

PEOPLE LIKE US...

Every week, "Kosmos" newspaper will be presenting stories of Greeks in Australia. If you would like to share your story with us, send us an email and your favourite photo at: kosmos@kosmos.com.au

Two words about me:

Meticulous, proud

Where was I born:

Sydney, Australia

Star sign:

Cancer

Family status:

Happily married with 2 children

My origins:

My parents are both from Peloponnesus and their whole life has been dedicated to bringing up their children and providing them with good wholesome Greek family values.

Two words about my family:

We are a young, healthy family that try to spend as much time as we can together. With our two kids, 4 year old Kartia and 1 year old Jay there is never a boring moment.

About my work:

I own "Rubbish Away", a rubbish removal business. I want to provide my customers with a genuine, reliable & efficient service. We service all industries such as residential, building sites & strata in all areas. We offer free quotes, fully insured and OHS

Kosta Agelos provides waste solutions

Work cover accredited.

Our national business number is 1300 080 384, or email at rubbish-away@optusnet.com.au

My interests:

Gardening, spending time with family & fishing

My favourite food:

Anything that tastes good

My favourite book:

the Celestine Prophecy

About my life in Australia:

grew up in a typical Greek family with all the traditions. Finished my HSC here and began working straight after school. At the age of 27 got married and soon after started a family.

My relationship with Greece:

I lived there for 7 years from ages 4 until 11 years old. I still have many

childhood memories of growing up and going to school there. It was a huge shock coming back to Australia and trying to fit into the Australian culture. Greece will always remain in my memory as it was back then.

What I like about living in Australia:

The ability to get things done. Opportunities to improve your lifestyle and provide a secure future for your children.

What I don't like about living in Australia:

The ability to engulf yourself in so much work and working long hours.

If I would like to live in Greece one day and why:

I would like to visit Greece but not to live there. I have become accustomed to the Australian way of life and it would be a big change for me. Also the people I love most are all



here in Australia.

My personal big dream:

To live a happy life and for both my wife and I to live long enough to see our children grow into happy and successful individuals.

My life philosophy:

Do and enjoy what you love now and don't wait until tomorrow, for tomorrow may never come.

Nancy Aliferis



Groovy idea is tackling obesity

A NEW exercise program at Revesby Swimming Pool is getting young children away from in front of their televisions and computer games thanks to music and dance.

Nancy Aliferis of Padstow came up with the Move and Groove exercise program after realising music and dancing were a key to tackling the growing problem of child obesity.

The mother of four runs Cardio Fit which provides a number of exercise classes at Revesby Pool.

"I first tried this at the Kids Expo at the Bankstown Town Hall last month and I couldn't believe the reaction", Nancy said.

"There were kids dragging their parents onto the dance floor".

The program is designed for parents to have a work out for half an hour by dancing with their children to the latest musical hits.

"It's pretty full on", Nancy said.

"Parents get a great work out, as well as the kids.

"I have four children aged from 5 to 16 and I know how hard it is to get them motivated sometimes.

"When my children were younger I remember I didn't like to leave them alone in a gym. This is a way mums or dads can work out with the kids".

Bankstown Cr Glen Ward said it was a positive move.

"Nancy is fully accredited and was brought up in the area. I am right behind this as it gets kids motivated, he said.

The move and Groove program costs \$5 and includes a half hour workout and dance for a parent and child aged from 0 to 5, and also a swim at the pool. For further information phone Nancy on 0433 785 709.



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It is with great pleasure that the
**PANEUBOEAN BENEVOLENT
ASSOCIATION "PALIRRIA" NSW**
invites you to the

Annual General Meeting and Annual Christmas Picnic

to be held at 11am

on Sunday 29th November 2009

at Kurnell National Park

(at the end of Captain Cook Drive).

Members, Family and Friends, all welcome to join the celebration of the festive season with great food and great company and a visit from Santa for the younger generation.

Remember to please call John Stavrou on 0413 613 440 or Lisa Dounis on 0413 071 741 for all enquiries and to provide numbers of attendance for the festivities.

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