

FUNVIEWS

Magazine

Andreas Koundourakis

Artist



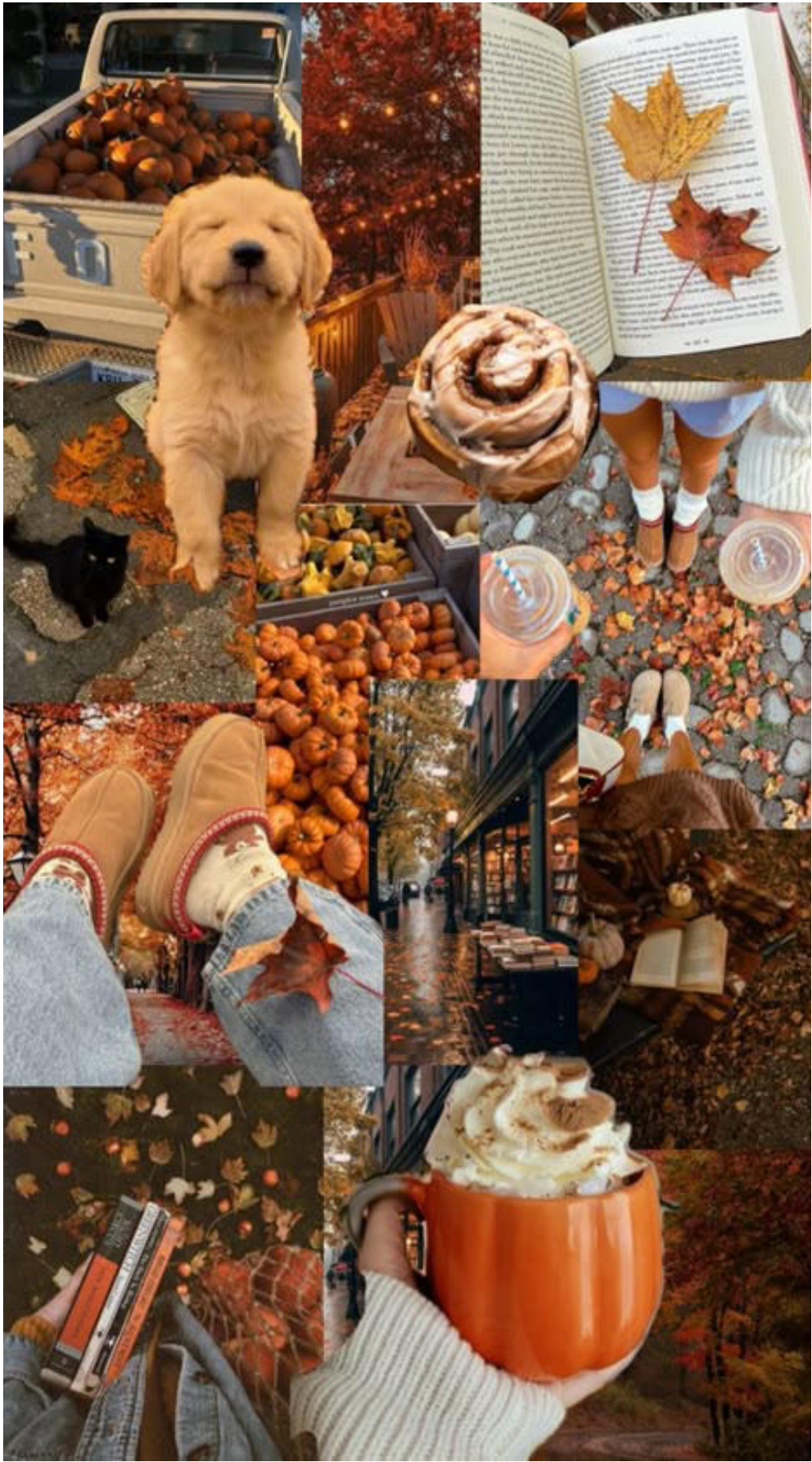
NOVEMBER
2025
ISSUE 29

DIGITAL WORLDWIDE DISTRIBUTION

CULTURAL
EVENTS

PRODUCT RECOMMENDATION





NOVEMBER

“In November, the earth is growing quiet. It is making its bed, a winter bed for flowers and small creatures.”

PRODUCT RECOMMENDATION



EDITOR'S PAGE

TikTok And The Mass Production Of Idols

TikTok has transformed the way society creates and consumes idols. In a platform built on speed, virality and instant gratification, fame is no longer reserved for the few who pass through traditional media gatekeepers.

Instead, anyone with a phone, a spark of creativity, or even a moment of luck can rise to sudden visibility. This democratization of influence feels empowering, yet it comes with consequences.

TikTok's algorithm doesn't just reward talent; it manufactures desirability by amplifying trends, aesthetics and personalities that fit its rhythm. Users, especially younger ones, often internalize these shifting standards, chasing likes as a measure of identity and worth.

Idols are created quickly and discarded just as fast, feeding a cycle of constant performance.

While the platform gives voice to millions, it also blurs the lines between authenticity and curated persona. In this new digital landscape, fame is accessible, but stability is not.



Vassilios Nicolaos Vitsilogiannis

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L'HOMME
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EAU DE TOILETTE

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ANDREAS KOUNDOURAKIS
ARTIST



Interview by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)

Andreas Koundourakis is a Belgian-born actor and model of Greek and Moroccan descent, currently based in Athens. Originally passionate about football, his early dreams of a professional sports career shifted toward acting and modeling after attending workshops and immersing himself in cinema and fashion. Koundourakis has appeared in several international TV series, including “Commandos” (2020), “Spitsbroers” (2015) and “Fair Trade” (2021) and has participated in commercials and brand campaigns across different countries. Known for his unique style and multicultural background, he continues to expand his creative pursuits in acting and fashion.

How did your viral TikTok videos, “Habibi, Come to Dubai,” especially the ones encouraging men to spend money on their love interests, shape your career and public persona?

The “Habibi, Come to Dubai” series was definitely a game-changer for me. It was fun, relatable and allowed me to connect with many people. Encouraging men to show their affection in a “special” way struck a chord with my audience because it spoke to the lifestyle that Dubai represents: luxury, fun and a little bit of humor. It wasn’t just about the money; it was more about how we show appreciation for our partners, express ourselves and how humor can play into relationships. This persona built my following and got me noticed by brands, influencers, agencies and music producers, pushing me to the next level in terms of collaborations and exposure.

You started as a professional footballer before transitioning into social media. What motivated this shift and how did you adapt to these new industries?

Football was a big part of my life, but after a lot of injuries and struggles, I realized that I had other passions, especially in entertainment and content creation. I’ve always had an

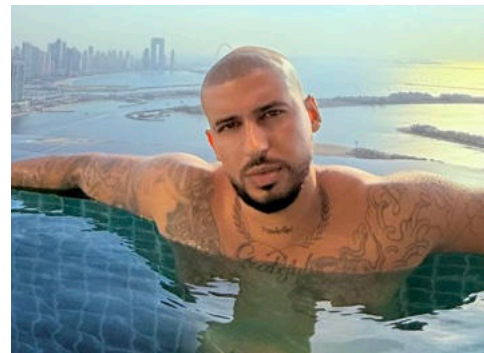


interest in the artistic world and connecting with people, so social media became the perfect platform for me to express myself differently. The transition wasn’t easy; football is still my biggest passion and not being able to build a pro career is still frustrating me sometimes. The football experience taught me discipline and that sometimes you just need to shift in life and go in another direction. It was about learning to be versatile and to grow by just experiencing it and by making mistakes and learn from them.

