

Keeping the Canadian Macedonian Community In Touch and Informed

Message from the Board

We hope this letter finds you all healthy and well.

Like our lives, Zdravets has been on hold for the past two years as we all attempted to navigate the unsteady reality of COVID-19. With the return of Zdravets, we are pleased to reconnect with our Macedonian community and provide an update on Canadian Macedonian Place.

The period from March 2020 to present has been the most challenging in the Home's history. In this letter we share some of the obstacles and accomplishments CMP has faced over the past 24 months.

The initial and ensuing protocols and actions put in place by the Board are designed to keep our residents and staff safe. We owe an abundance of gratitude to our administrative staff – led by Zlatka Cokov, and with the support of Snezhana and Margarita, they are CMP's front-line workers. Zlatka and her team have shown remarkable leadership, strength and fortitude during this crisis and in their commitment to keeping our residents safe, and it is much appreciated.

CMPF President, George Markou, has demonstrated outstanding leadership throughout this crisis acting decisively to implement fast and effective protocols to ensure the safety of our staff and residents. George's rotating staff schedule kept CMP staff members working separately at intervals, thus ensuring we would always have back-up staff ready to assume administrative responsibilities in the event a member of the team had to quarantine.

In addition, George's position as a director on the Board of Markham Stouffville Hospital has been a great asset to CMP given that he is privy to first-hand protocols that the medical community has recommended and implemented throughout the pandemic. Working with long serving Board member, Dr. Chris Stefanovich, **together** they implemented a plan at the outset of Covid-19 and immediately locked down the Home and

issued safety directives. Thank you to Dr. Stefanovich for his full-time commitment to CMP over the past year. He has provided support to the Board and staff, and he met with residents at the onset of the pandemic explaining the seriousness of Covid-19 and ensuring everyone understood the need for social distancing, mask wearing and sanitization.

CMPF welcomed our newest Board member Chris Antaris (in October 2020), and as a senior executive at Apotex, Chris was instrumental in securing PPE for our staff and the Home at the onset of the pandemic and on multiple occasions thereafter. Thank you, Chris.

In March 2020, when the seriousness of the pandemic was confirmed, the Board made the decision to put the Home into "lockdown" mode. We restricted all visitors, including family members and made the immediate decision to halt the rotation of multiple PSW (Personal Support Workers) in favour of a few recurring PSWs in order to restrict the volume of essential care personnel visiting the Home. We asked residents to limit their mobility in and out of the Home for medical and essential reasons only. Although difficult to enforce and much resistance ensued, this directive was necessary to ensure the safety of staff and residents. In an effort to enforce these rules and at a substantial expense to the Home, CMP hired a 24/7-security service that has operated throughout the pandemic in an effort to enforce the rules and keep everyone safe.

Thank you to the Macedonian community for continuing to support CMP throughout the pandemic. Included in this Zdravets is a list of our special campaigns and generous donors. We hope you will take a moment to review and recognize our supporters. At the beginning of the pandemic Kat and Blair Bitove (granddaughters of CMP founders John and Dotsa Bitove) launched a GoFundMe campaign and raised close to \$10,000 for PPE equipment, sanitizer, food and much needed supplies for CMP.

Inside:

Our community is strong because we have you!



Message from the Board continued...



Board member Susan Niczowski made several donations of salads and dips for all CMP residents throughout the pandemic. Thanks to Tom and Jordan Bitove for donating Mother's Day lunch courtesy of Montecito Restaurant. Other donations include: Tim Horton's coffee and donuts from the Brown family; face masks from Vonna Bitove; face shields from Frank Mackovski of Mack Media Inc., and surgical masks from Dr. Kocho Cumandra. Father Sasho Celeski of St. Clements Cathedral visited at Easter with meals for the residents. It is impossible to list everyone and there remains a long list of individuals that stepped up to ensure the Home and its residents were provided for. If we've missed anyone, we sincerely apologize. Please know that we appreciate the generosity and kindness of all our supporters.

Having been forced to cancel the Macedonian Open Golf Tournament – CMP's largest annual fund-raising event – members of the Board launched a meal kit drive that raised over \$40,000. Led by Susan Niczowski, our favourite Macedonian meal specialties (beans, cabbage rolls, sausages, peppers and zelnik) were a huge success and we had many requests for a repeat in 2021. The success is not only in the much-needed funds raised for CMPF, but in continuing the tradition of our Macedonian cuisine.

For Thanksgiving 2020, Minerva Isovski offered meals to all CMP residents and arranged delivery from The Canadian Caribbean Cultural Association of Durham.

