



Wednesday 17 June 2009

Basil the 'Bulgar-Slayer' and the 'Macedonian' Dynasty

The GAPA Macedonia series continues with solicitor and historian Mr John Theodorides presenting on the lives, loves and scandals of the medieval Macedonian Dynasty. The group of emperors that ruled the Eastern Roman (Byzantine) Empire between 867 and 1081. Hear about how Basil became the Bulgar-Slayer, why Leo VI was known as the Wise, Theodora (who was empress twice!) Best of all, why was this group of individuals called the Macedonian Dynasty when they had nothing to do with the geographical region of Macedonia! American soap operas had nothing on the Imperial court in Constantinople.

You're never too old

MORE movement, less salt and less sugar - that was the message from Bankstown Council's Never Too Old (NTO) campaign when it launched.

Promoting healthy initiatives among seniors in Bankstown's Greek, Italian and Portuguese communities, the NTO program aims to prevent the onset of such chronic diseases as obesity, diabetes and high blood pressure.

More than 40 people attended the launch, including the leaders of local Greek and Italian seniors groups, who will pass on nutritional information to other seniors in their communities.

Live cooking demonstrations allowed attendees to see and taste traditional meals cooked with less sugar and salt. The first course was a traditional Greek salad; second was a Portuguese dish-Bacalhau "õ Gomes de sa" (casserole of cod, potatoes and onion) and desert was a European rice pudding.

Attendees at the launch received specific nutritional advice from a qualified dietician about how to modify selected traditional recipes for both health and taste and were



(L to R): Chef, Antonio Ferrador cooks up a storm for guests Voula Kerr, Connie Kondilios, Mayor of Bankstown, Clr Tania Mihailuk, Angelo Chandotto and Marcello Suplina.

also given pedometers to encourage daily walking.

"With conditions such as diabetes, high blood pressure and obesity on the rise, it is important that all members of our diverse community understand the importance of a low salt/sugar diet and an active lifestyle," said Mayor of Bankstown, Clr Tania Mihailuk.

"Adopting the right diet does not mean giving up traditional foods as cultural recipes can be modified to reduce the overall amount of sugar

and salt. Age is not a deterrent to healthy living. You are never too old to adopt a healthy diet and an active lifestyle."

The program, funded by the Federal Government for one year, is being run by Canterbury Bankstown Migrant Resource Centre in partnership with Bankstown, Canterbury and Marrickville Councils.

NTO will produce a recipe book with tested and approved modified recipes with less salt and less sugar around March 2010.

The 'it' factor

Right now, getting the most out of your salon visits is essential with exceptional treatment and service standards a must.

Malabar hair and beauty salon The Glam Factor is a business that's impressive on all levels.

Offering clients a high-end experience without the hefty prices, the salon is gaining a loyal following.

Owned and operated by husband and wife team Harry and Veronica Lambrou, the establishment opened in January 2008 with Mrs Lambrou's industry experience (she has more than two decades worth) attracting these from near and far.

Mr Lambrou understands that in present times, new businesses like his need to offer service above expectations.

So to begin with, the couple set out to create the right salon mood as they knew they needed to have a

unique space for people to enjoy their treatments in.

"When Veronica and I decided to launch a retail business we agreed that we need to be different", Mr Lambrou said.

"Our objective was to create a surrounding that would take our clients out of their everyday lives, to create an environment where they could escape the hustle and



bustle of their busy lives and feel relaxed, pampered and special.

The couple grew up in neighbouring suburbs and still greatly value all the salon relationships they make and maintain.

"There is a sense of loyalty and desire to help small businesses in the local community" Mr Lambrou said.

"I see my clients out of business hours, whether it is at the local shopping centre, walking through the park or swimming at the local beach, and so this continues to build relationships we have with them".

Long term the Lambrou would like to have more of their salons placed elsewhere in Sydney and possibly nationally.

For now, they'll continue to provide visitors with an enjoyable salon experience.

Article from
the Southern Courier



ΓΕΝΙΚΟ ΠΡΟΞΕΝΕΙΟ ΤΗΣ ΕΛΛΑΔΟΣ
ΣΥΔΝΕΪ

ΠΡΟΚΗΡΥΞΗ ΘΕΣΕΩΣ
ΙΔΙΑΙΤΕΡΟΥ ΓΡΑΜΜΑΤΕΑ ΓΕΝΙΚΟΥ ΠΡΟΞΕΝΟΥ

Το Γενικό Προξενείο της Ελλάδος στο Σίδνεϋ προκηρύσσει την πρόσληψη ενός (1) υπαλλήλου ως ιδιαίτερου Γραμματέα κ. Γενικού Προξένου. Η πρόσληψη θα είναι με σύμβαση εργασίας ιδιωτικού δικαίου ορισμένου χρόνου, διετούς διάρκειας, με δυνατότητα ανανεώσεων.

Οι ενδιαφερόμενοι θα πρέπει να είναι 21 έως 60 ετών, μόνιμοι κάτοικοι Αυστραλίας (permanent residents), τουλάχιστον απόφοιτοι Λυκείου, να γνωρίζουν πολύ καλά την Ελληνική και Αγγλική γλώσσα γραπτώς και προφορικά καθώς και χρήση ηλεκτρονικών υπολογιστών. Τυχόν πρόσθετα προσόντα θα συνεκτιμηθούν.

Αιτήσεις των ενδιαφερομένων, συνοδευόμενες από βιογραφικά σημειώματα, θα πρέπει να υποβληθούν - έως και την Τετάρτη 10 Ιουνίου 2009 - στο Γενικό Προξενείο (Level 2, 219-223 Castlereagh Street, Sydney), ενώ ταυτοχρόνως θα υπάρξει διαδικασία συνέντευξης. Για σχετικό προγραμματισμό επικοινωνήστε στα τηλέφωνα: 612 - 9264 9130, 612 - 9264 1768

Εκ του Γενικού Προξένου