



Keeping the Canadian Macedonian Community In Touch and Informed

A Message From The President



George Markou

As incoming President, I am grateful and honoured for the opportunity to continue the work of so many dedicated people whose vision, drive, and effort has made Canadian Macedonian Place a beacon and cornerstone of our community.

I'd like to thank Marilyn Trentos for her leadership, dedication and commitment as

President of CMP for the past nine years. Marilyn has been involved with CMP since 2003, and is continuing with her commitment as a board member.

Forward progress and accomplishments are only possible with the dedication, passion and hard work of people. With that said, I also want to thank George Koroloff, a valued board member and friend, who has dedicated 15-years to making CMP a great place to live and gather. George has retired from the board and will be missed by all.

I am very fortunate to work with a group of devoted board members, who volunteer so much of their time and effort to continually improve life at Canadian Macedonian Place. All are working hard toward the common goal of keeping the heartbeat of the Macedonian community strong within our walls.

Through fundraising efforts such as our annual Canadian Macedonian Open Golf Tournament, money raised supports continued improvements to CMP that include renovations and equipment upgrades.

It is hard to believe, but on June 17th of 2019, Canadian Macedonian Place will be celebrating its 40th anniversary! With that celebration of four successful decades, also comes the need to tend to an aging facility, which requires maintenance and improvements on a continuous basis. In keeping with our strategic

plan, CMP is on track to complete renovations on the remainder of our residence units. To date, 86 of 109 units have been completed. Last year's accomplishments include the renovation of our laundromat, replacement of hot water tanks and carpeting throughout the corridors of the building. New fire retardant furniture was purchased for the 2nd and 3rd floor lounges as well as accessible door openers installed within the lower lounge and laundromat.

As a Board, we are committed to completing our goal of having a fully renovated facility for our residents, as well as meeting our obligations to the City of Toronto by hiring the firm Terraprobe to address drainage within the ravine. Lastly, plans are underway to raise the drains and replace the pavement in the parking lot.

As part of our ongoing effort to reach out to our community, and through our collaboration with the Canadian Macedonian Historical Society, CMP participated in the City of Toronto's Doors Open event in 2018. Many thanks to the Historical Society for facilitating this successful event that showcased CMP and our treasured murals, paintings, museum and our Macedonian heritage and culture. You can read more about CMP's Doors Open success story in this issue of Zdravets.

Congratulations and many thanks to everyone who has worked for and at CMP during the past 40 years. Together we are moving forward to ensure Canadian Macedonian Place remains a great place to live and thrive as an important part of our cultural heritage and community.

Wishing everyone a Happy Easter and health and happiness in 2019!

George Markou
CMP President





76th Macedonian Open Sets Fundraising Record



On July 10, 2018, a beautiful sunny day, 240 golfers assembled in support of Canadian Macedonian Place for a great day of golf, camaraderie and even some friendly rivalry.

The Macedonian Open has been an annual event for the past 76 years, and in the last 25-years alone, it has raised over \$2,000,000 in support of CMP! This would not have been possible without the generous support of returning golfers who, together with the generosity of our loyal sponsors and donors, collectively helped to set a new fundraising record of \$100,000 for Canadian Macedonian Place.

The result is a testimony to the Macedonian community and the ever-growing number of friends who support what we do. We are especially pleased with the large number of junior golfers and new participants.

The Macedonian Open is currently the only major annual event raising funds for CMP and other projects that the CMP Foundation supports. As such, we encourage all Macedonians, including juniors, along with friends and supporters of Macedonia to join us and participate in this year's 2019 Macedonian Open.

A special "congratulations" to all the 2018 winning golfers who were awarded trophies for being champions in each of their respective categories.

A huge "thank you" to all the wonderful volunteers whose dedication and ongoing support remains an inspiration to us all. Special thanks to our evening MC Gord Stellick and entertainers Vele Tosevski, John and Adriana Todorovski, Pavle Manov, and to all the ladies who supply us with delicious zelnik served at dinner, and auctioned off as one of our feature items.

Once again, thank you for the tremendous support and enduring generosity of our golfers, sponsors and donors—all of which is very much needed and greatly appreciated.

On behalf of the Macedonian Open Golf Committee, we hope to see you on Tuesday July 9, 2019 for our 77th Annual Macedonian Open. Space is limited and reservations are made on a first come basis. Please GUARANTEE your reservation with advance payment by cheque or credit card.





The 77th Annual Macedonian Open

Join us for the 77th Macedonian Open on Tuesday July 9, 2019, at Station Creek Golf Club. It will be a great event with course challenges and a fun filled evening of camaraderie, great food and prizes.

