 16, 17

#### Annunciation Greek Orthodox Church – Modesto

[www.goannunciation.org](http://www.goannunciation.org)

Sat & Sun, September 16 & 17

#### Saint Katherine Greek Orthodox Church – Elk Grove

[www.saintkatherine.org/foodfestival](http://www.saintkatherine.org/foodfestival)

Sat & Sun, September 23 & 24

## May Their Memory Be Eternal

We would like to remember the following stewards of the Church of the Holy Cross who passed away. They will be remembered for their many contributions to our community and to the Festival. May our Lord have a place for them in His kingdom.

Denise Bowman

George Metropulos

James Vangele

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Dorothea Vasil

John Dracopoulos

Madelaine Petropoulos

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Kefalonia “Nonie” Woerz

Celia Maneatis

Nick Tsingaris

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Chris Tzifas



*Recipes courtesy of Thomy Iuppa.*

## STUFFED TOMATOES

Serves 6

Ingredients:

- 6 large ripe tomatoes
- 1/4 cup olive oil
- 1 cup onion, chopped
- 1 teaspoon granulated sugar
- 1/2 cup rice
- 1 pound ground beef or lamb
- 1 cinnamon stick
- 1 small clove garlic, crushed
- 1 tablespoon parsley, finely chopped
- Salt and pepper, to taste
- 1 teaspoon chopped mint
- 1/4 cup Pignola nuts (optional)
- 1/4 cup dry bread crumbs

Slice tops from stem ends of tomatoes, and scoop out pulp, discarding seeds. Chop pulp and set aside. Place tomatoes in baking pan. In large skillet, saute onions with oil for 5 minutes stirring constantly. Add sugar, rice, beef and lamb, herbs, spices, chopped tomato pulp, nuts, salt, and pepper. Heat mixture to boiling, cover and reduce. Simmer 30 minutes, stirring occasionally. Spoon off all fat. Remove cinnamon stick. Fill tomatoes with rice-meat mixture within 1/4 inch of tops. Toss bread crumbs with remaining oil and sprinkle on top of filling. Bake 35 minutes at 375 degrees.

## BAKLAVA

Serves 24

Ingredients:

- 1 pound walnuts or pecans, finely chopped
- 1/3 cup sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon cloves
- 1/2 teaspoon nutmeg
- 1 pound filo
- 1 pound butter, clarified, melted and warm
- Whole cloves (optional)
- Syrup

Combine nuts, sugar and spices. Trim filo to pan size. Place 6 filo sheets in a buttered 13x9 inch baking pan, brushing each sheet generously with butter. Sprinkle a thin layer of nut mixture evenly over the filo. Cover with 4 buttered filo sheets. Continue alternating filo, butter and nut mixture until all nuts are used. Top with 8 buttered filo sheets. Cut into diamonds or squares. If desired, stud each piece with a whole clove.

Bake at 325 degrees for 30 minutes, lower oven to 300 degrees and bake 30 minutes longer or until golden brown. Pour warm syrup over hot baklava. Let stand for several hours or overnight. Store in air-tight containers in a cool place; it will keep for several weeks. Freezes well; thaw to room temperature and serve.

## PASTITSIO

**Macaroni and Meat Casserole**

Makes 24 squares

Ingredients:

- 2 large onions
- 3 tablespoons butter
- 2 lbs lean ground beef
- Salt and pepper to taste
- 1 8oz can tomato sauce
- 1 cup water
- 1/2 teaspoon ground cinnamon
- Dash of sugar
- 1/2 cup bread crumbs
- 2 1/2 cups grated parmesan cheese
- 1 lb Ziti macaroni
- 1 1/2 tablespoons olive oil
- Cream sauce (recipe to follow)

In a large saucepan, saute onions in butter until tender. Crumble meat into the pan and brown well. Drain off fat. Add salt, pepper, tomato sauce, water, cinnamon and sugar; simmer for 35-40 minutes or until liquid is absorbed. Remove from heat and cool. Add half the bread crumbs and 1 1/4 cups cheese to the meat mixture.

