

TSINTZINIAN

CHRONICLE



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The President's Message:

by Peter Brasidas Nickles

Yia sas-fellow Tsintzinians

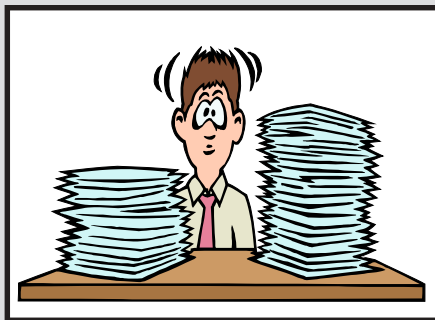
Not only does daylight savings time start very early this year-March 11th as well as the City of Oswego-only 70 miles away from me- having 12 feet of snow- it is NOT too early to plan and book for our FAMILY REUNION for July 26-27 and 28, 2007.

July cannot come early enough for those of us eager to see our Tsintzinian brothers and sisters.

Lucy may be Jamestown's number one attraction, but the Greek-Americans and friends who arrive every July are a close second.

Comfort Inn whose regular rates are \$129.99 per night have reduced their rate to \$95.00 PROVIDED you book no later than July 12, 2007. Their local number is 716-664-5920.

Best Western has reduced their rate of \$105.00 to \$95.00 with its deadline of June 26, 2007. Their local number is 716-484-8400



Holiday Inn has lowered its usual Summer rate of \$109.99 to \$79.00 with a deadline of July 10, 2007.

Last Summer we could see the construction of the Hampton Inn- behind McDonalds and across the street from the Comfort Inn. They have deluxe rooms with jacuzzis for \$135.00 per night- with a discount to \$ 115.00. The the regular rooms going for \$107.00 will be discounted to \$ 95.00 with a deadline of June 26, 2007. Their local phone is 716-484-7829.

All of us are aware that our organization is comprised of members with diverse opinions, religious and secular, political viewpoints, etc. But one thing is certain, the wonderful country

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Tsintzina Society

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Happy Easter

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For Publication in the Chronicle

- 1 EMAIL: laskaris@roadrunner.com
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- 3 WRITE TO: Pete Laskaris, 703
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WE LOOK FORWARD TO HEARING FROM YOU!

10 Reasons Why Greeks can't be Terrorists

10. 8:45 is too early for us
9. We are always late, we would have missed all 4 flights
8. Pretty people on the plane would distract us
7. We would talk loudly and bring attention to ourselves
6. If food and drinks were on the plane (we would be dancing zebekika)
5. We talk with our hands, we would have to put down our weapons
4. We would all want to fly the plane
3. We would argue and start a fight in the plane
2. We would have to put the Greek flag on the windshield
1. We would have told everyone a week before doing it.

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that welcomed and received our ancestors seems to be somewhat stressed out and experiencing a mid-life crisis. I sincerely feel that a temporary remedy and solution for all of this is for my fellow Tsintzinians to join us on July 26,27 and 28th and do what the Greeks have done for centuries- talk- eat- dance and enjoy our heritage with family and friends.

In addition to the "usual suspects" who we see every Summer, we would all appreciate the return and presence of those of you we haven't seen in a while. You are all welcome. We are always delighted to see you no matter how much time has past since we last saw you.

In closing I want to address all of the numerous members of my family. I turn 70 years old this July and I challenge the entire Nickles (Nicolaides) clan to have at least 70 of you in attendance this Summer.

If 91 year old Aunt Porta Nickles can make it to Jamestown- so can you.

Don't let me down.

Me agape-
Peter Brasidas Nickles
President

Lenten focus is family, friends and forgiveness

BY DAVID CRUMM

This week, millions of Christians in Michigan will begin the solemn season of Lent. Orthodox Christians start today, and Christians following Western traditions, including Catholics and Protestants, will begin Wednesday.

In a rare convergence of the two ancient religious calendars, all of these Christians will wind up celebrating Easter on April 8.

Orthodox churches, which have roots in eastern Europe, Asia, the Middle East and Africa, have a longer Lenten season, which followers refer to as Great Lent. Even before the official start of Great Lent today, Orthodox parishioners have been preparing themselves for this season of self-denial and reflection for several weeks.