The much needed funds we raise support the ongoing renovation of suites at CMP, overall improvements to the Home and activities for our residents. We also support various programs in the community including the Macedonian language program at the University of Toronto, the annual Macedonian Film Festival and the Canadian Macedonian Historical Society, to name a few. Save the date for July 9, 2019, and register early to reserve your spot. Golfers are limited to 288 in total. To avoid disappointment, reserve today!

Golfers can register online at canadianmacedonianplace.com or macedonianopen.com or call Margarita at 416-755-9231 ext.1

2018 Trophy Winners

Van Petroff Trophy

Jordan Bilkas

Cuzo Tamo Memorial Trophy

Brett Bitove

Alex Evans Memorial Trophy

Lupcho Jonevski

Alex Alexander Super 'Dedo' 65

Dragi Denkovski

Chris Vasilev Family Trophy

Glenn Davis

Steve Stavro Memorial Trophy

Nick Freda

Stanley (Nace) Thomas Trophy

Blair Bitove

Adams & Miles LLP Trophy

George Brown JR.

Dotsa Bitove Team Trophy

Brett Bitove, Gabe Bitove
Natalie Bitove, Brodie Bitove

Sponsors

Tournament Sponsor

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Diamond Sponsor

Triple 'A' Cheese – Stanwyck Family
The Bitove Foundation

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Cart Sponsor

Heritage Funeral Centre





CMP Springs Into Fun

It's springtime at Canadian Macedonian Place and the residents are embracing the lovely weather by enjoying a walk in the gardens, or sitting on the front patios under the pergola.

Currently, CMP is fully occupied with 114 residents, of which 80% are Macedonians. We are happy to report that the home's renovations, well underway and nearing completion, have given residents 109 fully renovated suites, complete with new appliances.

The CMP Board of Directors are committed to continuing improvements on the property with ongoing work that ensures our outdoor premises are updated and just as well maintained as inside the home.

Residents enjoy a variety of activities at CMP including everything from daily coffee in the front lobby, to monthly birthday celebrations! Community members ensure that the seniors celebrate a holiday a month: Christmas, New Years, St. Valentine's Day, St. Patrick's Day, and Easter bring the residents together in a spirit of community and friendship. CMP residents are lucky to enjoy artisan Macedonian delicacies generously donated by many of the woman's auxiliaries in the churches, community and by individuals as well.

The residents also participate in organized activities such as Vangel's Art Class, every Tuesday at 7pm; Knit, Natter & Stitch with Helen and Coraleigh every other Tuesday at 1 pm; Sit and Be Fit - weekly during fitness hour; Laugh and Sing with Fana, along with a multitude of other engaging events.



Come join CMP and its residents and share in the laughter and song. For more information please contact Zlatka at 416-755-9231.

CMP and Doors Open Toronto 2018

Doors Open Toronto takes place annually with 130 buildings of architectural, historic, cultural, and social significance to the City of Toronto opening their doors to the public for this free citywide event. In 2018, Canadian Macedonian Place (CMP) opened its doors for the first time to the citizens of Toronto and the surrounding community.

An independent living residence for seniors of all backgrounds, CMP is a gathering place that encourages and celebrates our vibrant Macedonian culture and ethos, and includes the Canadian Macedonian Historical Society (CMHS). CMHS has a library with over 2000 books pertaining to Macedonia's history and literature, as well an ongoing program that interviews our seniors and various other prominent Macedonians about their immigration and lives in Canada. In addition, CMHS has established the first and only Macedonian Museum in Canada.

Containing costumes from Vardar, Aegean, or Pirin areas of Macedonia, the Museum also collects memorabilia and objects of Macedonian historical value. With the assistance of CMP, the Canadian Macedonian Historical Society and its dedicated volunteers established this unique museum and Doors Open presented the perfect opportunity to showcase it to the public.



Exmple of traditional Macedonian clothing

Doors Open was delighted to welcome CMP as one of its locations for the two-day event in May. And because the theme for 2018 was film, the Macedonian Film Festival was included in the presentations alongside the CMHS.

Showcased at CMP during the Doors Open event were murals painted by Alex Gigeroff and other paintings by prominent Macedonian artists. CMHS displayed videos of Macedonian historical events in Canada, including the history of Macedonians who sought out Canada as their haven beginning in the 18th to the 21st centuries, along with a display board of significant historical events.

The Macedonian Film Festival/MFF was able to screen the unique and historical archival film that Janaki and Milton Manaki (referred to as the "Balkan painters with light"), made from their first moving image in 1926. During this period Macedonia, and especially Bitola, was a European metropolis, home to numerous diplomatic institutions and ideas from throughout the continent. The Manaki brothers' film focused on life in Macedonia under the Ottomans. MFF also screened two short films by Canadian Macedonian filmmakers in the Lounge downstairs.