Cook macaroni in boiling, salted water with oil until almost done. Rinse; drain well. Butter a 17x14 baking pan; sprinkle with 2 tablespoons bread crumbs. Spread half of macaroni

*(Recipe continued on pg. 61)*

## FASOLIA GIGANTES PLAKI (CONTINUED)

*(Pastitsio Recipe continued from pg. 60)*

on bottom. Sprinkle 1/2 cup cheese over the macaroni. Cover with meat; then spread remaining sauce. Sprinkle the remaining bread crumbs and cheese. Bake at 350 degrees for 50 minutes or until golden brown. Let stand 20 minutes before cutting. Freezes well. To reheat, place frozen pastitsio, covered loosely with foil, in a 350 degree oven for 1 1/2 - 2 hours or until heated through completely.

### Cream Sauce

- 3 tablespoons melted butter
- 1 cup all purpose flour
- 5 cups warm milk
- Dash of nutmeg
- 6 eggs
- 1/2 cup grated Parmesan cheese

In a saucepan, melt butter and blend in flour, stirring constantly with a wire whisk. Gradually add warm milk, stirring vigorously until sauce thickens. Add nutmeg, remove from heat and cool. Beat eggs with wire whisk. Add 1/2 cup cooled sauce, then pour back into cream sauce. Stir in cheese.

## STUFFED EGGPLANT

Ingredients:

- 4 medium eggplants
- Olive oil for frying
- 2 onions, finely chopped
- 10 oz ground beef or lamb
- 1 tablespoon tomato paste
- 2-3 beefsteak tomatoes, peeled and diced
- 1 bunch flat-leaved parsley, finely chopped
- 2 tablespoons bread crumbs
- 1 1/2 cups Kefalotiri cheese, grated
- 3 tablespoons butter
- 2 tablespoons flour
- 2 cups milk
- 2 teaspoons lemon juice
- Freshly grated nutmeg
- 1 egg, beaten
- Salt and pepper, to taste

Wash the eggplants and remove the base of the stalks. Heat olive oil in a pan and brown the eggplants on all sides over a high heat. Allow to cool and cut off 1/3 lengthways. Scoop out the flesh from the remainder with a spoon, leaving a 3/8 inch thick edge, finely chop the flesh and set aside. Preheat the oven to 375 degrees. For the filling, heat olive oil and fry the onions and ground meat. Add the eggplant flesh, tomato paste and diced tomatoes and simmer gently for about 5 minutes. Stir in the parsley, bread crumbs, and half of the cheese. Place the eggplant halves on a greased baking sheet and fill with the ground meat mixture. Melt the butter in a pan and stir in the flour. Stir in the milk and allow to thicken slowly. Simmer for about 5 minutes and season with lemon juice, nutmeg, salt, and pepper. Pour over the filled eggplants and bake in oven for 50 minutes. Serve hot, with freshly baked bread.

## SAGANAKI

**Fried Cheese Squares**

Makes about 100 pieces

Ingredients:

- 2 lbs Kefalotiri cheese
- 2 tablespoons lemon juice

Cut cheese into bite-size cubes. In a heavy skillet, fry cheese in hot butter quickly, a few seconds on each side, until golden. Arrange on a platter and sprinkle with lemon juice. Serve hot.

## TZATZIKI

Ingredients:

- 2 cups of Greek yogurt, whole milk
- 1 large cucumber, seeded, grated, and drained
- 2 garlic cloves minced
- 1-2 teaspoons dill
- 1 tablespoons olive oil
- Salt

Peel, seed and grate the cucumber. Let the grated cucumber drain for several hours or overnight. You can also, wrap the grated cucumber in paper towels.

Combine all ingredients.



