

Kouta's fight to save family meal time!

AFL legend and father of two, Anthony Koutoufides, is using his restaurant business to pioneer a campaign to reinstate the family meal and encourage Melbourne families to spend more time together.



Kouta's mission is in support of National Families Week 2009, and response to comments by leading child psychologist, Andrew Fuller, who claims the family meal is in danger of being resigned to the history books due to busy lifestyles and longer working hours. Fuller says that there are numerous research reports that have found having a family ritual such as eating a meal together is highly critical for young people. However, he finds that in reality people don't make the effort to eat together as a family, stating 'lack of time' as the primary barrier.

"Coming from a Greek background, the importance of family meals has been ingrained in my psyche from a young age," says Koutoufides. "As a busy Dad, I relish the opportunity to spend dinner time with my family, so I wanted to do something to remind people how important it

is to put family first."

As a result, the ex-Carlton captain is launching Family Fun Day at his Souvlakihut franchise in Templestowe, and with the help of Andrew Fuller has persuaded his colleagues to do the same at a number of stores across Melbourne.

"We've organised some fun activities, such as face painting, arts and crafts, fairground rides and a quiz that families can complete together," says Koutoufides. "It's nothing major, but it's enough to give families a reason to enjoy some time together and that's the most important thing."

Child psychologist, Andrew Fuller, who specialises in the wellbeing of young people and their families has also backed the campaign. "It's great to see someone in the public eye take a stance on this issue. I see so many young people who feel isolated for a

number of reasons, and the best way to combat this is to get families spending time together and talking to each other," says Fuller.

"Meal times are especially important," adds Fuller. "As a daily ritual, shared meals help improve family relationships, and help foster a warmer environment where family members feel they can share thoughts and feelings."

Kouta will be hosting Family Fun Days at selected Souvlakihut stores on the weekend 16/17 May. Visit www.souvlakihut.com.au for more information and details of participating stores. National Families Week 2009 runs from 10-16 May, celebrating and highlighting the critical role of families in Australian society. National Families Week coincides with the United Nations International Day of Families on 15 May 2009.

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77A WILLIAM ST. BANKSTOWN N.S.W. 2200 AUSTRALIA
TEL: (02) 97073408, 82059659, HOME: (02) 97073408, FAX: (02) 97093919, MOBILE: 0416066138
WEBSITE: <http://www.platpub.com/>
E-mail: pp@platpub.com
ABN: 61056041493
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TEL: (02) 97073408, (02) 97093919, 0410617973, 0416066138
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Ο Όμιλος Κρητικής Παράδοσης βοηθά τα παιδιά μας για να δημιουργήσουν μέσα από πολύμορφες επικοινωνίες και συναντήσεις το ζεστό Κρητικό συντρόφισμα στη ζωή, στη δράση και στη σκόλη, στη χαρά και τον πόνο, στο στοχασμό και τ' όνειρο, έτσι για να νοιώσουμε ξανά τον παλμό της αιωνόβιας Κρήτης να μας σμίγει και πάλι σε καινούριες αναζητήσεις.

Ο Όμιλος Κρητικής Παράδοσης και φέτος συνεχίζει να προσφέρει τη δυνατότητα στα ελληνόπουλα της παροικίας μας να μάθουν τους περήφανους χορούς του τόπου μας. Τα μαθήματα εκμάθησης ελληνικών χορών δίδονται φέτος κάθε Πέμπτη βράδυ από τις 7.30 μ.μ. στο οίκημα της Κυπριακής Κοινότητας 58-76 Stanmore Road STANMORE. Τα μαθήματα είναι εντελώς δωρεάν, προσφορά του Ομίλου Κρητικής Παράδοσης, στα ελληνόπουλα του Σύδνεϋ.

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Antissian Association of NSW Exodus Foundation Donation

On Saturday 2nd May, the Antissian Association of NSW held its 30th Anniversary in Australia and Mothers Day dance at the Cyprus Club in Stanmore.

There was plenty of food, awesome prizes and non stop dancing from our 450 attendees on the night, as we also remembered and honoured past presidents for their contributions to our association over the last 30yrs. We managed to raise \$7,000.00 for The Exodus Foundation on the night (www.exodusfoundation.net for more details or to make a donation). I am pleased to advise that these funds will be kindly matched dollar for dollar by the good people at the Macquarie Group Foundation, making our overall contribution \$14,000.00, which is enough to pay for the education of 2 children through the Exodus Tutorial Centre and/or to help the Exodus Foundation feed and care for the homeless in NSW. A further \$1,000.00 was also donated for restoration purposes to a church in Liota, near Antissa, making our overall contribution \$12,000.00 to our community in Lesvos in the last 9-12 months.

I would like to thank everyone in the committee for their efforts, all our members and friends for their support, our loyal sponsors for their donations and prizes (RESI Home Loans, Swiss Air (Australia), Macquarie Cards, Digital Press in Surry Hills, Cypress Lakes Resort, Vicky Mar Clothing, Harbour Bridge Climb, Pacific Building Management Group, Casadel Cakes, Belgrave Properties in Kogarah and many more who contributed generously to our event). Special mention and thanks to Reverend Bill Crews and Alan Lidbetter from the Exodus Foundation for their informative speech's and attendance and to the Attorney General of NSW and Minister for Industrial Relations Mr John Hatzistergos for his kind words and support of our association. On behalf of the Antissian Association of NSW, thank you to everyone involved in making our 30th Anniversary in Australia and Mothers Day dance a huge success.



John Loukadellis