Upon making his 2020 year-end donation, Chris Paliare called upon fellow CMP Board members to rally in support of the Home. The Bitove Foundation pledged a matching \$10,000 gift and as a result, the CMP Board raised an additional \$32,050.

A fun donation drive that George Markou together with the generosity of Tom Bitove organized, was a Blue Jays box to watch our boys in blue play New York

Yankees in September 2021. Everyone was asked to contribute \$1,000 to attend and we were able to raise a NET \$17,910. It was the first and only time that the Board members were able to gather in person and enjoy each other's company and raise some funds for the Home.

In February 2021, Toronto Public Health provided CMP residents with their first vaccine shots and in June, most received their second vaccine dose. The booster, or third vaccination was offered in November. Unfortunately, not all CMP residents follow the science and have instead declined to receive the vaccine.

Sadly, one resident of CMP did succumb to Covid-19 in early 2021. We also saw the passing of several CMP supporters and leaders of our Macedonian Community. Our inability to gather over the course of the pandemic is a reminder of how cherished our Macedonian traditions truly are. We send our sincere condolences to all who have suffered a loss. Bog Da Gi Prosti.

After 24 months of continuous Provincial lockdown orders, we look forward to the day that we can welcome everyone back to CMP. Our residents are looking forward to welcoming guests and inviting friends and family back inside the doors of Canadian Macedonian Place and we have just loosened restrictions allowing for family to once again visit.

Again, we thank you all for your continued generosity, support and understanding. We Macedonians are a resilient people, and we all look forward to celebrating together again soon.

*Warmest regards,
CMPF Board of Directors*



2022 Macedonian Open

After two years of COVID-19 restrictions, the Macedonian Open committee is excited to welcome back golfers and supporters of CMPF this summer 2022, for our 78th annual Canadian Macedonian Open at Station Creek Golf Club in Stouffville.



2019 Trophy Winners

Van Petroff Trophy

Jordan Bilkas

Cuzo Tamo Memorial Trophy

Kyle Thomas

Alex Evans Memorial Trophy

John Petrovski

Alex Alexander Super Dedo 65+ Trophy

Kosta Opashinov

Chris Vasilev Family Trophy

Richard Reiningner

Steve Stavro Memorial Trophy

Dustin Mandel

Stanley (Nace) Thomas Trophy

Jasmyn Andreevski

Adams & Miles LLP Trophy

Andreas Diogenous

Dotsa Bitove Team Trophy

Brett Bitove, Chloe Bitove,
Jordan Bitove, Quinton Bitove

John (Lazo) Bitove Trophy

Chris Popalis, Themy Koutrakos,
Nick Zarafonitis, Dan Parigoris

2022 Sponsors

Tournament Sponsor

Creative Wealth Media

Jason Cloth & Paul Tennyson

Registration & Breakfast Sponsor

MAV Beauty Brands

Tom Hortons-Branoff Family

Lunch Sponsor

Powerbev Inc.

Summer Fresh Salads

Niczowski Family

Dinner Sponsor

North American Development Group

Diamond Sponsor

The Bitove Foundation

Gold Sponsor

Precision Renovation Ltd.

Stanwyck Family

Hole-In-One Sponsor

Wimpy's Dinner

Silver Sponsor

ARCH Corporation

Dan & Sue Argiros

RBC Dominion Securities Inc

Marilyn Trentos

Robert D. Petroff, BA, CPA, CGA, LPA

Robert D. Petroff Professional

Corporation

Chartered Professional Accountant

Summer Fresh Salads

Niczowski Family

Bronze Sponsor

Continental Carbon Group

ScarboroSmiles.ca

Dr. Kocho Cumandra

Stan & Adie Thomas and Family

Cart Sponsor

Heritage Funeral Centre

Food And Beverage courtesy of:

A Special Group of Macedonian

Ladies, Canadian Macedonian Place

Foundation, Summer Fresh Salads,

Tim Hortons-Branoff Family,

Triple "A" Cheese

Save the Date!

Join us for this year's
78th Macedonian Open 2022!

Tuesday, July 5th, 2022

For more information visit
www.MacedonianOpen.ca





Stronger Together. Our community is strong because we have you.

These past several weeks have been unlike anything we have ever experienced in our country before. Our already caring community has come together in amazing ways and is handling this challenge with tremendous courage and optimism. Your kindness and generosity are, as always, very much appreciated. **Because we're all concerned about our loved ones, friends and neighbours – especially those who are at greatest risk – I'm sharing this update on the current status of CMP, our resident seniors, and staff.**

GoFundMe Campaign

On March 13, 2020, Blair & Katrina Bitove, the grandchildren of CMP founders John & Dotsa Bitove, launched a GoFundMe campaign to raise funds for the purchase of supplies to keep our CMP residents and staff safe during the pandemic. The goal was to raise \$1,000 and, to date, \$9,846 has been raised. Well done Blair and Katrina!