# CONGRATULATIONS ON 51 YEARS

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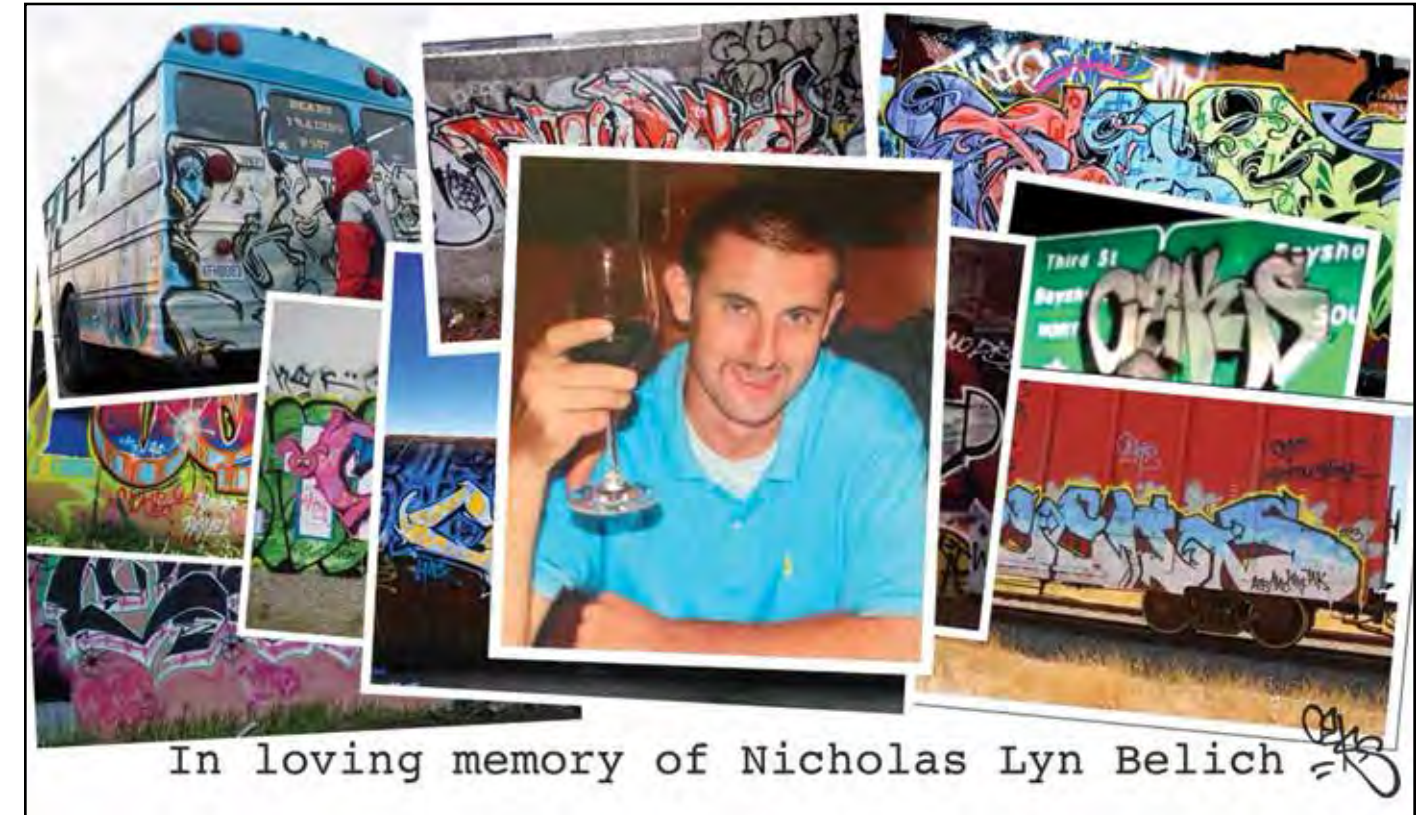


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**Congratulations to Holy Cross on the  
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here at Holy Cross!*

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