Growing up with a Moroccan mother and a Greek father in Belgium, how have your multicultural roots influenced your artistic expression and career choices?

My multicultural upbringing was such a blessing. I was exposed to a mix of different cultures, languages and

traditions from a young age. Growing up with both Moroccan and Greek influences meant I was always encouraged to embrace diversity and blend ideas. In terms of my career, this is reflected in my music and content. I love mixing cultures and showcasing that fusion. It’s a part of who I am. The beauty of being able to speak multiple languages and having two distinct backgrounds is that I can connect with a wide audience, both in Europe and in the Middle East and even everywhere in the world.



What lessons or values did you learn from your parents that have guided you in your journey to success?

My parents taught me the importance of hard work, respect and staying grounded. My mother always emphasized humility and the value of family, while my father showed me the importance of discipline and persistence. Those values helped me stay focused and resilient, especially when things got tough. I've faced challenges, but the lessons they instilled in me keep me motivated and remind me to always respect my roots while pushing forward to new heights.

Your TikTok content often highlights relationships and finances. What personal beliefs or philosophies drive the messages you share with your audience?

Relationships are built on mutual respect and trust and while I believe in being generous, I don't think money should be the foundation of love. My content often highlights the idea of valuing your partner and showing love in creative and thoughtful ways, whether it's through spending time together, offering support, even sharing a little luxury when it's right. My message is about living authentically, being open about expectations and treating people with kindness. It's about balance, having fun, enjoying life, but also staying true to your values.

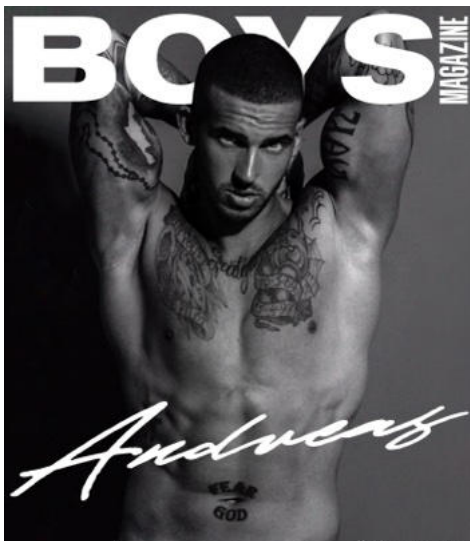


Who or what has been the biggest influence on your creative pursuits in music, acting and modeling?

I've been influenced by a lot of different people. In music, artists who mix different genres have always inspired me, like Drake or Maluma; they effortlessly combine cultures and sounds. In acting, I've looked up to people like Will Smith, Eddie Murphy, Dwayne Johnson and Jean Claude Van Damme, who are incredible actors. Especially JCVD, who grew up in Belgium, a small country just like me. I learn a lot from people like that. It doesn't matter where you come from. If you work hard, keep pushing and don't give up, success will not be far from you.

Can you tell us more about your passion for music and how it fits into your broader artistic journey?

Music has always been a part of my life. Growing up, I was always surrounded by music at home, from Moroccan beats to Greek melodies. My father plays the laouto and bouzouki, which are very famous in Greece, so I heard these sounds every day. The music industry was not a world I saw myself in because I just didn't explore it at first. At some point, I decided to put my fear of failure aside and give it a try. It fits perfectly into my broader artistic journey because it allows me to connect with my audience on a deeper level, beyond just the humor and visuals. It's another way for me to be authentic and show different facets of my personality.





You've shared stories about persistently pursuing roles in movies. How has this determination shaped your career?

Persistence is key. I knew from the start that breaking into the entertainment industry wouldn't be easy, but I didn't let setbacks stop me. I kept pushing, attending castings, learning new skills and improving my craft. Eventually, my persistence paid off with roles in both movies, series, commercials and music videos. What this has taught me is that no matter how tough the journey gets, determination and hard work always open doors. And once one door opens, the opportunities keep coming.

As someone who has achieved fame across multiple platforms, what does being "renowned" mean to you personally and what are your future aspirations?

Being renowned means a lot, but I always keep my perspective. To me, it's about influencing, the ability to inspire people, connect with fans and make an impact. Fame isn't just about recognition; it's about using that platform to do good, to push boundaries and to keep growing. My future aspirations are all about continuing to expand my brand, both in music and acting and creating something lasting. I want to leave behind a legacy where people remember me for my work, my authenticity and the positive energy I brought into their lives.



What advice would you give to young creators looking to balance personal authenticity with the demands of building a public brand?

The most important thing is to stay true to yourself. When you're authentic, people can sense it and that's what builds a genuine connection with your audience. But at the same time, understand that building a public brand requires consistency, effort and a willingness to adapt. You don't need to compromise who you are, but you need to evolve with the times. Balance your personal beliefs with what's popular, but always keep your core values intact. Your followers will appreciate that.

Can you share with us some of your new projects or the dreams you have?

I'm really excited about what's coming up! In music, I have new singles on the way and I'm working on an album that blends my Greek and Moroccan roots with modern, global sounds. In terms of acting, I'm looking to expand into larger film roles and TV shows, something that will really push my limits as an actor. I love the vibes in Hollywood and I'm going often to explore my opportunities, so going next level there is definitely on my to-do list. I'm also working on launching my own lifestyle brand, with a focus on fashion and wellness. These are just a few things, but the dream is to keep growing and building something that resonates with my audience on a global scale.

Images by Online Sources

VOULA PATOULIDOU
AN OLYMPIAN IN POLITICS



Interview by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)

Voula Patoulidou is a Greek former athlete. Throughout her athletics career competed in the 100 meters, 100 meters hurdles and the long jump events. In 1992, she was the first Greek woman ever to reach a track final of the women's 100-meter hurdles at the Olympic Games in Barcelona. After her win and some years later, she decided to withdraw from athletics and dedicated her time to politics.

Her wax figure was made in 2012 and she herself kindly donated her tracksuit for the creation.

It is a great pleasure and honor to do this interview with you. You are the first female gold medalist in modern Greece. How did you get involved in sports?

Once you have tasted the victory, you want to try it more. I tasted my first victory at a school competition where the prize was a loukoumi delight. Yes, a loukoumi delight and with such a prize, it was fatal to get involved in sports. No matter how childish or funny it sounds, the "prize" excited me! When I left with my parents for Germany, the coaches saw a child with prospects and enthusiasm for sports in me.

What were Voula Patoulidou's dreams as a teenager and to what extent were they realized in the course of her life?

From the moment I entered sports, I gave my heart to it. I started with small teenage dreams, like the ones that children have, and every day that passed, I had a new dream come true. I feel weak every time I try to conquer new lands and reach the top, but I don't stop...I haven't learned otherwise. It is a one-way street. There it seems who can bear to collide, who can bear to lose, fall and find the courage to get up and continue? Victories are not given freely. They are won with too much effort. Great victories are deeply "rooted" in each one of us, our needs. If you want to be mediocre, it is your choice, but since you decide on mediocrity, do not envy the others who will fall into the fire to succeed.

How difficult is it for an athlete to get involved in a championship when one

has to fight in the stadium and an inner race with oneself?