Blair Bitove writes as follows:

"Thank you all for your generous contributions. We far exceeded what we anticipated and couldn't have done it without you. We bought supplies and food and delivered them to CMP. The balance of the money was donated to CMP to continue to purchase needed supplies during this pandemic. Please feel free to keep the donations coming, as all contributions going forward will be donated to the CMP."

Donations Received

Thanks to the wonderful support of our community, CMP has received many donations for our residents and staff in recent weeks. A huge thank you goes out to everyone for your thoughtfulness and generosity, including:

- **Vonna Bitove** for donating face masks
- **Susan Niczowski & Summer Fresh** for donating food and snacks
- **Stephanie Temovsky, Sonya & Dina Arrigo** for taking the time and effort to make hand sanitizer sprays
- **Marilyn Trentos** for her donation of assorted fresh fruits
- **George & Pennie Markou** for donating disinfectant wipes and lovely Easter treats
- **The Brown Family** for donating coffee and donuts



Stronger Together *continued...*

- **Dr. Stefanovich, Dr. Cumandra, Marilyn Trentos & Glen Day of Heritage Funeral Chapels** for donating Personal Protective Equipment (PPE) and sanitizing wipes
- **Dr. Denkovski & Dr. Markou** for securing much needed PPE and sanitizing wipes at the beginning of the lockdown
- **St. Clement of Ohrid, Macedonian Orthodox Cathedral** – A special thank you to Father Sasho and all the wonderful ladies that prepared delicious, homemade Easter treats
- **Rooster Coffee Shops** for donating gallons of milk and cream
- **Frank Mackovski** of Mack Media Inc. for donating much needed face shields
- **Tom & Jordan Bitove of Montecito Restaurant** for donating a Mother's Day dinner for all of the Babas at the Home

CMP Staff

Although all social gatherings and activities have been suspended due to COVID-19, the staff at CMP remains engaged and in contact with our seniors. While in full PPE gear and practicing social distancing, Zlatka and her staff continue to connect with and support CMP residents with weekly door-to-door visits to check on the wellbeing of residents and to distribute all of your wonderful donations.

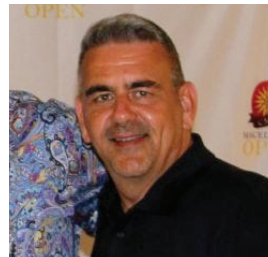
CMP Volunteers

A very special thank you goes to John Zolis, Filip Zolis, Coraleigh Tomlyn and Deborah Lauzon. We greatly appreciate your help, dedication and hard work.

Final Word

On behalf of the CMP Board, our residents, and especially our frontline professionals Zlatka, Margarita and Snezana, a big, heartfelt "Thank you!" for your kindness, generosity and support. During these unprecedented and challenging times your thoughtful donations will help facilitate the protection and wellbeing of our most precious and most valuable assets... our people!

Again, I thank you for the donations and I look forward to the day in the not too distant future when we can meet and I can thank you in person.



Everyone be well and stay safe,

George Markou
President Canadian
Macedonian
Place Foundation



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

BITOVE GO FUND ME	9,850
Steve & Sally Stavro Family Foundation	2,000
Olga Sandolowich	200
St. Cyril & Methody Church	500
Tom Vassos	1,000
Anonymous	250
Natalie Bitove	500
Paul & Mary Christie	100
Steve & Stephanie Demestihis	100
Vlade & Mary Dimitrovski	100
Zhivko & Vera Fillcoff	300
Elenore Hakomaki	100
Nick Ilkos	100
Professor Kristina Kramer	1,000
Tom & Sophia Litsas	50
Dorothea Manos	120
Chris & Leta Masin	100
William & Mary Nasho	100
Tanya & Zivko Nedelkovski	250
Alex Nitsis	100
Jim Petroff	25
Sophie & Renzo Tanel	150
Chris Dewsbury-Rodrigues	100
Angelo & Thelma Sideris	50
Tom Smirnis	500
George Strezov	50
Virginia Stoymenoff	100
Jim Vassos	500
Kathleen Wallman	95
Tom Ylkos	600
J. Gerald Paul	100

ZA ZDRAVJE

Zhivko & Vera Fillcoff	100
Perunika Mirchevski	50
Vasil & Kathy Plasko	150
Elpida Vassos	100
Tom Ylkos	400
Dr. Chris & Mrs. Vasilka Stefanovich & Family	200
Olga Sandolowich	200

