Zdravets

Fall 2026

Keeping the Canadian Macedonian Community
In Touch and Informed



"I helped build CMP so Macedonian seniors would have a place to be together. Now, I'm proud to call it home."

Tom Ylkos helped CMP grow from an idea into a community. More than five decades later, that same community surrounds him with friendship, culture and care.

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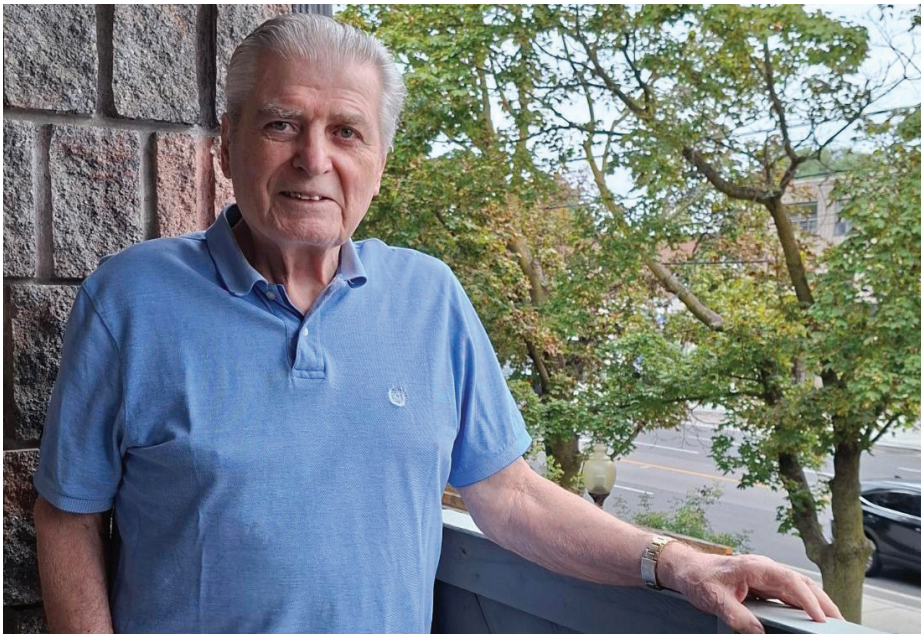
CANADIAN MACEDONIAN PLACE

A Place To Call Home

For resident Tom Ylkos, CMP has always been about bringing people together



Long before Tom called Canadian Macedonian Place home, he was helping to make it a home for others.

His connection to CMP stretches all the way back to 1972, when the idea of creating a special place for Macedonian seniors was just beginning to take shape. Tom helped raise funds, became a longtime treasurer and spent decades volunteering his time. "I wanted to see my people happy and together," Tom says.

Born in Vissani, Greece in 1938, Tom came to Canada when he was nine years old, joining his father who had arrived years earlier. Growing up, his family became part of Toronto's Macedonian community and attended St. George's Macedonian Orthodox Church.

That sense of community stayed with him throughout his life — through a long accounting career in the construction industry, raising a family and, of course, his many years of involvement with CMP.

Today, at 88, Tom continues to volunteer at CMP, and gets to experience the community he helped create from an entirely new perspective: as a resident. Tom moved into CMP in 2023, and these days, some of his favourite moments are also the simplest.

There's Tuesday night bingo, exercise in the mornings, lunches and birthday celebrations — complete with coffee, cake and a chorus of "Happy Birthday."

Tom has made good friends and knows there is almost always someone nearby when he feels like some company. "I want to talk to somebody, I go downstairs or go to their apartment and have a chat with them," he says.

For his daughter Suzanne, that community brings peace of mind, too. She knows her dad has friends close by, activities to enjoy and a comfortable place where he no longer has to worry about maintaining a house.

> **"My dad feels at home here," says Suzanne. "He always knows someone is nearby and that people care."**

Tom has spent more than 50 years helping CMP create that feeling of home for others. He has volunteered countless hours and personally donated more than $25,000 over the years. Now, he hopes others will help ensure future generations of seniors can experience it, too.

Because for Tom, supporting CMP has always come back to one very simple idea: No one should grow old without people to talk to, traditions to share and a community and place to call home.