Imagine a big circle. All athletes are in the circle. Also, there is a smaller circle, where you will meet athletes with talent. In an even smaller circle, you will find the champions. They are the ones who took their talent and gave shape to it. No victory, either big or small, is easy or intentional. You achieve it step by step. You make sacrifices. You fight battles in the sports field, but also with yourself, who is the strongest opponent. The time comes when you hear an inner voice saying..."Now, it's your time!"

And it's the right time to do it.

Do you believe that Greek athletes, at major events such as the Olympic Games, have the appropriate support, of all kinds, from the Greek government?

And a hundred years old to be, I will be an athlete. As an athlete, I will always want the best and the most! Greek athletes are not alone and have the support of the government. We are a country that has had difficult times. Pandemic, memoranda and now the effects of the war. And yet! We succeed, and we excel.



On August 6, 1992, you won the gold medal for Greece in the 100 m finals at the Olympic Games in Barcelona. Your phrase "for Greece, damn it" shows a spontaneous person. Have you ever regretted your sincerity and to what extent do you see this as an asset to other people?

I have no regrets about my spontaneity. That's how I am and I don't intend to be someone else to be liked. What we achieve in our lives is an integral part of our personality. My spontaneity and impulsiveness gave me a boost many times in my life. It was as if I had two invisible coaches next to me yelling at me, "Hurry Up!" I believe those whom I meet and classify as honest people have quality and intelligence.



Your big bet was tourism. How could you combine tourism and the sustainable development of your region?

The sustainable development of Thessaloniki was an integral part of its tourism. All the competent bodies were working in this direction. My dual role as Deputy Regional Governor of the Metropolitan Unit of Thessaloniki and as President of the Thessaloniki Tourism Organization gave me the necessary tools in order to establish practices that will work in favor of the destination. Our country has formed a sustainable development model of tourism governance based on Human Capital, Balanced Regional Development and anything that constitutes a Comparative Advantage for the destination, spearheaded, of course, by Quality and Authenticity in the approach of visitors-travelers.

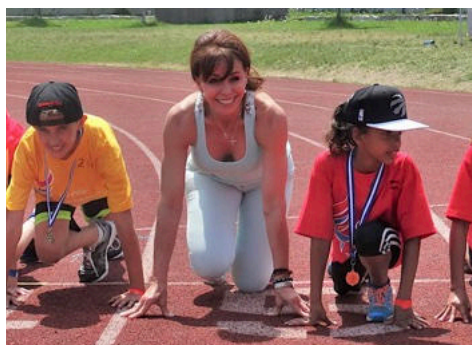


The vote of the people strongly declares their respect for your face, but also their love for you. What do the people love about you, and what do they expect from you?

I never sat down to analyze where people's love comes from. You don't put love under the microscope. We all need love and give love. I enjoy and like to be loved as the sun on my face on a cold winter morning. But it also acts as a commitment to my work and the effort I make. I want other people to see that I honor the love and respect they show me.

Let's turn to the next chapter-your family. What are your husband and son for you?

When I touch their chests, they are the people who hear my heart.



As Deputy Regional Governor of the metropolitan unit of Thessaloniki, what were the plans for the development of the area, and to what extent was there a good understanding with the central administration and the stakeholders involved in the implementation of the program?

In the Regional Unit, I managed the "Metropolitan Thessaloniki". This is the Sustainable Urban Development Strategy in which eight municipalities of Thessaloniki are included and our goal was to include all 14 in the near future. With this program, citizens see projects being implemented by the reforming areas and neighborhoods of the city. Since 2018, when I took over its management, 116 projects have been included. Green projects, actions for the protection of the environment, such as the supply of electric cars, actions to strengthen civil protection and social programs aimed at vulnerable groups.



How easy or difficult is it to persuade the relevant entities to believe in your dream so it can be realized?

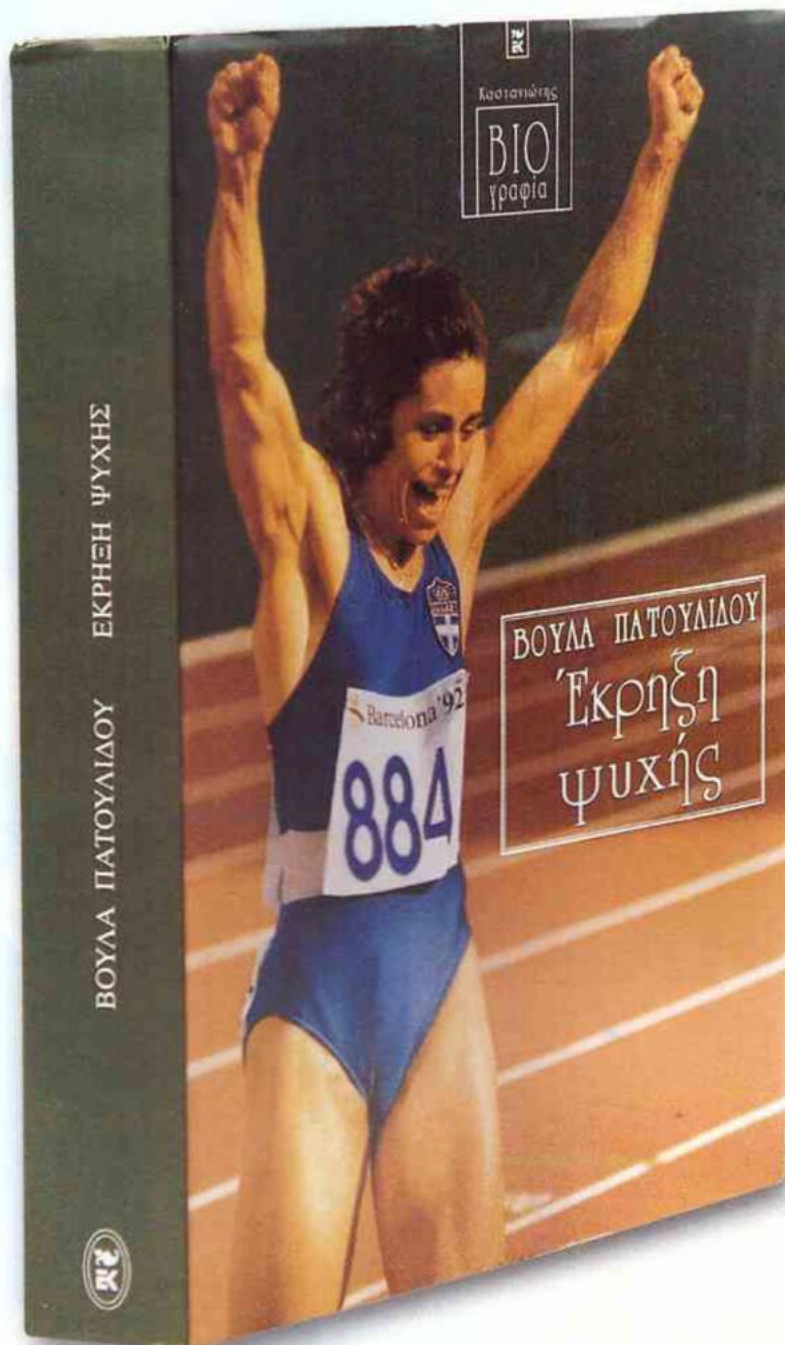
When we were planning this program, at the outset, there were several reservations about whether it could be implemented correctly and on time. It was the first time that the two levels of self-government were called upon to cooperate and co-formulate a plan that concerns at the same time eight Municipalities of the Metropolitan Unit of Thessaloniki. And we were called upon to work together, not individually, but on a specific project. The mayors of Thessaloniki were insightful and immediately realized the advantages of this project.