ZA BOG DA PROSTI, ZA SITE SVOJ UMRENI

Chrisoula Nicholas	100
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CMP'S 40TH ANNIVERSARY 1979 - 2019

Dr. Chris and Mrs. Vasilka Stefanovich and Family	400
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Payroll designation

BENEVITY (CDN ONLINE GIVING)

John Vasiliou	1,500
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CANADA HELPS

Louis Ivanovsky	200
Dr. Chris and Mrs. Vasilka Stefanovich and Family	500
Paul Christie - Missing CMP Golf	200
Paul Christie - Memories of Meca Grill	200

UNITED WAY

John Vidinovski	2,500
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Christopher-Thomas Dimoff	1,125
Billy Kuminovski	100
Zlatka Cokov	1,040
James Solomos	1,132

MACEDONIAN MEAL KIT

Helen Argiro	250
Susan Argiros	500
Boris Aceski	250
Zhivko Aceski	250
Radmilo Anicic	250
John Bitove Jr.	2,000
Jordan Bitove	750
Vonna Bitove	750
Tom Bozanis	250
Helen Chicules	250
Boris Christoff	500
Doug Curapov	250
Helen Delaney	250
Virignia Evans	250
Edith George	250
William Giamos	250
Robert Gill	500
Robin Gingras	500
Pat Gonsalves	250
Jayson Horner	500
Nikola Janevski	500
Sharon Jones	500
Goran Jovanovich	500
May Kapches	250
Walter Kiryakov	250
George Kizoff	250
Professor Kristina Kramer	250
Chris Kuzmas	250
Peter Lazarevski	250
Steve Lazarevski	250
John Lazarou	250
George Markou	250
Kim Marshall	250
Zoran Misevski	500
Alex Mishos	250
Steve Moskowsky	250
Jim Nikopoulos	250
Mary Niczowski	2,250
Susan Niczowski	3,000
Alex Nitsis	250
Elena Opasini	250
Alex & Grozda Ostas & Family	250
Kathy Oushalkas	500
Garry Paspalofski	250
Helen Paul	500
Debbie Penzo	500
Diane Petroff	250
Jim Petroff	250
Mary Petroff	250
Robert Petroff	750
John Petrovski	250
James Phillips	250
Helen Rentis	250

for their contributions received between January 2019 and February 9, 2022.

RBC Investments - Marilyn Trentos	2,500
Olga Sandolowich	250
Damiani Sekoulidis	250
Mary Sheehy	250
Mary Sialtsis	250
Peter Simeon	500
Robert Simeon	250
Danny Skoufranis	250
Steven Smirnis	250
Tom Smirnis	250
Steve and Sally Stavro Family Foundation	2,000
Michael Stoyan	500
Louis Strezos	500
Tom Strezos	250
Dr. Chris and Mrs. Vasilka Stefanovich and Family	1,000
Chris Temovsky	1,500
Stanley Thomas	500
Olga Tomev	250
Nick Tomovski	500
Marilyn Trentos	750
John Tsarvenkov	500
Teddy Tzogas	250
Alexander Tzotzis	250
Alex Vassos	500
Geroge Vertkas	250
Bill & Christine Ziskoff	250
Paul & Mary Christie	1,000

YEAR END BOARD DRIVE

Memory of sister Faith Croxon, and parents Norm & Hope Paliare

Chris Paliare & Ewa Marszewski	2,500
Bitove Foundation	10,000
Dr. Chris and Mrs. Vasilka Stefanovich and Family	1,000
Christopher Antaris	250
Chris & Peggy Popalis	1,000
Jim Nikopoulos	1,000
George and Pennie Markou	1,000
Peter Simeon	600
Marilyn Trentos	2,500

In Honour of Dorothy Trentos, Resident of CMP

Marilyn Trentos	1,000
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In Honour of Angelo and Tina Argiro

Helen Argiro	250
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Memory of parents Boris and Dana Thomas

Stan & Adie Thomas & Family	1,000
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Memory of Elsie Fava Dimupulous

Susan Niczowski	10,000
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Memory of Dolly Stoyan

Michael Stoyan	500
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Memory of Peter Strumos

Susan & Daniel Argiros	1,200
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Memory of The Gang at the Meca Grill

Paul Christie	500
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Memory of Maria Moukas

Alex Mishos	250
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Merry Christmas & Happy New Year

Robert D. Petroff	500
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IN HONOUR . . .