"I helped build CMP so Macedonian seniors would have a place to be together. Now, I'm proud to call it home." — Tom Ylkos

Life at CMP

There's always something happening at Canadian Macedonian Place, and always someone nearby to share it with. Residents can start their day with exercise, catch up with friends in the lobby, enjoy lunch together or look forward to day trips, bingo, birthdays and other celebrations. Familiar foods, traditions and the Macedonian language help keep important cultural connections close, too. But often, it's the simplest moments that mean the most: a coffee, a conversation or a friendly neighbour just a few steps away.

There's Always Something Happening at CMP!



MONDAY, WEDNESDAY & FRIDAY

Yoga

Move, stretch and feel your best.

WEEKLY

The Bitove Method

A creative opportunity to connect, express yourself and enjoy time together.

WEDNESDAYS

Community Lunch

Good food tastes even better together!

FRIDAYS

Knit 'N Chat

Bring your knitting — or just come for the conversation.

EVERY MONTH

Birthday Celebrations

Because every birthday deserves a little fuss!

Saturday Movie Matinee

Settle in and enjoy the show.

Come Join Us!



Kifli (Kee-Flee)

Traditional Macedonian bread rolls, soft and fluffy, filled with creamy feta cheese, topped with sesame seeds, and brushed with warm melted butter.

INGREDIENTS

Dough:

- 2 cups whole milk (500 ml)
- 1 tsp sugar (3 g)
- 1 tbsp flour (7 g)
- 2½ tsp yeast (8 g)
- 3 tsp salt (15 g)
- 3 eggs
- ½ cup oil (115 ml)
- 7-8 cups all-purpose flour (1 kg)

Filling & Topping:

- 1¼ cup feta cheese, crumbled (190 g)
- 1 egg (for egg wash)
- ⅓ cup sesame seeds
- 4 tbsp melted butter (for brushing)

DIRECTIONS

1. **Activate yeast:** Mix warm milk, 1 tbsp flour and sugar. Sprinkle yeast, stir and let sit 10 minutes until foamy.
2. **Make dough:** Add eggs, oil and salt. Gradually add flour and knead until soft and smooth (not sticky).
3. **Rise:** Cover and let rise in a warm place for about 1 hour, until doubled.
4. **Shape:** Divide dough into 4 balls. Roll each ball into a large circle (17-20 inches) and cut into triangles.
5. **Fill:** Place 1 tsp of feta on the wide end of each triangle. Tuck in corners and roll up.
6. **Second rise:** Place on a baking sheet, cover and let rise 30-45 minutes.
7. **Bake:** Brush with egg wash, sprinkle with sesame seeds and bake at 390°F (200°C) for 16-18 minutes, until golden brown.
8. **Finish:** While hot, brush with melted butter.

40 Years of Caring: Celebrating Zlatka

So much has changed in four decades — but Zlatka's compassion and commitment have never wavered



Four decades later, it's impossible to imagine CMP without her.

Ask Zlatka Cokov how she has managed to work at Canadian Macedonian Place for 40 years and she has a ready answer. "I tell them I was about 10 when I started!" she laughs.

Zlatka actually joined CMP in 1986, after attending a community fundraiser and learning there was a position available. As a Macedonian who had grown up surrounded by her parents and grandparents, working with seniors felt natural.

Four decades later, it's impossible to imagine CMP without her.

Zlatka has watched the home change and grow through renovations, new programs and generations of residents.



But the heart of CMP has remained remarkably constant: people looking out for one another.

She remembers Macedonian women cooking for neighbours who were sick. Bazaars filled with homemade zelnik and other traditional foods. Dance groups performing for residents. Christmas and Easter celebrations. And countless friendships with residents, families, volunteers and colleagues. "Even though people move on, you have nice memories of people," she says.



One resident holds a particularly special place in Zlatka's heart. He had no immediate family here when he passed away, so Zlatka made sure he received a funeral filled with the personal details and Macedonian traditions that mattered to him.

Staff attended his burial and, for years afterward, returned to the cemetery to light a candle in his memory. "With us here, he was family," Zlatka says. "This is a community where people notice when someone is missing, bring food when someone is unwell, listen when someone needs to talk and make sure nobody is forgotten."

It's a philosophy Zlatka believes in so deeply that her own mother lived at CMP. "If I feel the place is good enough for my mother," she says, "you should know that this is a great place to be."