Before we conclude this interview, I would like you to say a few words addressed to the Greeks who live abroad.

Whatever soil we step on in Greece, we have it in our hearts. We all fight together as Greek patriots for the country and Hellenism.

As long as you exist, I will feel that I always return home...wherever I find myself.



Images by Online Sources

GIANNIS KOSTAKIS
A DISTINGUISHED SWIMMER



Interview by Vassilis Nikolaos Vassilogiannis
(IG: @vassilisvtslogiannis)

Giannis Kostakis was born in Athens, Greece, and is a distinguished Paralympic swimmer known for his remarkable achievements in the pool. Competing in several Paralympic Games, he has made a significant impact on the sport, earning multiple medals and breaking numerous world records. Kostakis specializes in various swimming events, including freestyle and backstroke and has garnered around 100 medals throughout his career. His dedication and perseverance have inspired many in the disabled sports community, making him a celebrated figure in Greek athletics and beyond.

Can you share what your childhood was like and what your dreams were back then?

From a young age, I loved swimming and being in the sea. It was my great love, which may explain why I ended up in swimming. At school, I was one of the good students and enjoyed all subjects. Initially, I didn't have a clear direction, but eventually, I enrolled in an Accounting College, where I intended to pursue a career.



Did you manage to work in the accounting field?

Unfortunately, no. After my accident, I didn't get the chance to work in that field. However, I helped out in our family business for a while before starting swimming.

How did your involvement in swimming begin?

After the accident, I began physical therapy and found myself in the pool as part of my rehabilitation. Over time, I saw significant improvement, and with the guidance of a coach, I started training more systematically. This is how I joined the National Team.

You went through tough times after the accident. How did you cope?

It was a very difficult period, mainly because I lost my father in the accident. With the support of my family and my faith, I managed to find the strength to move forward. Swimming helped me overcome many challenges.

Competitive sports are demanding. How do you manage it?

It is certainly tiring, as it requires a lot of time and discipline. However, my love for swimming and the successes that bring satisfaction motivate me to continue despite the difficulties.



What is your biggest moment in your career as a Paralympian?

Winning the bronze medal at the Athens Paralympics in 2004. It was incredible to stand on the podium in front of the Greek audience, with the olive wreath and our flag waving.

How do you feel when representing Greece at such a level?

It is a great honor and pride to wear the national emblem and see our flag raised. It is a moment that gives you the strength to continue.

What advice would you give to a young person wanting to pursue sports?

To find the sport they truly love. If you do something that fulfills you, then success will come. Sports offer many benefits, both physically and mentally.

What is your biggest motivation?

My love for swimming. This is the driving force that helps me overcome every difficulty and set new goals.

How do you see the continuation of

your career?

I will continue preparing for the next Paralympics in Los Angeles 2028 after participating in Paris 2024, where I finished 7th in the 50m breaststroke. It was my sixth time participating, and each time the challenge is greater.

Does Greece provide adequate support for Olympians and Paralympians? What has been your experience?

Support exists from both the state and organizations like the Paralympic Committee, but it is limited. The needs of athletes at this level are many, such as participation in competitions and preparation, which require financial support and sponsorships. I try to find sponsors who will not only provide financial support but also help convey social messages about equality, accessibility and the value of effort.



How do you balance your athletic career with your personal life?

My daily routine is filled with training and preparation, which requires many sacrifices. For example, I often have to decline outings with friends because I have training the next day. Nevertheless, I try to find time for personal moments by adjusting my schedule. I believe that with good organization, one can combine all aspects of life.

What advice would you give to people with disabilities who hesitate to pursue their dreams?

I would tell them to try without fear. If you don't make an effort, you can't know the outcome. Even if you face difficulties, persistence brings improvement. In my life, I've turned challenges into positive opportunities and managed to achieve things that initially seemed impossible.



How do you evaluate accessibility in Greece for people with disabilities?

Accessibility is a major challenge in our country. Although steps have been taken, there are still significant issues such as shortages of ramps, elevators, accessible sidewalks and public transport. Disability does not stem from individuals but from barriers posed by the environment. Compared to other countries, Greece still has a long way to go to become more friendly and accessible for everyone.

What are your plans both personally and professionally?

Professionally, I participated in the World Swimming Championships in Singapore in September 2025 and later in the Paralympic Games in Los Angeles 2028. At the same time, I'm participating in the National Olympic Academy, where we work on promoting Olympic and Paralympic education in schools. I want to continue positively contributing to society by inspiring others to pursue their dreams.

What message would you like to give our readers?

My message is: "Try. What seems impossible today can become possible tomorrow. Our persistence makes us stronger, happier and ultimately better people."



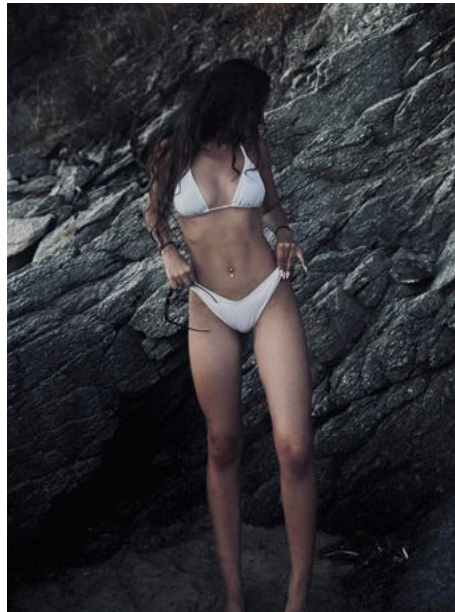
Images by Online Sources

ARTEMIS IAKOVAKI
BORN AN ARTIST

Article by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)

Artemis Iakovaki has been immersed in the world of dance from a very young age. Trained in classical ballet, contemporary dance and street commercial styles at the prestigious Ekfrasi Movement Dance School, she has captivated audiences through numerous impressive performances and artistic projects.

Thus, Artemis' talent shines brightly not only in local showcases but also on significant cultural stages around her city. In 2019, she made a strong impression by participating in an event for the International Day for the Elimination of Violence against Women, under the coordination of choreographer Alexia Papadopoulou. More recently, in 2025, Artemis performed at the World Dance Day event at Kozani's Municipal and Regional Theatre, featuring in a production with the acclaimed DANCERS OF THE NORTH.

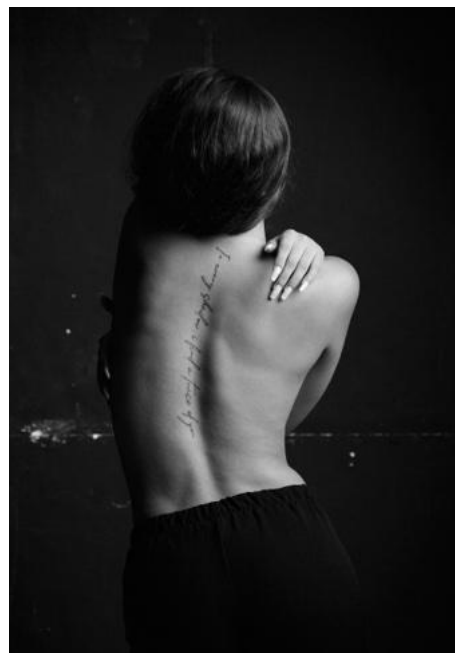


Among her standout achievements is her role in the Municipal and Regional Theatre production of "The Nutcracker," a vibrant theatrical and music-dance adaptation of Tchaikovsky's masterpiece, choreographed by Papadopoulou and Eugenia Psomiadou and directed by Maria Karazano.

