



Greek Actor Costas Mandylor is "Forensic Hoffman" in SAW VI

Costas Mandylor was born in Australia from Greek parents. Mandylor was born Costas Theodosopoulos in Melbourne, Victoria, Australia, the son of Louise (ne Mandylaris) and Yannis Theodosopoulos, a taxi driver.

Originally remembered for the role of Kenny, a deputy sheriff, in Picket Fences, Mandylor is currently best known for portraying Hondsaw in Beowulf and Lieutenant Mark Hoffman/Billy the Puppet in Saw parts III, IV, V and VI. He and his actor brother, Louis Mandylor, shared the screen together as homicidal ghost siblings in the fourth season episode "Saving Private Leo" of Charmed, where he was reunited with former Picket Fences co-star, Holly Marie Combs.

Mandylor is also an avid soccer fan and plays occasionally with Hollywood United F.C., a team composed mostly of celebrities and former professionals.

Sydney, Melbourne unsafe and unfriendly

Sydney and Melbourne might be bustling and vibrant, but international students also think they are the most unfriendly and unsafe Australian cities to live in.

A new survey of over 6,000 international students from around the world revealed Sydney's best attributes were considered to be its busy, big city feel, and the plentiful entertainment on offer.

In the south, Melbourne was prized for its bustling, multicultural vibe.

However Australia's two biggest cities were faulted for safety and hospitality.

They were ranked the most dangerous and unfriendly places to live, ahead of Perth, Brisbane and Adelaide.

The smaller cities had their own, very different strengths, according to international student recruiter IDP Education.

Perth and Adelaide's best attributes were their quietness and affordability, while Brisbane was rated highly for outdoor activities and being clean and green.

IDP Education chief executive Tony Pollock said cities hoping to attract international students should play up their strengths. "It is hard to argue with a finding that says Sydney and Melbourne have the entertainment and big city attractiveness," he said.

"But a city with a reputation for being affordable, clean, quiet or green can be just as appealing to families overseas."

Annual Chestnut Party begins in Kavala

The chestnut season is celebrated every October in many regions across Greece with special events organized to promote the chestnut's nutritional value.

In antiquity, the chestnut tree was regarded in Greece as the tree of Zeus. Mount Olympus, home of the gods of the ancient Greeks, was said to have had an abundance of chestnut trees producing this sweet, edible nut.

Once peeled of their hard, dark brown outer shells and bitter inner skin, chestnuts can be enjoyed in a variety of ways, roasted, boiled, mashed, preserved and candied. A special type of coffee with calming effects is produced from dried chestnuts, while the chestnut tree leaves are used for their therapeutic properties in lung diseases and rheumatism.

An annual "Chestnut



Party" will take place during the weekend at Paleochori in Kavala Prefecture, northeastern Greece. According to organizers, over 5,000 people attend the event each year and consume roughly 5 tons of chestnuts and 1,000 kilos of wine.

Similar celebrations are also held in Damaskinia in the prefecture of Kozani, Agiasos on the island of Lesbos, Karitsa in the prefecture of Larissa and in Arna in the prefecture of

Laconia.

The sweet chestnut (*Castanea sativa*), originally native to southeastern Europe and Asia Minor, was introduced into Europe from Sardis in Asia Minor; the fruit was then called the 'Sardian Nut'. It has been a staple food in Southern Europe, Turkey and southwestern and eastern Asia for millennia, largely replacing cereals where these would not grow well, if at all, in mountainous Mediterranean areas

Alexander the Great and the Romans planted Chestnut trees across Europe while on their various campaigns. The Greek army is said to have survived their retreat from Asia Minor in 401-399 B.C. thanks to their stores of chestnuts. Ancient Greeks like the physician, pharmacologist and botanist Dioscorides and Romans such as Galen, the prominent physician and philosopher of Greek origin, wrote of chestnuts to comment on their medicinal properties. To the early Christians chestnuts symbolized chastity. Until the introduction of the potato, whole forest-dwelling communities which had scarce access to wheat flour relied on chestnuts as their main source of carbohydrates. In some parts of Italy a cake made of chestnuts is used as a substitute for potatoes.

Greeks return to first Aussie home

WAITING in line for sausages and gravy at the Bonegilla Migrant Centre canteen is one of Flora Monumkas' first memories of life in Australia.

Christos Salamanis with Apostolos and Flora Monumkas, who first arrived at Bonegilla in 1954.

Picture: MATTHEW SMITHWICK



The Greek migrant arrived at Bonegilla with her husband Apostolos and four-year-old daughter Fotene on October 12, 1954. She and Apostolos

now live in Melbourne.

They returned to the centre for the first time with a group of about 80 Greek migrants yesterday.

Mrs Monumkas has fond memories of the two weeks she spent at the centre.

"When we arrived we were very hungry," she said.

"There was beautiful food; sausages with gravy and bacon and eggs and there was a big tub of chocolate milk.

"They gave us a tray, knife, forks, spoon, plate a cup, it was beautiful.

"Then they'd blow the whistle and we'd go to the canteen.

"There was a Greek chef and he said 'come on in, eat'.

"They gave us a laundry, an iron, hot water, it was very good, we were very happy."

Mrs Monumkas and her small family spent 24 days on a "rotten" ship before arriving in Melbourne.

"We talk sometimes with our friends about how we came here by ship," she said.

"It was a rotten ship, we nearly drowned.

"There was a big hole in the ship, it took 24 days to get here."

She said the Bonegilla centre had more trees than it did in 1954 but said the fresh air was still "beautiful".

The couple moved to Melbourne after Bonegilla where Mr Monumkas worked for the railways and Mrs Monumkas got a job at a wool factory.

Greek Consul-General Christos Salamanis joined the group of Greek migrants on yesterday's visit, organised by the Bonegilla Greek Migrants Association.

He said Bonegilla held a special place for Greek-Australians.

"It was the starting point of their new life here in Australia and some of them were leaving behind difficult situations, they came here with the hope to have a better life," he said.

"Personally, I'm very touched to be here."

The Melbourne visitors also toured the Latchford Barracks at Bonegilla yesterday before visiting the Greek Orthodox Church in Olive Street, Albury for dinner and traditional dancing as part of their overnight stay.

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