In Honour of Bruce & Zoe Christo -

50th Wedding Anniversary

Bruce & Zoe Christo	50
Pero & Zlatka Cokov	100
Chris & Leta Masin	100

Congratulations to Darryl (Jessie) Christo for receiving the Top Diamond Award for IG Wealth Management

Love, Bruce & Zoe Christo (mom & dad)	100
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In Honour & happiness for my grandchildren (Jack & Roxanne DiPucchio)

Diana Thomas	100
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In Honour of Milestone Birthdays in 2019

Donna Scotland 75 - Virginia Stoymenoff 85

Daisy Koleff 90 - Olga Sandolowich 90

Virginia Stoymenoff	100
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In Honour of my mother in law Dorothea Manos

Thomas & Karen Bitove	250
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In Honour of Marilyn Trentos

The Trentos Advisory Group	300
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BLUE JAYS GAME NIGHT

Peter Mallinos	1,000
George Hatzoglou	1,000
Tom Bitove	2,000
Vincent Narang	1,000
Stan Thomas	1,000
Susan Argiros	2,000
Chris Popalis	1,000
Susan Niczowski	4,000
Jordan Bitove	1,000
John Bitove Jr.	1,000
Chris Paliare - In Memory of Noel Croxon	1,000
Debbie Penzo	1,000
Jim Nikopoulos	1,000
Teddy Manziaris	1,000
Steve Brown	1,000
George Sterjovski	1,000
Tom Roidis	1,000
Chris Markos	1,000
George Markou	2,000
Marilyn Trentos	1,000
Peter Simeon	1,000
Mark Pappas	1,000

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

IN MEMORIAM . . .

In loving memory of Latsa Alexiou
 Marilyn Trentos 250

In Memory of parents Lexa (Fotevska) Andreoff (1987) & Vancho Andreoff
 Virginia Evans 30

In Memory of Sophie Antonopoulos
 Mary Petroff 50
 Robert Petroff 50

In Loving Memory of Anna Baker (Alexovsky)
 Marilyn Trentos 250

In Memory of Dime Balkou
 Anne Papaioanou 55

In Memory of John Bitove
 Chris Bozanis 25

In Memory of Tula Bozanin
 Chris Bozanis 50

In Memory of Spiro i Trayanka Bozanis
 Chris Bozanis 100

In Memory of Edith Caulkwell
 Margaret Porter 50

In Memory of George Chicules
 Lisa Chicules 100

In Memory of Chris Christo for 1 year Memorial
 Bruce & Zoe Christo 100

In Memory of brother Chris Christoff
 Boris Christoff 300

In Memory of our dear friend Chris Cholakis
 Bruce & Zoe Christo 50
 Tom Ylkos 50
 Steve & Terry Rallis 100
 In Memory of Maria Christidis
 George Evangelo 100
 Ted Tzogas 100

In Memory of Florence Christie (Gichoff)
 Caryn Mladen & Sandro Furini 100
 Mary Mladen 100
 Michael Mladen, Paula Butter, Alexandra
 & Jackson Mladen 100
 Virginia Mladen 100

In Memoriam Karen Trimbee Dean
 The Bitove Foundation 200

In Memory of Chris Dimoff
 Susan & Mary Niczowski 250

In Memory of Chris Dimoff, Tom Litsas and Naso Nitsou
 Tom & Kathy Dimoff 500

In Memory of Afroditi (Dita) Dimou
 Louis, Lena and Mary Damopoulos 100

In Memory of Dana Elia
 Dr. Chris & Mrs. Vasilka Stefanovich & Family 100
 Robert Petroff 100
 Mary Petroff 100
 Diane Petroff & Stuart Campbell 100

In Memory Frank Evans - Bog da go prosti, da e zhiva familijata
 Dr. Chris & Mrs. Vasilka Stefanovich & Family 100

In Memory of the passing of our dear friend John Evans
 The Bitove Foundation 200
 Chris Paliare & Ewa Marszewski 500
 Diana Thomas 25

In Memory of Grozda and Milka Giannopoulos
 Louie & Vicky Calko 60

In Memoriam Jim Ginou
 The Bitove Foundation 200

In Memory of Cuzo Givelos
 Dr. Chris & Mrs. Vasilka Stefanovich & Family 100

In Memory of Marion Johnson
 Bill & Christine Ziskoff 50

In Memory of Wilkie Johnson
 Chris Paliare & Eva Marszewski 200

In Memory of Todor Kajcevski
 Pero & Zlatka Cokov 250
 Dinka Kajcevska 100
 Vasil Kajcevski 400
 Dr. Chris and Mrs. Vasilka Stefanovich and Family 200
 The Bitove Foundation 200
 Alexander Mishos 200
 Robert Petroff 50
 Donna Scotland 30

In Memory of Todor Kajcevski - 1 Year Memorial
 Pero & Zlatka Cokov 100
 Dinka Kajcevska 100
 Tony Kajcevski 100
 Vasil Kajcevski 100
 Dr. Chris & Mrs. Vasilka Stefanovich & Family 100

In Memory of Stanley Koteff
 Tom Ylkos 200
 Joel & Melissa Reiken 36
 Chris Paliare & Ewa Marszewski 100
 Peter & Clare Evans 50
 James Phillips 100
 Kevin & Patricia Chicules 100

for their contributions received between January 2019 and February 9, 2022.