Her dedication to her craft has earned Artemis numerous awards both in group and solo competitions, including multiple first-place titles at the Balkan Alliance and prestigious scholarships for advanced training in Italy.



Currently, Artemis balances her artistic pursuits with academic studies in the Department of Social and Political Sciences, continuing to build a promising future through passion, discipline and creativity, inspiring many in the dance community and beyond.



Images by Nikolas Mylonas Studio Loft & Artemis Iakovaki Archive

**ACHILLEAS MANOS
MODEL**



Article by Vassilios Nicolaos Vitsilogiannis
(IG: @vassiliosvitsilogiannis)

Achilleas Manos is a dynamic and versatile model with a portfolio of collaborations and runway appearances. Having showcased his talent alongside notable fashion figures like Pantazona and Billy Jo, he has also worked closely with established fashion houses such as Nikos-Takis and designers like Thodoris Tranoulis. His presence has extended to international markets, with fashion shows held in Serbia, Budapest, and Austria, showcasing his adaptability to diverse styles and audiences.



Beyond the runway, Achilleas has made his mark in the music industry by featuring in music videos for popular Greek artists, including Katerina Stikoudi, Christina Deli and Nikos Floriniotis. His ability to blend fashion and performance art adds depth to his modeling career.



In addition to contemporary fashion, Achilleas celebrated cultural heritage by participating in a fashion show centered around ancient Greek beauty, embodying the timeless elegance of classical aesthetics. His participation in the Star & Mr GS Hellas beauty pageants further attests to his charisma and stage presence. Overall, Achilleas Manos represents a fresh and promising figure in the fashion world, combining professional expertise with a rich cultural heritage.



Images by Spyros Aronis

TRENDY OUTFITS-WINTER 2025

Article by Kanella Vollari
Stylist (FB: @kanellavollari)





Although the weather hasn't gotten much colder yet, we are preparing our winter wardrobe and our unique outfits.

In this article, we will refer to the 10 most trending outfits of this winter.

1. Eco-friendly furs everywhere
2. Laces everywhere too
3. Brown color, for some, it's the new black
4. Pencil skirt, very feminine and flatters most body types
5. Nudity, bare parts of the body, despite the heavy winter fabrics
6. Leopard prints
7. Oversized coats and jackets
8. Soft handbags
9. Belts
10. Loafers

Of course, we can always create outfits combining more than one trend, such as a brown oversized coat with eco-friendly fur details paired with comfortable loafers!

Fashion this year is feminine yet comfortable. Create and enjoy!



Images by Online Sources

ANTWERP, BELGIUM

Article by Bill McJohn
Editor



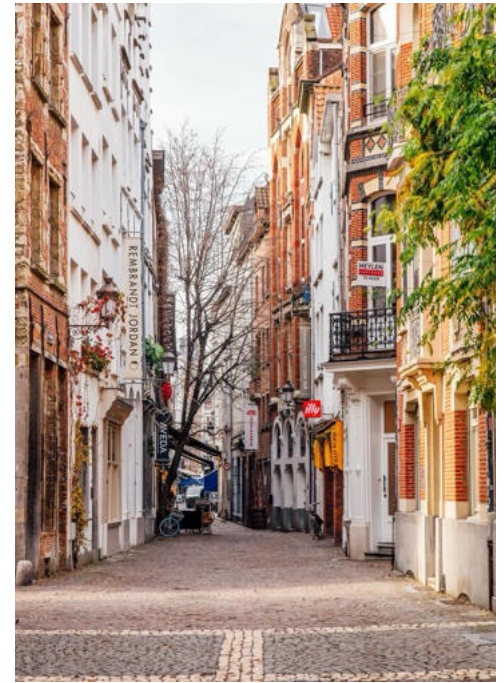
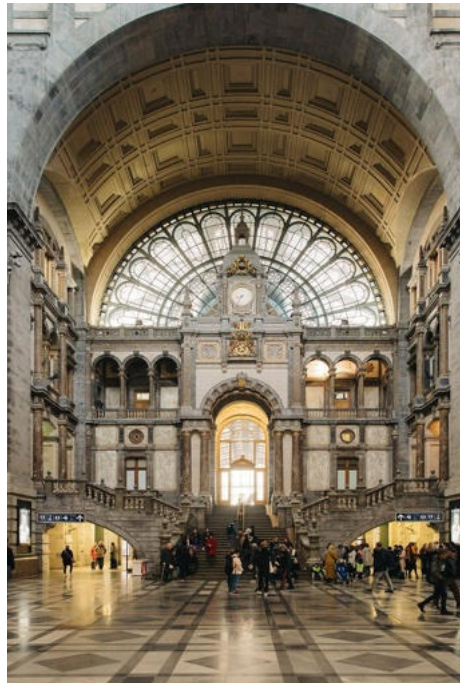
Antwerp, Belgium, is a vibrant city blending rich history with cutting-edge modern culture, making it an enticing destination for travelers. Known as Belgium's second city and the capital of Flanders, Antwerp boasts stunning architecture, notable museums and a lively urban atmosphere.

Visitors can explore the medieval Grote Markt square, home to the impressive City Hall and the striking Brabo Fountain. The nearby Cathedral of Our Lady showcases remarkable Gothic art and houses masterpieces by the famed painter Peter Paul Rubens.

Antwerp's bustling Central Station is a must-see, often recognized as one of the world's most beautiful train stations with its grand marble interiors.

The city also has a renowned diamond district, known globally as the diamond capital, offering a glimpse into the historic trade that shaped its economy.

For art and fashion enthusiasts, Antwerp is home to top-tier museums such as the Museum of Contemporary Art and the fashion-forward MOMU museum that reflects its reputation as a fashion capital.



Beyond its sights, Antwerp invites leisurely exploration with charming neighborhoods, cozy cafés and lively markets. Outdoor lovers can enjoy green spaces, the city zoo and even a nearby beach accessed through an Art Deco tunnel.

Whether interested in history, culture, shopping, or gastronomy, Antwerp offers a well-rounded travel experience full of charm and surprises. This city perfectly combines its medieval past with a modern, creative spirit to captivate every visitor.



Images by Online Sources

THE ACT OF SHARING: THE GASTRONOMY OF GRATITUDE AROUND THE WORLD

Article by Rafael Brunhosa
Gastronomy Chef



In every corner of the world, there are moments when people gather around the table not just to eat, but to give thanks. Whether in grand banquets or humble community meals, food becomes a universal expression of gratitude, love and connection. Sharing food is one of humanity's oldest and most profound rituals, rooted in appreciation for the harvest, loved ones and life's blessings.

In this article, we explore how different cultures celebrate thankfulness through culinary traditions, from the iconic American Thanksgiving to harvest festivals across Asia, Europe, Africa and Latin America.

United States: Thanksgiving and the Feast of Unity

Thanksgiving is one of the most emblematic holidays in the United States, celebrated on the fourth Thursday of November. Its roots go back to 1621, when English pilgrims and Wampanoag natives shared a meal to celebrate a successful harvest. Today, it's a national moment of gratitude, family unity and abundance at the table.

The traditional menu is a true mosaic of flavors: roasted turkey, cranberry sauce, mashed potatoes, pumpkin pie, sweet potatoes with marshmallows, cornbread and more. Each dish carries stories passed down through generations, and regional variations, like fried turkey in the South or oyster stuffing in the Northeast, reflect local heritage.