CMP made a significant contribution towards the expenses incurred for this event, while Doors Open, CMHS and MFF provided the volunteers.

The collaboration between CMP, CMHS and MFF to present this ground-breaking event for the Toronto community is significant. Much in the same way our parents, grandparents and ancestors came to Canada from a small divided country with everyone having to cooperate in order to survive, we achieved the common goal of bringing Macedonian history, culture and arts to the City of Toronto through its Doors Open event.

Ginny Andreoff Evans
Macedonian Film Festival

CMP would like to thank the following individuals, organizations and clubs

EASTER DONATION

Menka Trimbee	50
Sts Cyril and Methody	
Macedonian Bulgarian Church	500
Antoula and Tom Sialtsis	100
Kosta and Helen Stanwyck	5000
Vlade and Mary Dimitrovski	50
J Gerald Paul	100
William Nasho	50
Louie Ivanovski	50
Rogers Communications	1400

GOLF DONATION

Peter Strezos	300
Lazora Xinidis	100

CHRISTMAS DONATION

Steve & Sally Stavro Family Foundation	1000
Menka Trimbee	25
Tom Vassos	1000
Niki Lacatus	50

DONATIONS THROUGH UNITED WAY

Anonymous	1200
John Vidinovski	1500
Chris Paliare	3000
Marilyn Trentos	3500
John Vasiliou	250
Zlatka Cokov	1500
Elizabeth Isaacs	800
Bob Markovski	1700
In Honour of Tom Strezos	
Harley Mintz	200

MEMORIAL DONATIONS

In memory of Loved ones

sisters Fania and Atina and brother Gorgi

Angelo and Gena Kotsopoulos	200
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Memory of Loved ones

Katherine Spero	60
James and Olga Kiratzis	100
Helen Paul	250

In memory of Loved ones

husband Vasil Peios

sister Andigoni

mother Fila

Stefo Trentos

Donka Trentos

Tana and Risto Tseneff

Chrisoula Peios	150
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In memory of Loved ones

father Spiro and mother Trayanka

wife Tula Bozanin

Chris Bozanin	100
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In memory of

Latsa Andonova

Jim Trentos

John Bitove

Chris Bozanin	75
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In memory of parents, sister and in laws

Chris and Leta Masin	100
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Memorial Donation

Tallis Family	100
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Memory of Latsa Alexiou

Marilyn Trentos	250
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Memory of Evan and Alexandra Andreoff (32 years since their death)

Virginia Evans	35
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Memory of Jack Apps

Mary Apps	25
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Memory of Chris Christou

Marilyn Trentos	100
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Memory of wife Pauline Christoff

Memory of son Alexander Christoff

Memory of parents Nikola and Nadia Christoff

Boris Christoff	300
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Memory of parents Sophie and Kuzma Evants

Florence Evans	100
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In memory of Chris and Elsie Evans

In memory of Dafni and Elia

Diana Thomas	100
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In Honour of Vassa Evans

In Honour of Maryann Koteff

Krista Koteff	25
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In memory of Ilia and Stefana Gushev

from their children Lena, Ted and Larry Gushev.	100
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Memory of James Ireland

Donna Scotland	50
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for their contributions received between January 2018 and January 2019.

Memory of mother Vangelia Kiradzi, 10 years
Olga Petro 100

In memory of Jova Laskovski
Robert and Lena Pletsch 25

Memory of Blage and Vessa Mallin
Dan Mallin 100

Memory of Rina Volpe Mangos
George and Pennie Markou 100

Memory of Chris Manos
Mr & Mrs Tom Bitove 250

Memory of Christina and Louis Mladen
Virginia Mladen 100

Memory of Nick Mousmanis born in Dambeni
Past President of the Dambensko
Benevolent Society
Dambensko Benevolent Society 200
Memory of Hope Paliare
Boris Christoff 100

In loving memory of Brian Parkinson
4 years April 6, 2015
Connie, George, Jackie and Paul Parkinson 100

Memory of Para Passas
Mike Passas 250
Steve Passas 100

Memory of Dolly Petroff
Tom Ylkos 50

Memory of Micho Piluris zet Dambenski
Dambensko Benevolent Society 100

Memory of teta Milka Potkidis
Angelo and Thelma Sideris 50

Memory of Luba Petroff Rollo
Harry J Rollo 100

Memory of son David Sandolowich (31 years)
Olga Sandolowich 100

Memory of husband Ron Sandolowich (15 years)
Olga Sandolowich 100

Memory of Mirche Schmagranov
parents born in Dambeni
Dambensko Benevolent Society 100

