

From: The Daughters of Penelope Headquarters <dophq@ahepa.org>
Sent: Monday, October 02, 2017 8:22 AM
To: elena@ahepa.org
Subject: Daughters of Penelope E-Newsletter Issue 2

NEWSLETTER

Issue Two
October 2, 2017

IMPORTANT INFO & LINKS

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GRAND PRESIDENT'S MESSAGE

Heart of the Matter

Power of We



Dear Sisters,

Summer has faded. The leaves are starting to change colors to the awesome reds, yellows, oranges. The harvest has begun and the pumpkins are being stacked on the stands in the stores and we are rummaging through our closets for our Sweaters. Autumn has definitely arrived.

The District Governors seminar was a huge success. The Daughters of Penelope and the AHEPA family came together in Washington, DC. We shared ideas, learned from each other and most of all enjoyed being together as an AHEPA family. Please read Grand Secretary Celia's exciting account of the weekend activities in this issue.

Autumn once again finds our Daughters of Penelope District Governors from California to Canada, actively working on their agenda's, preparing their programs and holding their district workshops and mid-year conferences. The Grand Lodge Officers are preparing and planning on joining their liaisons in their districts.

When you witness our districts and chapters first hand, you cannot doubt for a moment that the Daughters of Penelope are truly a unique and special organization for so many reasons, but if I had to sum it up with one word, without a doubt, it is our, MEMBER. Our members have a Warrior spirit, a Servant's Heart, and above all a Fun-loving attitude.

Our warrior spirit was born during our early years while we guarded our people. Those same Warrior Spirits live on today as we continue to progress. A strong dream will empower you to make bold decisions and allow you to follow your heart. A dream doesn't become reality through magic; it takes passion,

determination and hard work, which comes directly from the HEART.

In closing I am looking forward to my visits and travels throughout the districts. One of my personal goals is to express my gratitude to our Sisters in person, for all they do and have done for the Daughters of Penelope. If I haven't met you in person, my sincere hope is that it will happen in my term as Grand President. See you soon!!

With Love and Respect,

Eva Jean Fomalont
Grand President

HURRICANE HARVEY

Our thoughts and Prayers are with our members in Houston. Please keep our Houston Daughters of Penelope and their love ones in your prayers. Hurricane Harvey and the flooding it has brought with it have caused widespread devastation. We must do our part to help. Supreme President Carl Hollister and Grand President Eva Jean Fomalont urge our AHEPA and DOP chapters, members, and supporters to provide assistance.

We are requesting each chapter to donate \$250. The donation is tax-deductible. Special thanks to all the Chapters and Sisters who have already donated.

Check made payable to: DOP Charitable Foundation.
Earmarked: Hurricane Harvey

Send to: DOP Headquarters, 1909 Q Street, NW, Suite 500, Washington, DC 20009 or [donate online](#) and specify towards Hurricane Harvey.

Individuals wishing to donate Home Depot/Lowes or other gift cards must send it to: AHEPA Chapter 29, c/o PSP Anthony Kouzounis, 3736 Lake Street, Houston, TX 77098.

GRAND PRESIDENT'S TRAVELS

On September 16th, District Governors of the Daughters of Penelope met in Washington, D.C. for the annual District Governors' Conference, to learn more about and discuss Daughters of Penelope goals, programs and projects, and plan the year for their District. The AHEPANs, Sons and Maids also met. The exchange of ideas and information is an important aspect of empowering our leaders to assure outstanding success in the year ahead. The Daughters of Penelope were proud to also have Janet Trautwein, Executive Vice President & CEO of The National Association of Health Underwriters, as the 2017 District Governor's Seminar speaker.



Grand President Eva Jean Fomalont Welcoming the District Governors to the Seminar and reviewing the importance of our work and the Power of WE



The DOP Grand Lodge with 2017 District Governors Seminar Speaker Janet Trautwein



District Governor's Seminar Group Picture of National and District Officers





On September 23rd, DOP Grand President Eva Jean attended a successful seminar and initiation with the Denver, CO MOA Corinthia Chapter No. 160 conducted by MOA Grand President Sophia and Grand Secretary Theodora. The Daughters of Penelope were well represented with DOP Athena Chapter No. 10 President Pat Pantazes and Chapter MOA Advisors Alice Tiritas, Evangelia Monsell, and Kathy Papadimitropoulos. After the initiation the local AHEPA Family attended the Pan Arcadian Dinner Dance. An enjoyable evening was had by all and the Athena Chapter Sisters were fantastic hosts.