On Sunday, thousands of lo-



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TASSO E. CAMARINOS

On March 3, 2007, age 90, of Mt. Lebanon, whose law practice spanned 67 years until his recent hospitalization due to cardio pulmonary failure. Born in Williamsport, PA, he graduated from Dickenson Seminary (now Lycoming College) in 1934; the University of Pittsburgh in 1936; and the University of Pittsburgh School of Law in 1939. He was admitted to the Pennsylvania Bar in 1940. During World War II, he worked for the U.S. Army Corps of Engineers as an attorney. After the war he returned to Pittsburgh with the firm of Manos and Camarinos, later working independently specializing in immigration and estate law. He married his wife of 61 years, Mary Barbaresso in 1945. Devoted father of Manel Camarinos of Kissimmee, FL and Constance Viki (Paul) Winkler of Oakmont, PA; loving grandfather of Christa, Christopher, Tessa and Jonathan; great-grandfather of

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July 26 – 29
Thursday – Sunday
(Plan Ahead)

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Matthew; brother of Sophia Paul of Washington, D.C.; the late Delia Manos, Alfreda, Antionette and Anargyros Camarinos; uncle of Eleutherios "Ted" Manos and several other nieces and nephews. He was an active member of Holy Cross Greek Orthodox Church, St. Nicholas Cathedral and Archon of St. Andrew. He was a long-standing member of the Allegheny County Bar Association, the World Affairs Council of Pittsburgh and the Masons.

Mary A. Nickles

Dr. Mary A. Nickles, died Sunday, November 26, 2006 at Orange Regional Medical Center, Horton Campus in Middletown.

The daughter of the late George and Stella Choulas, she was born January 9, 1918 in Peekskill, N.Y. Married in February, 1939, she was the beloved wife of the late Aristides Peter Nickles for 62 years.

A woman of many interests and talents, Dr. Nickles was a seamstress, avid reader, and community activist. She and her husband Art were accomplished in both ballroom dancing and Greek dancing. As a young adult, Dr. Nickles was employed in Clarke's jewelry shop before becoming an independent real estate broker.

Affectionately known as

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Financial Roundtable Stock Picks Going Well, up 12%

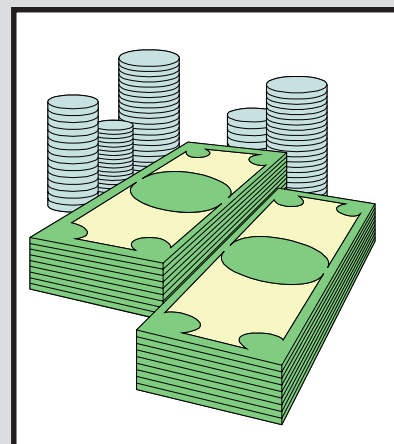
The inaugural meeting of the Tsintzina Financial Roundtable met during the 2006 Reunion and was well attended by 7 members. At the meeting, attendees were asked to recommend stocks for investment in a 'paper portfolio', meaning the stocks would be tracked only with no funds actually being invested by the Society.

Our first 2 portfolio picks do well. Through, March 3, returns on the 2 stocks recommended, which are well off their recent highs, are as follows:

Security	8/31/06	3/3/07	Change	Annualized
NT Nortel Networks	19.60	28.29	30.7%	53.0%
GM General Motors	32.23	30.62	-5.3%	-9.0%
Net			12.1%	21.0%

Separately several questions were asked by attendees and addressed by the Roundtable. One open question regarded **Federal** inheritance tax avoidance, and exemption limits. The exemption limits are as follows:

2007	2,000,000
2008	2,000,000
2009	3,500,000



Visit the IRS website <http://www.irs.gov/> and your state site for more information.

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Mission to Kodiak, Alaska and Pilgrimage to Spruce Island August, 2006 Glory to Jesus Christ!

With the help of the Holy Spirit and through the very generous donations of those who supported us, we, Fr. Nik, Pani Joanna and our daughter Stacey were very blessed to be accepted by the OCMC to participate on a mission experience to Alaska this summer. We were part of three teams that were given particular assignments to engage in during our 10 day stay in Alaska in August.



We were greeted by Fr. Chad, Dean of St. Herman's Orthodox Seminary, and Matushka Thekla and the few seminarians who were staying at the seminary during the summer. We were assigned quarters at the seminary which we occupied in groups. We also met Fr. Innocent, Matushka Veronica and their

lovely daughters. Fr. Innocent is the pastor of the Holy Resurrection Cathedral in Kodiak.

For those of you who have not been to Alaska and are wondering, as we did, the weather was mostly rainy and the temperature was in the 40's and 50's. When the sun did come out (a couple of days during our stay), it warmed up to about 60 degrees. Despite warnings from well-meaning friends to take bug spray, we never used even one drop of bug spray – rarely saw a mosquito!