Typical dishes: Roast turkey with stuffing and pecan pie.

Curiosity: Over 46 million turkeys are consumed in the U.S. during Thanksgiving. The "Friendsgiving" trend has grown among young people, gathering friends to celebrate together.



Germany: Erntedankfest, the Harvest Festival

In Germany, *Erntedankfest* (Harvest Thanksgiving Festival) is celebrated in rural communities and churches, usually in early October. It's a Christian tradition of gratitude for the harvest, marked by parades, church services and shared food.

Decorative crowns and baskets overflowing with fruits, grains, and vegetables are displayed in public squares and altars. Typical foods include artisanal breads, cabbage dishes, roast meats, sausages and apple desserts. In some regions, bread shaped like wheat sheaves is gifted between neighbors.

Typical dishes: Schweinebraten (beer-roasted pork) and Apfelstrudel (apple strudel).

Curiosity: Some communities bring baskets of food to church to be blessed — a practice that dates back to ancient Roman harvest rituals.

Japan: Kinrō Kansha no Hi — Labor Thanksgiving Day

On November 23, Japan celebrates *Kinrō Kansha no Hi*, or Labor Thanksgiving Day, a national holiday post-WWII that honors workers and promotes human rights. Its origin, however, lies in *Niiname-sai*, an ancient ritual where the Emperor offered the first rice of the harvest to the gods.

Though not centered around formal banquets, families and communities prepare seasonal dishes like rice balls (*onigiri*), miso soup, grilled fish and simmered vegetables. Children write thank-you notes to professionals like mail carriers, teachers and doctors.

Typical dishes: Onigiri and Nimono (vegetables simmered in sweet soy broth).

Curiosity: Rice is a symbol of life and prosperity in Japan, holding spiritual value as a link to ancestral gratitude.



Brazil: Gratitude in Every Gathering

Although Brazil does not have an official “Thanksgiving Day,” the spirit of gratitude is present in countless family lunches and religious celebrations. One example is the *Harvest Festival* in evangelical churches and rural communities, where congregants decorate temples with fruits, vegetables and grains in thanks to the land.

Beyond religious celebrations, the Brazilian table is naturally welcoming. Sunday lunches, birthdays, barbecues, and year-end dinners are all moments where food represents love and generosity. Hospitality is expressed through abundance and the sincere desire to feed and gather.

Typical dishes: Feijão tropeiro and Country Chicken Rice.

Curiosity: It's common for hosts to say “this house is yours,” expressing full hospitality through food and home.



India: Pongal — South India's Harvest Celebration

Mainly celebrated in the state of Tamil Nadu, *Pongal* occurs in January and lasts four days, honoring the Sun God and giving thanks for the harvest. It is one of the region's most important festivals.

Families cook outdoors a namesake dish called pongal, rice boiled with milk and jaggery, which is allowed to overflow from the pot as a symbol of abundance. It's also a time to gather neighbors, perform folk dances and decorate homes with colorful rice floor designs (*kolam*).

Typical dishes: Sweet Pongal and Ven Pongal (savory version with ghee and spices).

Curiosity: When the milk boils over, families clap and shout “Pongalo Pongal!” to invoke good fortune for the year.

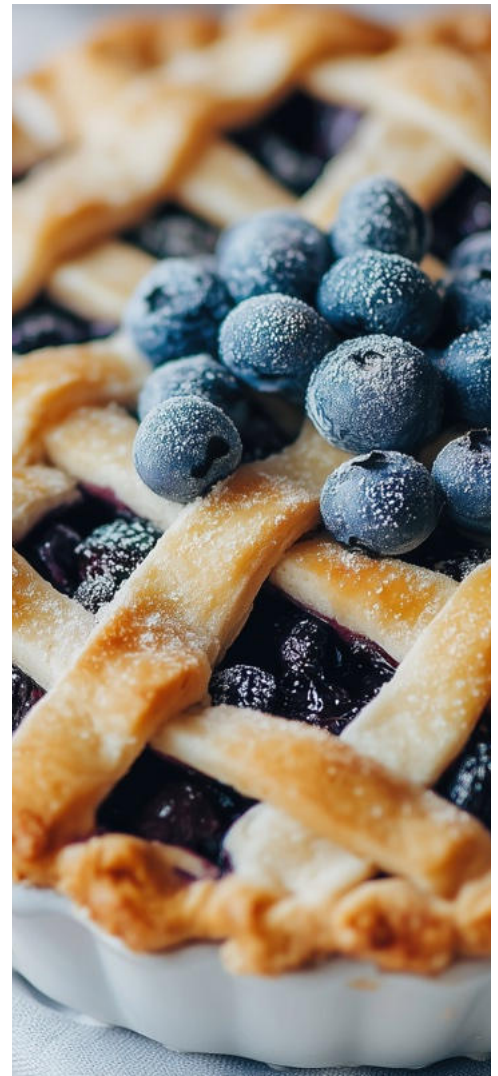
Canada: Thanksgiving with a Northern Touch

In Canada, Thanksgiving is celebrated on the second Monday of October. The tradition dates back to 1578, when explorer Martin Frobisher held a thanksgiving ceremony for surviving a perilous Arctic journey.

Canadian Thanksgiving is similar to the American one, but occurs earlier due to climate. Tables are filled with roast turkey, mashed potatoes, cranberry sauce and pumpkin pie. In some provinces, autumn berries like blueberries are added to pies and preserves.

Typical dishes: Blueberry pie and Butter Tarts.

Curiosity: Unlike in the U.S., Canadian Thanksgiving is less commercial and more centered on nature and family gatherings.





Brazilian Recipe: Country Chicken Rice with Turmeric

A comforting dish perfect for large gatherings, country chicken rice is traditional in rural celebrations across Brazil. It carries the flavors of the land, togetherness and the gratitude of sharing.

Ingredients:

- 1 free-range chicken, cut into pieces
- Juice of 1 lemon
- 3 garlic cloves, minced
- 1 chopped onion
- 2 tbsp oil or lard
- 1 tsp turmeric (curcuma)
- 2 cups of rice
- Salt, black pepper and chopped parsley to taste

Instructions:

- Marinate chicken with lemon, garlic, salt, and pepper for 30 minutes.
- In a large pot, sauté onion and turmeric in oil.
- Add chicken pieces and brown them.
- Add rice and hot water to cover. Cook until rice is tender and broth is absorbed.
- Finish with parsley and serve hot.

Serving suggestion: Serve in large trays at the center of the table, accompanied by green salad and cashew juice. Ideal for family or community celebrations.



Gratitude Through Flavor and Presence

No matter the country or culture, cooking and sharing food is one of the deepest gestures of gratitude. Whether through roast turkey in the U.S., symbolic breads in Germany, sacred rice in Japan, or heartfelt dishes in Brazil, giving thanks is cooking with heart.

In a fast-paced world, sitting at the table, serving, listening, and sharing is an act of presence. It's there that we exchange stories, flavors and affection, one bite at a time.

This year-end, light a candle, cook with love, set your table with joy and give thanks for everything that brings you together.

Bon appétit. Thank you. Danke. Arigatō. Medaase. Pongalo Pongal!