DOP Grand President Eva Jean, MOA Grand President Sophia, MOA Grand Secretary Theodora along with Sisters of the DOP Athena Chapter No. 10 and MOA Corinthia Chapter No. 160 of Denver, CO are wearing purple to show support and create domestic violence awareness.

GRAND PRESIDENT'S CURRENT ITINERARY

October 14: Luncheon in Honor of 2017 Penelope of the Year Barbara Maligas, PGG, in Houston, TX

October 15: Tri-District Visitation for Districts 7, 8, and 9

October 16: Health Imperatives Purple Purse and Purple Tie Annual Awards Brunch in Bridgewater, MA honoring community leaders who support survivors of domestic violence. **This year's honorees include the Daughters of Penelope!**

October 20: Nicholas J. Bouras Award for Extraordinary Archon Stewardship Award Presentation and Dinner Dance in New York City, New York

October 21: Annual Athenagoras Human Rights Award Archon Banquet in New York City, New York

November 3-5: Cancer Research Gala in Edison, NJ

November 11: Festival of Tables in Grosse Pointe, MI

November 18: EOS Founder's Day Celebration in San Francisco, CA

December 16: Saint Basil's Christmas Open House in Garrison, NY

January 4-7: Epiphany Banquet/Epiphany/Joint Grand & Supreme Lodge Meeting in Tarpon Springs, FL

January 27: Regional Banquet and Workshop in Dallas, TX

March 3: Regional Banquet and Workshop in Columbus, OH

March 25: Greek Independence Day Parade in New York City, NY

May 9: Capitol Hill Day in Washington, DC

GROWTH & EXPANSION



Greetings Sisters,

Happy October! I am so excited to report that our Grand President Eva Jean signed up her first new member of the year in the Helen of Troy chapter, Sister to Sister. Also District 5 is in the process of starting a new chapter with 20 possible new members! Our Growth and Expansion program is off to a great start!

By now I hope you have all had your first meeting of the year. You should have also handed out a DOP application to each member of your chapter and encouraged them to bring in a new or reinstated member.

Don't forget that as your new members join your chapter make sure to assign a mentor to each new member. Someone who will remind them to come to meetings or even carpool with them. It is important to make the new and existing members feel that they are not only wanted but needed. Include them in discussions. Ask them their opinions. Use their ideas. Make them glad they joined the Daughters.

October/November Challenge

Why I am a Daughter of Penelope

Every chapter should make a video or iMovie using your phone, camera, iPad, etc about *Why you are Daughter of Penelope*. You can write a song to sing, a short play, a video, panel discussion, puppet show. You can be as creative as you want.

Your video can be no longer than 3 min. Send it to dopgrandvicepresident@gmail.com. We will post your movies on the DOP Facebook page. All entries must be received by November 30. I can't wait to see the creative videos we will receive! There will be a prize for the winner.

Sincerely in Theta Pi,

Demi Thomas
Grand Vice President
G&E Chairman

MAIDS OF ATHENA CORNER



Governor's Conference Recap

The Maids of Athena had a successful 2017 Governor's Conference with a total of 21 young women in attendance, representing two countries, seven districts, and nine chapters. The Maids of Athena Grand Lodge introduced the below projects and programs for the 2017-2018 year.

Flat Athena: The MOA will be sending around our 2-dimensional mascot to visit chapters across our Order. Chapters will document their visit with Flat Athena in her journal and send her on her way to the next stop on her travel itinerary. This way, chapters are able to stay up-to-date on what their sisters everywhere are doing!

Big and Little Program: Designed by Grand Governor Vasi, the Big and Little program will allow sisters to individually participate in a one-to-one mentorship program. Sisters will take a quiz and then be paired with a Big, someone in good standing for 2+ years, or matched with a Little, someone in good standing for less than 2 years. Big and Littles will then be challenged to participate in activities throughout the year as a pair and strengthen their bond as sisters.

National Project Raffle: The Maids of Athena are hosting a raffle with the Sons of Pericles supporting our joint National Project, Saint Basil's Academy. Tickets are 1 for \$20. First prize is \$1,500 and second prize is \$500. The winners will be drawn at National Convention.

Sponsorship Challenge: Chapters are challenged to seek out local sponsorships from businesses or individuals in support of our National Project. The chapter that collects the greatest sponsorship amount will win a prize at the end of the year. All

sponsors will be placed on a banner that will be displayed at National Convention.

Social Media: Grand Secretary Theodora is creating ways to make our social media more interactive! Chapters and sisters can nominate individual sisters who are doing something special and noteworthy for our Sisterhood Spotlight. Also, keep all our sisters up-to-date on your tasks by submitting your event/meeting photos for our National social media.