In Memory of Chris Lazarou; Husband, Father, Uncle, & Friend

Olga & Spiro Christopher	100
Christine & Ivan Damchevski	100
Ann Isaacs	100
Elizabeth & Marcs Isaacs	100
Joann & Lou Iordanou	100
Angie & Pat Jolevski	100
Helen Lazarou	200
John Lazarou	100
Christine Papadopoulos	200
Kathy & Vasil Plasko	100
Luba Spasevska	100
Mike & Fay Tassou	200
Nick Tassou	100
Tase & Meni Vasilevski	100
Sam & Beth	100

In Memory of Mary Lazarow

Robert Petroff	100
Mary Petroff	100
Diane Petroff & Stuart Campbell	100
Virginia Stoymenoff	25

In Memory of Thomas Litsas

Susan & Mary Niczowski	250
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In Memory of loved ones

Katherine Spero	100
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In Memory of loved ones - parents, brother & sister

James & Olga Kiratzis	200
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In Memory of loved ones - sisters Fania and Atina and brother Gorgi

Angelo & Gena Kotsopoulos	100
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In Loving Memory of Chris & Elsie, Elia & Dafni, Jason Madden and Alex Evans

Diana Thomas	150
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In Memory of Rina Volpe Mangos

Stan & Adie Thomas	250
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In Memory of Lazo Mangov

Angelo & Thelma Sideris	50
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In Memory of Maria Maznevski

Frank Muller	50
Michael Peleschak	25
Dr. Chris & Mrs. Vasilka Stefanovich & Family - Bog da prosti I zdravje na familijata	200
Wayne Taleff	75

In Memory of Maria Maznevski - 1 yr

Menka Gadjovich & Family	200
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In Memory of Chris Michael

Bill & Christine Ziskoff	25
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In Memory of Florence Michail

Bill & Christine Ziskoff	50
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In Memory of my father John Mishos

Alex Mishos	500
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In Memory of John Mishos

Gary Leung	30
Susan Niczowski	300
Marco Biasiotto	100
Elena Opasini	150
Tom Vidinu	100
Pero & Zlatka Cokov	100
Stan & Adie Thomas	400
Jim Vassos	500
Dr. Chris & Mrs. Vasilka Stefanovich	200
Dr. Avidis Boudakian	100
Mary Opashinov	100
The Bitove Foundation	250
Mark Opashinov	250

In Memory of Mom

Niki Lacatus	50
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In Memory of Louis Mousmanis - Past President - Thank You for so many years of guidance & service

Dambeny Benevolent Society (past president)	250
Dr. Chris & Mrs. Vasilka Stefanovich & Family	250

In Memory of Georgi & Theodora Nanoff

Paul & Dominique Nanoff	100
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In Memory of Danny Nanos

Tom & Kathy Dimoff	100
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Loving Memory of our dear father, dedo and husband Risto Chris Niczowski

The Niczowski Family	12,300
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In Memory of Risto Chris Niczowski

Dr. Chris & Mrs. Vasilka Stefanovich	100
Pero & Zlatka Cokov	100
Alexander & Caron Mishos	100
Simon Zucker & Associates Inc.	500
Felicia Isabella	50
BPR Inc.	100
Irv Teper	500
Kam McCormick	100
Tony Pampena	250
Paul Christie	100
Monika Urban	150
Perrella/Kyle Family	500
Debbie & John Penzo	500
Tom Ylkos	100
Tom & Christine Stanwyck	100
Stan & Adie Thomas	250
Vicky Mangos	50
Steve Papagiannis	200
Nadia Pietrobon & Paula Michelin	1,000
Helen Lazarou	50

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

In Memory of Risto Chris Niczowski continued...