Images by Rafael Brunhosa Archive

THE POWER OF FORGIVENESS

Article by Sotiris Zafeiris
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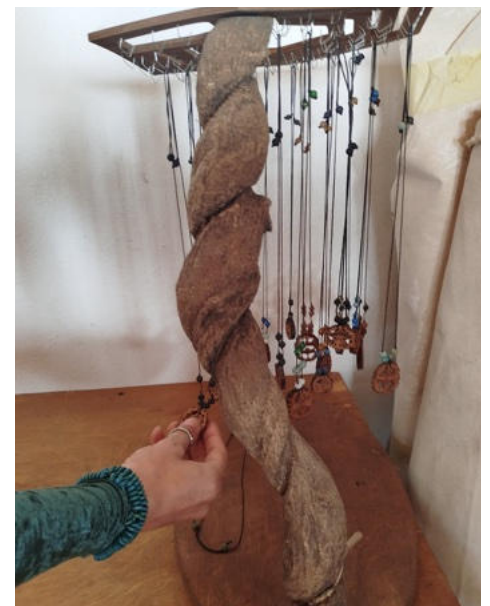
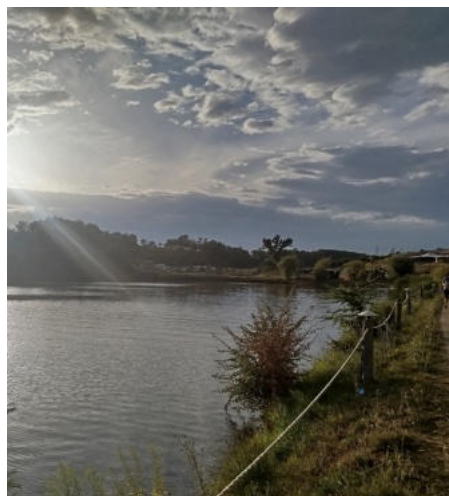
Forgiveness is not merely an act, it is a state of Being. It is the sacred breath that dissolves the walls between souls, the invisible bridge that connects hearts once divided by misunderstanding. When you forgive, you remember your essence. You remember that before the stories, before the pain, there was only Light, infinite, radiant, whole. Forgiveness does not mean forgetting, nor does it mean condoning what has been done. It means you are choosing to see from a higher lens, to perceive the Divine plan unfolding even through the shadows. For every soul that crosses your path is a mirror, reflecting to you a part of your own consciousness seeking to return to harmony. When you forgive, you return to Oneness. You take the fragmented pieces of your being, the hurt, the anger, the sorrow and gently place them back into the heart of Love. You no longer fight against life. You begin to flow with it, like a river returning to its source. And it is there, in that return, that you rediscover your true power. Not the power of control, nor of dominance, but the power of Presence, the luminous awareness that transforms everything it touches.



Forgiveness is the alchemy of the soul. It takes the lead of pain and transmutes it into the gold of wisdom. It opens the inner temple where the Divine resides, where you and the other are not two, but One, both expressions of the same cosmic breath. When you forgive yourself, you reclaim your innocence. You embrace the parts of you that have been waiting for your love, the scared child, the uncertain dreamer, the seeker who sometimes lost the way. You whisper to them: "You are safe now. You did your best. You are loved." And in that whisper, your entire being exhales. The tension dissolves. The heart expands. And suddenly, you realize, you have always been whole.

From this space of wholeness, your presence becomes medicine. Your very being becomes a blessing to others. Your words, your touch, your silence, all carry the vibration of peace. You become a living channel of forgiveness in the world, a reminder that Love is always stronger than fear. This is how we heal the collective field, not through resistance, but through remembrance. Through the sacred act of forgiving, again and again, until forgiveness is no longer an action, but our natural state of Being.

So, forgive. Forgive with the tenderness of your heart. Forgive until nothing remains to be forgiven, until only Light remains. And as you do, the world within you and around you begin to transform. The new Earth is born, not from force, but from the luminous power of a heart set free. Always Shine Bright.



Images by Sotiris Zafeiris Archive & Online Sources

AHEPA MARATHON MILTIADES HONORS MARATHON RUNNER SIFIS TZOUGANAKIS

With deep emotion and pride, the AHEPA MARATHON MILTIADES Chapter today honored marathon and track athlete Sifis Tzouganakis, a true symbol of strength, faith and resilience.

Having undergone a kidney transplant, Sifis continues to compete, to run and to inspire, driven by his vision to break the world record in the 400 meters at the 2027 World Transplant Games in Brussels.

President George Vermbis, Secretary General George Tzanetis and Chairman of the Athletics Committee John Venetis officially announced the adoption of athlete Sifis Tzouganakis and his coach George Loufekis by AHEPA MARATHON MILTIADES, committing to stand by their side in tangible and meaningful ways:

By ensuring their visibility and public recognition through partner media outlets and communication networks, including Liquid Media.

By undertaking the search for and coordination of sponsorships to support their training and participation in pursuit of this remarkable goal.



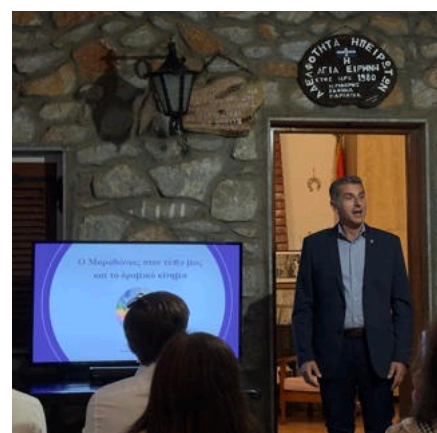
AHEPA extends gratitude to Nikolas Papazisis, CEO of Theseas Rehabilitation Center, who embraced this initiative from the very first moment and became its official supporter.

AHEPA gratitude also goes to Sylvia Ralli, CEO and owner of MED ATHENS, as well as to Vassilios Nicolaos Vitsilogiannis, Communications and Advertising Consultant, for their generous support of this endeavor.

This initiative forms part of the broader vision of AHEPA MARATHON MILTIADES, which, through cultural, athletic and philanthropic activities, promotes the enduring values of Hellenism, excellence and human transcendence.

Sifis Tzouganakis stands as a living testament to the truth that real victory is not found upon the podium, but in the indomitable strength of the human spirit. His story is a profound reminder that life is not measured by the challenges we face, but by the courage with which we continue to run.

AHEPA MARATHON MILTIADES calls upon all citizens, institutions, businesses, and organizations to support this effort.



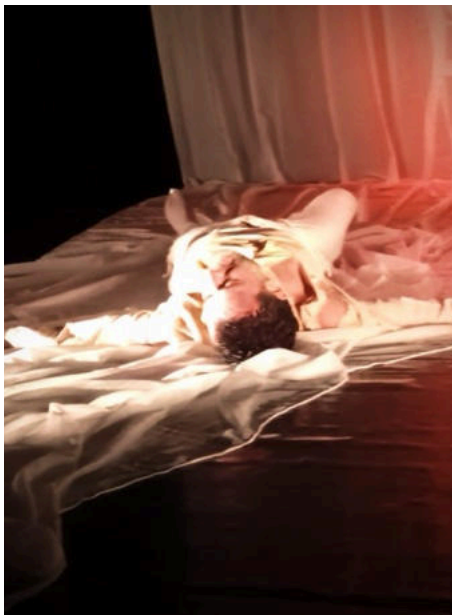
Images by AHEPA Archive

SPEEPING CHALEPAS THEATRICAL PLAY

Fashion editor Kanella Vollari attended and watched the riveting performance “*Sleeping Chalepas*.”