Growth & Expansion: Grand Vice President Tatiana has put together a year-long point challenge for her Growth & Expansion project. Chapters can earn anytime points throughout the year or monthly points based on identified challenges. Submit your completed tasks to GVP Tatiana by the end of each month to be eligible for points.

President's Project: This year, Grand President Sophia has selected The Cyprus Children's Fund as her President's Project. The Maids of Athena are currently selling Pi Alpha Spirit Jerseys in support of this project. Sizes small and medium have already sold out and limited quantities are still available. Jerseys are now \$50 each. Chapters are also challenged to host individual fundraisers in support of this initiative.

If you have any questions about our projects and programs for the year, please email moagrandlodge@gmail.com for more information.

MESSAGE FROM GRAND SECRETARY CELIA KACHMARSKI ON THE DG SEMINAR



The weekend began with a fire alarm in the hotel (false alarm) and ended with a memorable and once in a lifetime private tour of the Capitol Building and the famous Brumidi Corridors. WOW!

In between the Grand Lodge met to put the finishing touches on the District Governors Seminar and plan for the year. Friday evening at Nationals Stadium the Washington Nationals hosted the LA Dodgers. We were there! Great Night!

Grand President Eva Jean Fomalont welcomed the Governors and Past Grand Presidents and presented her vision for the coming year. Executive Director Elena and our own Vanna, Grand Governor Zone I Georgette Boulegeris reviewed the new membership program based on questions asked at the informational session at the Supreme Convention in Orlando, FL. **“Every Sister Bring A Sister”** will be the theme of the Growth and Expansion Program. Grand Vice President Demi Thomas has many surprises up her sleeve so be on the lookout for challenges throughout the year. The Nitty Gritty was next. Yours truly reviewed the role of the Secretary not only as a record keeper but as a communicator. Her work goes well beyond recording the minutes at the monthly meeting. Grand Governor Zone V, Dimitra Vassilas spoke about good communication through the use of Parliamentary Procedure at meetings. Grand Governor Zone II Stella Sirks and Grand Governor Zone IV Marianthi Treppiedi reviewed the important role of the guardian of the funds, the Treasurer. They presented every attendee with a twenty dollar bill not to

spend but with deadline reminders on the back. Smart idea!

DOP Foundation President Joanne Booras and her team spoke in detail about the Foundation Projects and Scholarships. Maids of Athena President Sophia and the entire Maids delegation joined us to share their program and sell a few raffle tickets for their project St. Basil's Academy. They are young, energetic women who do us proud.

Our guest speaker, Janet Trautwein, gave us a brief overview of the healthcare program and how government works. She is very knowledgeable on the subject and we thank her for taking the time to address the Sisters.

It was a busy day. Good food, good conversation, good laughter made it a weekend to remember. Connections happened everywhere-in the lobby, in the meeting room, over appetizers at headquarters and over a cocktail in the bar. We shared our experiences and learned about each other. I smile as I think back to the weekend and the memories I have tucked away to think about another day.

A MESSAGE FROM PENELOPE HOUSE PRESENTED BY CHAIRMAN CONNIE PILALLIS, PGP & PENELOPE HOUSE

One of the Daughters of Penelope mandatory Projects for the 2017-2018 year is Penelope House. As much as we would like to hope there is no need, unfortunately there is.

Penelope House planning was founded by Dr. Kathryn Coumanis and the Sisters of the newly formed Daughters of Penelope Chapter Thais #344 in Mobile, Alabama in 1978. Their commitment to outreach into the community all began with their first of many meetings at Korbet's Restaurant (a Greek restaurant). Where else would a group of Greek women meet? But their mission was one of Sisterhood to give women in need a place to turn to. With a meager bank of account of \$26.00 the process began. In 1979 Penelope House was the first Domestic Violence Shelter in the State of Alabama and the fifth in the US. Yes, it's true, "You can't beat an Alabama Woman." Penelope House has housed and helped over 800 women and children in 2016 alone!

Dr. Coumanis retired as Executive Director in 2008, however her daughter Tonie Ann Coumanis Torrans has taken the reins as Penelope House moves forward to continue and expand what Kathryn and the Sisters of Thais Chapter 344 started.

Programs & Services

Penelope House helps victims of intimate partner violence to gain social and economic independence through shelter, counseling, advocacy, and referral to community resources and agencies in Mobile, Washington, Choctaw, and Clarke Counties in Alabama. The center can provide refuge for victims and their children when their lives are in imminent danger; the temporary shelter allows escape from a violent situation. The prevention of domestic violence through education and public awareness is the goal of Penelope House.