Earlier this year, Zlatka's extraordinary service was celebrated at the Macedonian Open, where she was surprised by her family — including four grandchildren who somehow managed to keep the secret from their Baba!

> **"It was a great honour," she says. After 40 years, Zlatka believes CMP is simply "part of me."**

And from everyone whose life she has touched along the way, we say: Thank you, Zlatka. For being the heart of our community — and for making CMP feel like family.

A Great Day for Golf. A Big Win For Our Community.

The Macedonian Open brought hundreds together for a day of fun, Macedonian spirit and generosity in support of CMP









What happens when 394 golfers, 38 volunteers, generous sponsors, friends, families and members of our community come together for Canadian Macedonian Place?

An incredible $145,563 raised for the seniors who call CMP home!

This year's 82nd Macedonian Open brought the community together at a new venue, Deer Creek Golf Club, for an unforgettable day of golf, generosity and Macedonian spirit.

Before the shotgun start, guests gathered for a Macedonian lunch, while Makedonska Nota provided the music. Residents from CMP joined the festivities, arriving by bus to enjoy lunch, visit with friends and meet special guests — including the Tanev brothers and Bobsleigh Canada Skeleton Olympian Luka Stoikos, who generously donated his Olympic helmet to the auction.

From the Macedonian meze and traditional roasted pigs to an exciting raffle and live auction, there was plenty to enjoy. The auction alone raised an incredible $32,000, while the raffle added another $20,000.

We also had the wonderful opportunity to surprise our own Zlatka and celebrate her remarkable 40th anniversary with CMP!

To our golfers, sponsors, donors, volunteers, auction contributors and everyone who joined us: thank you. Your generosity made this extraordinary result possible and will help CMP continue providing a safe, welcoming and vibrant home where our seniors can remain connected to the culture and community they love.

Since its beginnings in 1942, the Macedonian Open has brought generations together in a spirit of friendship and generosity. More than eight decades later, that tradition is stronger than ever.

Save the Date

2027 MACEDONIAN OPEN

The 2027 Macedonian Open
Tuesday, July 6, 2027

See you on the course!

Title Sponsors

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The Bitove Foundation

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rumble

A New Generation Gives Back

For Board Member Chris Antaris, giving back to the community that shaped him is about honouring its past and helping build its future.

The Macedonian community has always been an important part of Chris Antaris's life. From attending church with his family to participating in Macedonian dances and events, and being an active member of the Macedonian Students Association at York University; Chris grew up surrounded by those who shared his heritage. In his youth, he even performed for CMP residents as a member of Ensemble Makedonka, a cultural dance group, long before joining its Board. Like many other Macedonian's, Chris met his wife, Mary, through the dance group.



Those experiences gave Chris a deep appreciation for the generations before him who helped establish and build the Macedonian community in Canada. "You speak with these people, and they share stories from back home, in Macedonia, and the challenges they endured while immigrating to Canada," he says.

> **"Incredible stories of struggle and resilience."**

During COVID-19, Chris was head of procurement at Apotex when he learned CMP was struggling to secure personal protective supplies. He arranged a donation of masks, gloves and hand sanitizer. That connection led to conversations with then-president George Markou, who invited him to become a member of CMP, and later join the Board.



Chris welcomed the opportunity, with one priority: "I want to make sure that I'm able to actively participate and give back to CMP, while learning from all the dedicated board members, and their contributions over the years."

Today, he serves on CMP's golf tournament committee and oversees its charity bingo initiative. Proceeds from the initiatives help support resident activities, including monthly birthday celebrations, senior yoga, and trips to the church for senior's lunches. Chris is also encouraged to see teens and young adults participating in CMP sponsored events.



Looking ahead, he hopes digital communications and social media will help broaden the reach and encourage more young Macedonians to get involved, and continue the tradition of community, that has shaped his own life, for future generations.

"I want to make sure that I'm able to actively participate and give back to CMP, while learning from all the dedicated board members, and their contributions over the years." — Chris Antaris



Serving on the board has given Chris another way to look after the generation that came before.

The love we leave behind: A Tribute To Helen Tasios



As President of the Daughters of Macedonia, Helen poured her heart into raising funds for Canadian Macedonian Place. She helped bring the celebrated fashion shows to life, rallying women from across the community to work alongside one another. Some became lifelong friends, others discovered newfound confidence. Together, they created a place where Macedonian seniors could be surrounded by the culture and community they loved.