Memory of Fred Spiroff
Larry Divitcos 50
Peter and Olga Petro 100

Memory of Chris and Milka Stasoff
Helen Rentis 100

Memory of Vangel Stoikovski
Alexandra Stoikovski 50

Memory of Angelo Malinas
Angelo and Thelma Sideris 100

Memory of Sophie Theodoru born in Dambeni
Dambensko Benevolent Society 100

Memory of Done Trentos
Lila Trentos 20

Memory of Chris Tsotsos
George and Pannie Markou 100

Memory of Veloff Family
brother Boris, mother Velicka, father Traian
Olga Sandolowich 100

Memory of James Vasoff
Carol Gillanders 25

Memory of Vicky Vulcan
Jim and Pauline Petroff 100

Memory of Lillian Ylkos
Tom Ylkos 100

Memory of Kristine Zolis
member of the Daughters of Macedonia
Virginia Stoymenoff 50

Recipes



Easter Recipe: KOZINJAK (Easter Bread)

Ingredients

- 1 package dry active yeast
- 1 cup plus 1/2 teaspoon white granulated sugar, divided
- 1/2 cup warm water
- 5 cups all-purpose flour sifted, plus extra for dusting
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, melted
- 1/2 cup warm whole milk
- 3 eggs whisked, plus 1 egg whisked for egg wash
- Juice of one medium sized orange
- 1/2 teaspoon ground mahleb
- Vegetable oil for garnish
- Sesame seeds for garnish

Instructions

1. Using a standard mixer with paddle attachment or hand mixer, whisk together 4 whole eggs, milk, oil, sugar, baking powder and orange juice. Slowly add in flour and mix for a few minutes until fully incorporated and dough forms.
2. Form dough into a ball and cover with plastic wrap. Place in the refrigerator for 20 minutes.
3. Preheat oven to 350 degrees F. Grease 2 large baking sheets with vegetable oil.
4. On a lightly floured surface, portion out dough into approximately 2 tablespoonful; sized pieces. Roll out each piece of dough into a rod about 1/2 inch thick and about 4 inches long. Fold each rod in half and twist the ends. Place cookies onto greased baking sheets.
5. Whisk 1 egg in a small bowl to make egg wash. Brush cookies with egg wash and sprinkle generously with sesame seeds.
6. Bake cookies for 15-20 minutes until golden brown. Bake in batches if oven does not fit both baking sheets at once.



Easter Recipe: PECHENA NOGA OD JAGNE (Roasted leg of lamb)

Ingredients

- 1 (4-5 lb.) leg of lamb, bone in
- 1 tablespoon plus 1 teaspoon salt, divided
- 2 teaspoons black pepper
- 2 tablespoons olive oil
- 4 medium gold potatoes, peeled and cut into wedges
- 3 medium tomatoes, cut into wedges
- 3 garlic cloves, minced
- 2 tablespoons chopped fresh mint
- 1 tablespoon chopped fresh mint
- Juice of lemon

Instructions

1. Preheat oven to 350 degrees F.
2. Let lamb sit at room temperature for 15 minutes. Pat lamb dry with a paper towel and score fat with a knife in a cross-hatch pattern. Rub leg of lamb with 1 tablespoon of salt and black pepper.
3. Heat a large Dutch oven over high heat for 3-4 minutes. Pour in oil and carefully place meat into the Dutch oven. Sear lamb on all sides (about 5-6 minutes per side).
4. Place lamb in oven and roast for 30 minutes.
5. In a bowl, toss together potatoes, tomatoes, garlic, mint, parsley and 1 teaspoon of salt.
6. Remove meat from oven and scatter potatoes and tomatoes around base of meat. Place back into oven uncovered for an additional 40-45 minutes until potatoes are cooked through.
7. Remove from oven. Pour lemon juice over lamb and vegetables. Let lamb rest for 10 minutes before serving.

With the upcoming of Easter, these recipes and provided by Katerina Nitsou, author of the Macedonian cookbook:

MACEDONIA: Recipes from the Balkans

Books can be purchased at macedoniacookbook.com. Use promo code: **COOK** for \$10 off your copy!

Zdravets SOCIETY

Donations totaling \$5,000 or more are recognized on the beautiful new *Zdravets SOCIETY* Donor Wall. If you and your family or your business would like to learn more about making a contribution to Canadian Macedonian Place please call Zlatka Cokov at 416-755-9231 or email zcokov@canadianmacedonianplace.com. You can also feel free to contact a member of the Board of Directors.

Donation Level	Recognition Level
\$100,000 and beyond	Diamond
\$50,000 to \$99,999	Platinum
\$25,000 to \$49,999	Gold
\$10,000 to \$24,999	Silver
\$5,000 to \$9,999	Bronze



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