Gloria DiGiovanni	100
Don Steele	20
Heather Davis	20
Sonia Rando	100
Tina Sarellas	150
Jenny Longo	150
Marilyn Trentos	250
Chris Paliare & Eva Marsewski	500
Done & Milly Moskowsky	100
Danny & Elsie Mangos	100
Christopher Antaris	100
Soultana Mangov	100
Angelo & Christina Argiro	50
Helen Argiro	50
Angela Nikolaou	200
Sotir Nichov & Family	100
Carol (Tanasoff) Pincivero	100
The Bitove Foundation	5,000
Chris & Kathy Dimitriou	100
Tom & Kathy Dimoff	300
Chris Bozanis	25

In Memory of George Nitsis

Alex Nitsis	100
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In Memory of Mary Nitsos

Bill & Christine Ziskoff	25
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In Memory of Nick Nushis

Alexandra Nushis	100
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In Memory of father Norman Paliare - 40 years

Chris Paliare & Ewa Marszewski	200
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In Memory of Stoyan & Lena Pandovski

Stefani Pandovski	100
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In Memory of our parents, brother & sister

Louis & Frances Ouslis	50
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In Memory of our parents Pando and Malina Sideris and Spase & Zorka Ouslis

Angelo & Thelma Sideris	100
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In Memory of George Papagiannis

Chris Paliare & Eva Marsewski	100
Susan Niczowski	300
Chris Bozanis	25

In Memory of Steve Paspalofski

Bill & Christine Ziskoff	25
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In Memory of Dina Penzo

Marilyn Trentos	250
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In Memory of Makedonka Peroff

Dr. Dan C. Mallin	250
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In Memory of Vasa Petro

Sula McLeod	100
Angelo & Thelma Sideris	50

In Memory of Van Petroff

Diane Petroff & Stuart Campbell	400
Robert Petroff	200

In Memory of Vasilka Piluris

Dambensko Benevolent Society-Bog da ja prosti	100
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In Memory of George Popalis

Mr. & Mrs. Jerry Kiriakou	50
Lena Kiriakou	350
Mr. & Mrs. Themy Koutrakos	100
Mr. & Mrs. Frank Martino & Family	200
Mr. & Mrs. Barry Martz	100
Mr. Peter Popalis	250
Chris & Terry Proskos & Family	100
Mrs. Athina Seguin	50
Stan & Adie Thomas & Family	250
Mrs. Dorothy Tsinokas	100
Bill & Christine Ziskoff	50

In Memory of Peter Popalis - Bog da Prosti

Bill & Christine Ziskoff	50
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In Memory of son David Sandolowich (32 years)

Olga Sandolowich	100
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In Memory of husband Ron Sandolowich (16 years)

Olga Sandolowich	100
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In Memory of James Saunders

Virginia Stoymenoff	50
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In Memory of John Smirnis

Diane Smirnis	500
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In Memory of wife Sophie 25 yrs

George German and Family	100
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In Memory of Kosta and Dina Solomos

Jim Solomos	500
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In Memory of Baba Paraskevi "Patsa" Stamkos

George & Pennie Markou and Family	anonymous
Stan & Adie Thomas	250

In Memory of Paraskevi "Patsa" Stamkos

Alex & Caron Mishos	100
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In Memory of Anne Stancheson

Fila Bitses	50
Laura Matthews	300
Virginia Stoymenoff	50
Philip Vasilevski	50

for their contributions received between January 2019 and February 9, 2022.

"In Memory of Kosta Gus Stanwyck

CMP was honoured to be one of the Macedonian causes that Kosta supported. Bog da go prosti, zdravje na familijata."

Dr. Chris & Mrs. Vasilka Stefanovich.....	100
Marilyn Trentos.....	250
Stan & Adie Thomas.....	250

In Memory of George Stasoff

Virginia Evans	25
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In Memory of parents Milka & Chris Stasoff

Helen Rentis.....	100
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In Memory of Sophie Strezos - 22 yrs (Sep 20, 1999)

Peter Strezos.....	200
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In Memory of Peter Strumos

Alexandra Nushis	50
Debbie Penzo.....	200
Peter Strezos.....	100
Marilyn Trentos.....	250

In Memory of Peter and Velika Tallis

Mr. & Mrs. Peter Tallis	100
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In Memory of three brothers

Olga Mihailov	100
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Memorial Donation (Marianne Toth)

Gloria Chalmers	100
Paul & Mary Christie	100
Virginia Mladen.....	100

In Memory of Thomas Trendov

Susan Niczowski.....	300
Marilyn Trentos.....	250

In Memory of Audrey Trenton

Michael L Trenton	50
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In Memory of Done Trentos

Lila Trentos.....	20
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In Memory of Jimmy Trentos

Chris Bozanis.....	25
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In Memory of Menka Trimbee

Diana Thomas	25
The Bitove Foundation.....	200

Memory of much loved nephew Chris Tsaparis

Peter Strezos.....	500
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In Memory of Tasa and Vasil Tsaparis

Alexandra Nushis	50
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In Memory of vujna Marika Tsugios

Mr. & Mrs. Louie Ouslis.....	75
Mr. & Mrs. John & Mary Ouslis	40
Angelo & Thelma Sideris.....	100