Helen's Macedonian heritage was woven throughout her life. She met her husband, George, at a Macedonian dance at St. George's Church. Together, they raised three children, built businesses and travelled the world.

When her children remember their mother's efforts to support CMP, they recall papers scattered across the dining room table, the phone constantly ringing, and Helen working late into the evening to make the next community event just right.

"She was a fierce, vibrant force," her children reflected. "Nothing ever got in her way — especially if it was something that mattered to her as much as Canadian Macedonian Place."

When Helen passed away earlier this year, many chose to make gifts to CMP in her memory. "So much of what our mom treasured lives on here," said her children. "The friendships. The traditions. The pride in where you come from. And the belief that we take care of one another." Her memory is a blessing.

Thank you, Helen. You are remembered, you are loved, and what you gave to your community will last forever.

Your Generosity at Work

Your support helps Canadian Macedonian Place do more for the seniors who call it home.

Donations provide resources beyond day-to-day operations — helping CMP strengthen resident programs, improve shared spaces, respond to emerging needs and create more opportunities for seniors to stay active and connected.

And we're seeing the impact. Resident participation is growing. Neighbours are encouraging neighbours to get involved. Social interaction is increasing, along with a wonderful sense of positivity throughout the community.

Every gift helps us build on that momentum — creating an even more vibrant, supportive and welcoming home for our seniors.

Pass It On

This Giving Tuesday, you can ensure the Macedonian language has a strong future

For generations, the Macedonian language has connected families across kitchen tables, through songs and stories, and between grandparents and grandchildren.

Now we have a wonderful opportunity to write the next chapter of the Macedonian language in Canada.

After an incredibly successful launch, Macedonian language instruction is continuing at the University of Toronto — giving students the chance to learn the language, deepen their understanding of Macedonian culture and connect more closely with their heritage.

The Canadian Macedonian Place Foundation has already committed $60,000 to fund one Macedonian language course during the 2027–28 and 2028–29 academic years.

This Giving Tuesday, we're asking our community to come together and MATCH that commitment to help fund a second course.

Imagine twice the opportunity for students to discover their heritage, strengthen their connection to Macedonian culture and carry our beautiful language into the future.

GIVING TUESDAY

Help us match $60,000 and pass it on.

Donations are payable to Canadian Macedonian Place Foundation. Memo: "Designated for Macedonian Language Course at UofT 2028–29."

2X THE IMPACT

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CMP would like to thank the following individuals, organizations and clubs for their contributions received between March and September 2026.

CANADIAN MACEDONIAN PLACE

DONATIONS

Vasko Apostolov 50
'So dobro zdravje'
Vlade Dimitrovski 100
Carol Gillanders..... 25
Nick Ilkos 100
Paragon Dental Laboratory Inc. 150
James Stoikos 60
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Paul Di Trani 500
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EASTER DONATION

Robert & Georgia Petroff 100

IN HONOUR

Melanie and David Tanovich 1,000
'In Honour of the CMP Foundation's support of The Macedonian Language Courses at the UofT'

James and Olga Kiratzis..... 200
'In Honour of our 65th Anniversary, from the village of Nevojlani.'

IN MEMORIAM

In Memory of Evan Andreoff and Alexandra (Fotevska) Andreoff
Virginia A. Evans 50
'Gone for nearly 40 years, but remembered every day of my life'

In Memory of Grozda and Milka Giannopoulou
Louie Calko..... 100

In Memory of Mary Minas
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Robert Divitcos 100
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In Memory of Virginia Mladen
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'In loving memory of my dear sister'

In Memory of Mary Nitsos
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In Memory of Louie Ouslis
Frances Ouslis..... 100

In Memory of husband Angelo Sider and daughter Lily-Lillian Sider-Farrugia
Patsy Sider 200
'My husband and I attended all functions of the CMP. The late honourable John Bitove Sr., and his wonderful wife were always kind to us. Life is not always happy. In 2019, we lost our beloved daughter in the prime of her life. In 2013, I lost my beloved husband.'

In Memory of Tina Skoufranis
Robert & Georgia Petroff 50

CANADIAN MACEDONIAN PLACE FOUNDATION
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