



Healthy pizza

QUICK, nutritious and versatile pizza is an enigma.

One of the most popular foods of our time, pizza can be whatever you want it to be.

Crust understands this and in turn has revolutionised the pizza bar concept, creating a model that is unique and exciting.

Aiming to produce high quality pizzas, superbly cooked and delivered straight to customers' homes, Crust has endeavoured to take the best of both worlds and mould them together to create a perfect pizza experience.

Open for four weeks, Crust Panania is the latest creation for restaurateur **Steve Sentas**.

In the pizza industry for a decade the 37 year old has owned various restaurants since the age of 17.

With gluten free pizzas and six heart foundation approved pizzas, Steve said that there is a pizza for every diet available at Crust.

"Our pizzas are healthy and made using the freshest ingredients available. We have a family owned fruit shop in Dulwich Hill and that is where we

get our vegetables from, the freshest available. My wife Eva, my brother Nick and his wife Martina work here to and we are in the process of sponsoring various schools and sporting teams in the area", Mr Sentas said.

With fast service and quick home delivery, Crust is quickly becoming Australia's favourite gourmet delivery pizza franchise.

Open on Tuesday to Sunday, from 5pm to 10.30 pm, Crust Panania has free delivery for orders more than \$20 in the surrounding areas.

Located at 165 Tower Street, Panania, to place an order phone 9772 2323.



Recalling Heritage

President of the Kytherian Association and Campsie dentist **Victor Kepreotis** says **Life in Australia** highlights the journey of the many Kytherian migrants who settled in Sydney during the early 20th Century



GIVEN the emotions surrounding migration to Australia it is refreshing to read an account of happily integrated arrivals to our shores. *Life in Australia* written in 1916 was the first book printed and published in Australia in the Greek language. It stressed that virtues such as hard work, honesty, diligence and civic duty were highly valued in Australia.

Now reproduced and funded by Sydney merchant John Comino, *Life in Australia*, is available in both Greek and English. The translation being provided by volunteers from the Kytherian Association of Australia.

President of the Association, Victor Kepreotis says the book highlights the journey of the many Kytherian migrants who settled in Sydney during the early 20th century.

A Campsie dentist for 32 years Mr Kepreotis said his father came from Kythera - a small Greek Island - to Sydney on his own as a 15 year old boy.

"He went to Nowra and worked in his uncles' cafes before going on to make a successful life in Australia", he said.

Mr Kepreotis said Bankstown and Canterbury has a high number of residents with Greek heritage: "the book will link Greek Australians to their heritage".

Mr Kepreotis said that the original book was published to inform prospective Greek immigrants about the history, geography and culture of Australia and provide guidelines about what to expect when they arrived. The 368 page book details the state of the Greek Communities in 1916 and provides about 150 pages of micro biographies and photographs of Greek immigrants.

The two volumes were launched at MacLaurin Hall, Sydney University on the 9th of December. For further information phone Kathy Samios on 9349 1849.

Article from The Torch

Manolis Polites and Stelios Mavrakakis honoured with a Community Service Award

MINISTER for Ageing Justine Elliot and Federal MP for Watson Tony Burke visited Saint Basil's Nursing Home in Lakemba and Chow Cho-Poon Nursing Home in Earlowood, where they met with staff, residents and volunteers. They also honoured two community heroes, Manolis Polites and Stelios Mavrakakis (pictured) and presented them with a Community Service Award. The award recognises individuals or organisations providing outstanding service to older Australians. Mr Polites and Mr Mavrakakis have visited Saint Basil's Nursing Home every Tuesday for 15 years to play music and entertain the residents. Minister Elliot said both men are an "inspiration to their community". Their music and entertainment are an important part of the cultural and social life of St Basil's residents", she said.

Article from The Torch