In Memory of James Vasoff

Carol Gillanders	50
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In Memory of Deshda Vassos

Helen Nastos	60
Tom Vassos.....	100

In Memory of my mother Elpida Vassos

George Vassos	150
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In Memory of Elie (Louie) Vassos

Mr. & Mrs. Philip Macarz.....	300
Debbie Vassos	600
Chris Vassos.....	\$1,000
Jim Vassos.....	\$300

In Memory of Zoi (Stojna) Vidinopoulos

Alex Mishos	\$100
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In Memory of Len Van Wetten

James & Olga Kiratzis.....	\$100
Alexandra Nushis.....	\$50

In Memory of Vasil Naum, Boris, Veleka & Trian Veloff

Naum Thomas.....	\$100
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In Memory of Veloff Family - brother Boris, mother Velicka, father Traian

Olga Sandolowich.....	\$100
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In Memory of brother Peter Ylkos

Tom Ylkos.....	\$200
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In Memory of Christopher Zolis

William Brown.....	150
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In Memory of Stan Koteff, Maryann Koteff, Danny Juma, Lefa Petroff Giamos, William Styles Giamos, Athina Giamos, Vassa Evans, Gloria Chicules, George Chicules, Michael Chicules, Chirs Giamos, Dedo Giamos, Lillian Ylkos

Alice Juma	500
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Recipes



Gevretsi so Susam (Sesame rings)

Ingredients

- 1 teaspoon dry active yeast
- ¾ tablespoon plus ½ teaspoon sugar
- 3 cups all-purpose flour, sifted, plus extra for dusting
- 2 teaspoons salt
- 2 tablespoon olive oil, plus extra for greasing
- 2 egg whites, whisked
- 1 cup sesame seeds

Instructions (Yield: 16 rings)

1. In a small bowl, add yeast and ½ teaspoon sugar to warm water. Stir once. Cover bowl with a plate and let stand until yeast begins to foam, about 10 minutes.
2. In a large bowl, add flour, salt and 2 tablespoons of sugar. Make a well in the centre.
3. Pour in the yeast mixture and 2 tablespoons of olive oil into the center of the well. Using a spatula, gently work flour into liquid and stir until dough begins to form. Transfer dough to work table dusted with flour and knead for about 10 minutes until dough is smooth and elastic. Dust surface with extra flour if dough feels sticky.
4. Place dough into a large bowl that has been greased with olive oil. Brush the top of the dough with a thin layer of olive oil. Cover bowl with a large plate and set aside in a warm place to let dough rise for 1 hour.
5. Preheat oven to 375 degrees F. Grease 2 baking sheets with olive oil.
6. Transfer dough to a clean workspace and cut into 16 equal pieces. Roll each piece into a log about ½ inch thick and 8 inches long.
7. Attach the ends of each log to form a ring. Place rings onto greased baking sheets and cover loosely with a tea towel. Set aside in a warm place for 30 minutes.
8. Brush each ring with whisked egg whites and cover generously with sesame seeds.
9. Bake for 25-30 minutes until golden brown. Bake in batches if both baking sheets do not fit in oven at once.



Tavche Gravce

Ingredients

- 2 cups dried white kidney beans or Great Northern beans
- 1 table spoon unsalted butter
- 1 medium yellow onion, diced
- 1 red bell pepper diced
- 1 teaspoon paprika
- 2 tablespoons all-purpose flour
- 4 ½ cups boiling water
- 1 tablespoon salt
- 2 teaspoons roughly chopped fresh mint
- 2 teaspoons roughly chopped fresh parsley

Instructions (serves 4-6)

1. Soak kidney beans for 6 to 8 hours or overnight in about 8 cups of water. Drain and rinse beans.
2. Place beans in a medium stockpot and add in 8 cups of water. Bring to a boil over high heat. Reduce heat to medium and simmer uncovered for 30 minutes. Drain beans and set aside.
3. Preheat oven to 375 degrees F.
4. In a Dutch oven melt butter on stovetop over medium heat. Add in onion, red bell pepper and paprika.
5. Sauté until vegetables are tender, about 3-4 minutes.
6. Sprinkle in flour and stir to coat vegetables. Sauté for an additional 2 minutes.
7. Pour in boiling water, salt and beans. Gently stir and bring up to a simmer. Cover with a lid or aluminum foil and place in oven for 1 hour.
8. Remove from oven. Sprinkle with mint and parsley and bake uncovered for another 30 minutes.

The recipes are provided by Katerina Nitsou, author of the Macedonian cookbook:

MACEDONIA: Recipes and Stories from the Balkans

(the cookbook is available on macedoniacookbook.com & amazon.ca)

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