Because the teams were primarily educators in some fashion or another, we were assigned two age groups of about 60 youth to work with and a very detailed curriculum was distributed for us to adjust/revise to meet the needs of our students. Our mission team of 15 people was divided into two groups – part of the group went to Ouzinkie under the direction of Fr. Michael Abdulah to work with older children, and our group of nine under the direction of Fr. Nik stayed on Kodiak during our first week there. The third team, college students from U. Conn. went to Monk's Lagoon on Spruce Island and readied the spiritually historic site for the hundreds of Pilgrims scheduled to attend the annual Pilgrimage to the Island



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Attendees at the roundtable included Richard Avdul, Dean Manos, George Laskaris, and Edward Laskaris. The purpose of the Financial Roundtable activity is to reintroduce some activities around the original "Businessman's Convention" theme, i.e. the sharing of idea around business, commerce and investment related matters. The Tsintzinians were prudent risk takers, they took the risk to leave Greece, start businesses in a new land, create an organization for themselves, invest in America. This initiative seeks to build on that tradition.

Come join our meeting in 2007, time to be announced. Bring your favorite stock pick or two and we'll track it. See you in July!!!

Remember, invest only after doing your own due diligence. TheTsintzina Financial Roundtable does not provide legal or investment advice.

- Tom Costas

**See the
tsintzinasociety.com
website and see full size
pictures from the2006
CONVENTION!!!**

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Mary, Dr. Nickles was a community leader all her life. Of particular note were her efforts in the creation of Orange County Community College; participation in the Arts Council of Orange County including "On Stage, Live" and "Encore"; University Women of Middletown; Retired Teachers Association; and as a lifelong pacifist, she supported Middletown Monday evening peace vigils.

Mary is survived by her son, Dr. Peter Aristides Nickles and his wife, Barbara of Grosse Pointe Farms, Mich., and her daughter, Demetra Kates and her husband, Dr. George Kates of Newport, R.I. Her four surviving grandchildren are John Aristides Nickles, Alison Mary Kates, Meredith Demetra Forster, and Daniel George Kates. Surviving great-grandchildren are Jonah, Zachary, Julia, Sophie and Hope. Mary is also survived by her brother, James G. Choulas and his wife, Helen of Kensington, Md.

Her grandson, Michael Robert Nickles predeceased Dr. Nickles. She was further predeceased by her sister, Demetra Choulas Pappas and her brother, Peter George Choulas, who is survived by his wife Ruth.

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in celebration of the feast day of St. Herman on August 8.

Fr. Nik was our team leader and we were blessed to work with local children, some of whom were not Orthodox. Our lessons focused on the Creed, our "Profession of Faith". Despite the simplicity of the previous sentence, we spent hours adjusting the curriculum to meet the needs of the 17 students ages 5 to 12 that were signed up to come to the Vacation Bible School. Several of the team members brought fantastic supplies to facilitate our teaching.



We arranged our lessons in four sections: Introducing the Creed, God the Father and God the Son, the Holy Spirit, and applying the Orthodox faith to one's daily life. Along with teaching the Orthodox theology of the Creed, the children were taught how to say the Jesus Prayer using their new prayer ropes, how to prostrate before an Icon, how to create an Icon corner in their own home, how to greet a Bishop - as Bishop Nikolai of the Alaska Diocese arrived at the end of the first week and the children were able to greet him in the Cathedral. They were taught lovely songs that correlated with the lessons, they created several hands on projects to extend their knowledge and we provided meals and recreation time each day

as well. We had a lot of fun working with all the children and on their last day we celebrated all the hard work they did by presenting them with certificates of accomplishment, a portfolio of the work they did, and Orthodox prayer books and crosses to wear. Several of the children



wore their crosses and prayer ropes to the many Hierarchical services during our second week there, and some of the boys were altar boys as well.

Our second week in Alaska was consumed with preparing for (some manual labor included) and participating in the spiri-

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tually gratifying Hierarchical services that Bishop Nikolai, Bishop Thomas of the Antiochian Diocese of Oakland, the local priests, seminarians, deacons, Fr. Nik and Fr. Michael served. The piety of the Alaskan people in this area was inspiring, and the relics of St. Herman that lie in the Cathedral make you feel a bit like you are in heaven. This was just a taste of what we experienced on Spruce Island during the feast day celebration of St. Herman. The chapel over St. Herman's original burial site was restored last year and this year newly donated bells were blessed prior to the Hierarchical Divine Liturgy. The appearance of Spruce Island takes your breath away with its huge spruce trees which are covered with moss and the narrow winding path from the beach up to the lovely holy little chapel. It was a bit chilly there and the forest was completely silent – it was food for a spiritual high!! Following the services, we all had a picnic lunch on the beach thanks to the donations of many generous local people. Returning as we arrived, we rode the small boats back to Kodiak. The sun was shining and it was just breathtaking to see the mountains and the beautiful calm water. We were blessed not to have to struggle with the rain, fog or tumultuous waves, and we also saw whales on the hour boat ride back to Kodiak.