Penelope House also provides a Crisis Hotline, Emergency shelter, Court

Advocacy, Children's Programs, Victim Support Groups, Community Education, Prevention Education, Outreach Services and the Alma Taylor Project which is a temporary transitional living community.

How Can You Help

If you know someone who is, or you suspect is, a victim of intimate partner violence, you can help:

Be alert to possible signs of domestic violence:

- Changes in behavior and work performance
- Lack of concentration
- Increased or unexplained absences
- Placing/receiving harassing phone calls
- Bruises or injuries which are unexplained or come with explanation that do not add up

Believe them if someone confides in you that they are being abused.

Listen without judging.

Tell them they don't have to stay in the abusive situation and that help is available.

In addition to having Penelope House as a mandatory monetary project, Penelope House is always in need of the following items, if you or your Chapter would like to help.

*Pillows and twin size linens, Bath towels and wash cloths, Hand pump soap, Hand sanitizers, Lysol Spray, Underwear & Socks and Soft pack coolers and ice packs. You can also give through the **Amazon Smile** program.*

The mission of Penelope House is to provide safety, protection, and support to the victims of Domestic Violence and their children through the provision shelter, advocacy, and individual and community education.

October is National Domestic Violence Awareness Month

www.penelopehouse.org
24 Hour Crisis Lines
(251)342-8994 • 1-800-650-6522

- Almost **FOUR** million women are physically abused by their husbands or boyfriends every year.
- Domestic violence is a crime
- Domestic violence is not confined to any group and cuts across all economic, racial, and societal barriers.
- Over 800 victims of domestic violence were sheltered in Penelope House in 2016... over half were **CHILDREN**.

One of the many Penelope House fundraisers is the always fun Mobile Chocolate Festival. This year marks the 10th year of this amazing day in Mobile, Alabama. So, mark your calendars for **March 3, 2018** and come enjoy the many chocolate treats along with the famous Chocolate Martini! I know I will be there!

Let's have some fun ahead of the March Chocolate Festival. Have your members wear Purple for your October meeting and what you are doing to raise awareness. Submit a picture and a write up for the **Penelope's Scroll**; the best submission will receive a "Purple" prize!

A MESSAGE FROM PENELOPE'S PLACE PRESENTED BY CHAIRMAN ELAINE KEVGAS, PGP & HEALTH IMPERATIVES

DOMESTIC VIOLENCE AND FINANCIAL ABUSE

Every October, Domestic Violence Awareness Month is observed to shed light on an issue that affects our community in a staggering way. One in four women and one in seven men experience domestic violence in their lifetimes. The number one reason that survivors stay or return to an abusive relationship is that they do not have the financial means to leave their partner.

In response, Health Imperatives provides survivors of violence with comprehensive supports. This includes emergency shelter, crisis counseling, assistance in procuring restraining orders, and financial empowerment services. Through all of these efforts, we serve nearly 2,000 survivors of violence a year; however, we could not achieve these results with the support of our partners. We are proud to announce our **2nd Annual Purple Purse & Purple Tie Awards** to honor those who support survivors and to raise awareness about this deadly, but preventable, epidemic.



PURPLE PURSE AND PURPLE TIE AWARDEES

Health Imperatives is proud to introduce the 2nd Annual Purple Purse & Purple Tie Awardees. They are the **Frederick W. Clark Jr., Esq.** (Bridgewater State University), **Representative Claire D. Cronin** (11th Plymouth District), **Representative Gerard Cassidy** (9th Plymouth District), **Eva Jean Fomalont** (Daughters of Penelope), **Daughters of Penelope-Bay State District #8**, **Sophie Poulos** and **Christine Cokkinias** (Sophie's Fund), **John Turco** and

Michael Duffley (Rogers & Gray Insurance), and **Manuel Stewart** (New Vision Pioneers). This extraordinary group of women and men are leaders from Southeastern Massachusetts, work in the public and private sector, and are elected officials. They make and pass laws, educate young leaders who work to end violence, and are advocates and philanthropists who support our emergency shelter. Their leadership is inspirational, and by recognizing all they have done, we hope to

encourage greater awareness and dialogue around domestic violence.

ABOUT HEALTH IMPERATIVES

The Purple Purse and **Purple Tie Awardees** have demonstrated their commitment to the mission of Health Imperatives: *to improve the health and well-being of low-income or vulnerable families and individuals in Southeastern Massachusetts*. Our programs provide comprehensive services and supports for survivors of domestic violence and sexual assault and also work to ensure the safety of all individuals through prevention, education, and training. Health Imperatives operates Penelope's Place, an emergency shelter in Brockton, and provides assistance with restraining and harassment orders at Brockton District Court.

EVENT DETAILS

Monday, October 16th | Breakfast at 9am | Bridgewater State University | Rondileau Campus Center, Large Ballroom

SUPPORTING OUR DOMESTIC VIOLENCE PROGRAMS

We are excited to announce that for the 4th year Health Imperatives is part of the **Purple Purse Challenge**, launched by the Allstate Foundation. This is an annual fundraising competition that runs from **October 2 through October 31**. **All funds raised will benefit our domestic violence shelter, Penelope's Place. Specifically, it will support our Financial Empowerment Initiative, Sophie's Fund for Children's Programming, Wellness Services, and the Going Home Fund.**

To get involved and learn how you can raise funds for these vital programs, please contact Elizabeth Jones at EJones@HealthImperatives.org. Stay tuned for more information when the challenges launch on October 2nd!

PROJECT RECOGNIZE

Hello Sisters,

It is with great "Pride" that I was chosen to Chair the Greek American Women in the Military Committee. I have Two Young Ladies in our family who serve their Country one on Active Duty and one in the National Guard. Our family has gone thru training sessions, including Officers Training, deployments (where they have been away from their family for almost a year each time) and foreign duty stations. We have learned a lot about the needs of our women who serve this fine Country. We have been blessed to be able to put our lives on hold, to go help them in their time of need, this is not so true for many of our service women who do not have Parents, an Auntie & Uncle, or Grandparents who are able to lend a hand. I have heard the stories of my girls' experiences, and lived thru them. I would love to hear yours. Please contact me at tinabullock1221@msn.com.

The Sisters of Daughters of Penelope need to reach out to our communities to see what the needs are for our Greek American Service Women. Next month I will share with you more information on how to help our young ladies. You can reach me at tinabullock1221@msn.com or at (505) 250-8753. Thank you for your time.

Tina Bullock
Project Recognize Chairman
Albuquerque, NM

PENELOPE'S SCROLL - ONLINE PUBLICATION

Please submit articles for the first issue to penelopesscroll@gmail.com.

All submissions must be made directly to the above Penelope Scroll email address by the deadline date. NO EXCEPTIONS!

Please identify yourself and your Chapter Number and District/District Number/Lodge Officer Status in the message line of your email. Also, include the article revision number in the message line in your email.

Please review your submissions carefully before sending. However, if you have a correction, it must be sent as an entirely new submission. In other words, please correct your original article and resend as a revision. The most recent submission will be used for the Scroll.

Officers, please encourage Chapters to participate in the Scroll by sending deadline reminders and subscription forms out with your newsletters and mentioning it in your visitations! Sharing activities and events is the BEST way to get out the name of the Daughters of Penelope and to share ideas with other Sisters.

Deadlines: January 15, 2018 and May 15, 2018

In order to get the Scroll posted in a timely manner, all Penelope Scroll deadlines will be "hard deadlines". All submissions must be made directly to the Penelope Scroll email address by the deadline date. NO EXCEPTIONS!

Article Submission Parameters:

All submissions should be sent in Microsoft Word format as an email attachment. There is a 200 word maximum for article submissions. Please use Arial 12 Font. There is a 2 picture limit per article submission. Please include captions with your pictures and post captions just below picture. Also, please note that duplicate pictures will not be published. Pictures will be posted on a first come, first served basis.

You can also request hard copies of the two issues by completing the [form online on our website](#). The cost for 2 issues is \$10.

2018 PER CAPITA AND NATIONAL OBLIGATIONS

Please note that national obligations must be in by March 31, 2018. Please submit 2018 per capita by June 2018. Per capita for 2018 is assessed at \$35 annually (passed at Supreme Conventon 2015).

Please [click here](#) to view the national projects passed at the 2017 Supreme Convention and [click here](#) to download the National Obligations Projects Form. Please note National Obligations are due to Headquarters by March 31, 2018.

2018 AHEPA FAMILY SUPREME CONVENTION

The next AHEPA Family Supreme Convention will be **July 22-28, 2018** in Atlantic City, NJ! Save the dates and be on the look out for more info this Winter!

2018 DOP SUPREME CONVENTION AD BOOK

The Daughters of Penelope is pleased to announce to its members, friends and supporters the establishment of a **DOP Supreme Convention Ad Book**. Our hope is that every chapter, district and even individual members will place an ad or listing in our yearbook. Details on how to place an ad or listing is available online on our website. **The submission deadline is June 15, 2018.**

— **DAUGHTERS OF PENELOPE HEADQUARTERS** —

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