As we recall all the experiences we encountered and look at all the pictures we took those 10 days, we all three agree that this was a life changing experience for each of us. For those of you who supported our mission financially or with your prayers and good wishes, we are ever grateful and you are all in our prayers! To those who participated in this mission trip with us as team members, as leaders, as hosts, clergy and Bishops Nikolai and Thomas, we feel a most blessed spiritual connection to you all and we thank God for all your help in making our trip a blessed spiritual journey. To those of you who may have at some time, or are now contemplating volunteering to extend yourself on a Mission trip in the future, know that we cannot encourage you enough and we will pray with you for guidance from the Holy Spirit in this possible quest and profound blessing. God Bless you all.



**In the name of our Lord,
Fr. Nik, Pani Joanna Ferencz and Stacey Ulery**

Alumni Association Honors Vournakis

John Vournakis is Vice President for Research and Development at Marine Polymer Technologies, Inc. in Burlington, Mass. He also holds the position of professor of graduate studies at the Medical University of South Carolina in Charleston, S.C. where he has been professor of medicine and associate director of the Center for Molecular and Structural Biology since 1995.



Vournakis also graduated from Albion College. He received his Ph.D. in biophysical chemistry from Cornell University. Vournakis, also the son of immigrants, has done numerous postdoctoral studies and taught at Dartmouth College and Syracuse University as well. Vournakis has published more than 150 scholarly works, is a regular reviewer of grant applications for federal agencies, and has served on the editorial boards of several scientific journals. He is an inventor on 24 issued U.S. and foreign patents.

Vournakis serves on the Board of Trustees at Albion College and is a member of Phi Eta

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Sigma, Sigma XI, the American Society of Biological Chemists, The Biophysical Society, the American Association for the Advancement of Science, the American Chemical Society, the American Society for Biochemistry and Molecular Biology and the American Society for Microbiology. He has also been a visiting scholar in Athens, Greece and an adjunct pro-fessor in Crete.

Vournakis lists as his greatest accomplishment "a happy family and being married for 45 years!" Vournakis enjoys biking, movies, literature and travel.

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cal Orthodox men and women attended the final pre-Lenten liturgy called Forgiveness Sunday. This ritual follows an ancient Jewish custom in the High Holiday season of asking for forgiveness and resolving any lingering disputes among family, friends and neighbors.

"This process of forgiving each other can become very teary-eyed, if there has been a grudge going on for some time between people," the Rev. Lev Kopistiansky, rector of Holy Trinity Orthodox Church in Detroit, said Friday.

"But it's a very good experience. It's purifying to realize that, before we can enter into our own repentance and ask God for forgiveness, we first must forgive others," Kopistiansky said.

During Lent, Christians traditionally reflect on their lives and heighten their spiritual awareness by fasting or giving up pleasurable behaviors.

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Jamestown
716-484-8400
3 miles



200 West Third Street
Jamestown, New York, 14701

Holiday Inn Jamestown

(716) 664-3400
3 miles
150 W. 4th Street
Jamestown, NY 14701

Comfort Inn Jamestown

(716) 664-592
4 miles
2800 N. Main St. Extension
Jamestown, NY 14701

Colony Motel

(716) 488-1904
1 mile
620 Fairmount Avenue
Jamestown, NY 14701

Red Roof Inn

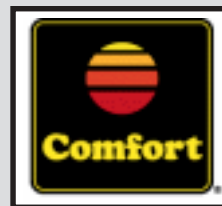
(716) 665-3670
7 miles
1980 E. Main Street
Falconer, NY 14733

Budget Inn

(716) 665-4410
6 miles
214 E. Main Street
Falconer, NY 14733

Star Motel

(716) 763-8578
1 mile
270 E. Fairmount Avenue
Lakewood, NY 14750



Orthodox fasting customs are among the most rigorous. Strictly observant men and women are expected to give up meat, fish and dairy products, Kopistiansky said. They rely mainly on a diet of fruits, vegetables, nuts and foods made from grains.

"The real spiritual focus is not so much on just giving up meat and dairy products," Kopistiansky said. "It would defeat the whole purpose if

someone just loaded up on shrimp or lobster, instead. The goal here is that we're trying to diminish our intake of the goods and pleasures of this world, so that we focus more on spiritual sustenance like prayer.

"That's what we're really called to do," the priest said. "Lent is a spiritual process of removing ourselves from the things of this world for a time so that we can draw closer to the heavenly kingdom."

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Phone:	Mother's Maiden Name:	

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Benefactor: \$100.00 Family: \$40.00 Individual: \$30.00 Student: \$20.00

I am planning on attending the 2007 Convention.

Amount Enclosed: —

The new benefactor dues category gives Tsintzinians an opportunity to give more freely to help the organization with financial concerns. All benefactors will be duly recognized for their extra contributions.



Happy Easter
Celebrate the Joy of
the Resurrection
(“Christos Anesti”)



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