With a gripping text by Angelos Andreopoulos, stunning direction by Alexandros Liakopoulos and a breathtaking, every-second performance by Giorgis Kontopodis. Kontopodis’ performance maintains a high emotional intensity throughout the entire production. His commanding presence offers a theatrical journey that is powerful, minimalistic and deeply human.

Actor Giorgis Kontopodis is nominated for the “Karolos Koun” Award for Acting in this specific play, for his extraordinary performance in the legendary production about the life of Yannoulis Chalepas. It is the tragic, true story of a great artist who, throughout his life, from early childhood to his late years, paid the price of his need for creation and expression, that inhuman curse every true artist faces.



Images by Kanella Vollari Archive

23RD VEXILLUM-GIUSEPPE SCIACCA AWARDS

The 23rd “Vexillum – Giuseppe Sciacca” International Awards Ceremony took place at the historic Palazzo della Cancelleria, bringing together prominent figures from the realms of religion, politics, academia and diplomacy from around the world. Organized by Fondazione Vexillum, the annual event honors individuals whose work reflects excellence, service to humanity and the core values embodied by Giuseppe Sciacca, the young man whose legacy of Christian ethics and moral integrity inspired the creation of the awards.

Cardinal Raymond Leo Burke, Honorary President of the Vexillum Foundation, opened the ceremony with an address that underscored the enduring relevance of Sciacca’s values in an increasingly complex global landscape.

Honoring Excellence in Science and the Arts

The Scientific Research Award was presented to three distinguished recipients.

Hanne Biesmans of Belgium/Sweden, a researcher at Linköping University, was recognized for pioneering advances in “soft and injectable electrodes,” technology that promises safer and more effective neurological treatments.

Lemana Spahic of Bosnia and Herzegovina was honored for her work with drug-coated balloons in treating peripheral artery atherosclerosis and for her doctoral research integrating artificial intelligence into fetal ultrasound diagnostics.

Greek neuroscientist and acclaimed pianist Marianna Kapsetaki received recognition for innovative research

into memory after stroke, eating disorders in musicians and the neuropsychology of facial recognition.

In the field of music, the Music Award was presented to Paul Fey of Germany, an organist, composer and digital artist with a significant international footprint in liturgical music and European festivals.



Special Awards for Humanitarian, Scientific, and Cultural Contribution

The Special Jury Awards highlighted achievements spanning engineering, medical science, humanitarian service and philanthropy.

Croatian scholar Professor Ivica Smojver was honored for his research into aircraft safety through the development of self-healing materials inspired by natural biological processes.

Italian oncologist Professor Pierfrancesco Tassone received a distinction for his contributions to immunotherapy for blood cancers, particularly through monoclonal antibodies and microRNA-based treatments.

Italian Air Force Colonel Davide Verdolini was recognized for his key role in the humanitarian mission “Solidarity Path Operation 2,” which distributed 100 tons of food to civilians in Gaza.

A posthumous award was also presented to Father Mario Pesce SJ (1917–2006) for his foundational work with the charitable organization “Gruppo India,” developed in collaboration with Mother Teresa.

Cultural Achievement and the Prestigious Absolute Award

The Culture Award “San José Sanchez del Rio Martire” was bestowed upon Cardinal Angelo Comastri in recognition of his extensive pastoral service, theological contributions and literary work that bridges faith and contemporary cultural dialogue. The award was presented together with the institution’s ceremonial ring, crafted by the house of Poniros.

The evening’s highest honor, the Absolute Award (Premio Assoluto), went to Romanian artist Lorelai Alberta Mosnegutu, who has gained international acclaim for her exceptional artistic abilities despite her disability. Writing, painting and playing the piano with her feet,



Mosnegutu rose to prominence after winning *Romania’s Got Talent*. Her award was celebrated as a powerful symbol of resilience, creativity and hope for young people worldwide.

Distinguished Guests and International Presence

This year’s ceremony drew an impressive roster of attendees, including internationally celebrated molecular oncologist Dr. Linda Malkas, Princesses Maria-Pia and Giacinta Ruspoli, Greek Embassy officials in Rome, cultural figures, researchers and business leaders. Notable Greek attendees included Embassy officer Eleni Kostopoulou, Military Attaché Athanasios Lekos, actor Giorgos Angelopoulos and his wife Dimitra Vamvakousi, journalist Klelia Charisi and entrepreneur Konstantinos Delis.

Event Sponsors and Creative Direction

The event and the Greek delegation were supported by Aegean, Poniros, FlexCar, FlexAuto, Labochem, VCM Productions and Framereel. The styling of the Greek delegation was curated by designers Prince Erotokritos (for Mrs Vicky Bafataki), Daphne Valente (for Ms Katerina Nikou), Katerina Saakidou (for Ms Theano Karatsiumbani) and Nikos Apostolopoulos (for Mr Giorgos Angelopoulos).



Images by Vicky Bafataki Archive

HARMONIKA

The successful “HARMONIKA: Weaving The Thread of Life” event took place at the National Theater-School of Athens-Eirini Pappa and it was a unique high-profile artistic experience blending theater, fashion, music and technology through 3D mapping.

At the core of this interdisciplinary event titled “Harmonika-Weaving The Thread of Life” was an impressive installation that was transformed using cutting-edge technology. For the first time in Greece, the National Theater-School of Athens-Eirini Pappa was artistically reimagined by director and artistic director Antonis Sotiropoulos via 3D mapping and video projection, turning the venue into a holistic work of art conceived by Ioanna Patsoulaki. The dazzling visual intervention dressed the space, creating an unprecedented atmosphere and dynamic stage environment.



The spectacular installation welcomed the audience into the world of Harmonika under the theme “Weaving The Thread of Life.” It unfolded in three parts, weaving together a shared narrative: a journey connecting soul, garment and technology. The work of Fai Hatzi featured a loom and natural herbs integrated into fabric elements by The Botanical Project. This blended seamlessly with the fashion installation by Line planet, a photographic collage of Eirini Pappa by SAEK Alpha, the virtual reality experience VR Planet and a performance by Paula Lakah.

The theatrical segment “Eirini-The Legacy” served as a symbolic passage of the thread from past to future, honoring the memory of Eirini Pappa. Performances by Iro Moukio, Evgenia Panagopoulou, Anna Tsoukala and Stelios Kehriotis brought this moving tribute to life.

In “Weaving The Thread of Life-Music Convergence,” the Athens Music School, with Sonia Charalampidou and her students, presented ancient Greek instruments as poetic language. Soprano Despoina Skarlatou and tenor Christos Delizonas added emotional depth and intensity to the show.



The “Body-Technology” section featured choreographer Smaro Kepaptsoglou and the Step Dance school with a ritual performance using symbolic scarves from the Tsakiri Silk Art Museum. Simultaneously, the audience saw activities involving model statues. Maria Olga Vlachou introduced innovative digital embroidery technology, while Vasilia Niles AI Fashion showcased garments created with artificial intelligence.



Prominent personalities and models presented creations from Line planet, Fai Hatzi, The Botanical Project, To Nima, SkinIt, Daphne Votanopoulou, August Showroom, Ioannis Skouloudis and Chara Papadimitriou. The haute couture art défilé culminated with designs by Achilles Taktikos and the men’s fashion Giannetos House.



Costumes were crafted by Vasso Tsikou, Line planet and Fai Hatzi; jewelry was by Vasilis Moralis; sandals were by Greek Chic Handmades; and models were represented by Happy People agency.

Organizers and contributors included Ioanna Patsoulaki (curator and organizer), Antonis Sotiropoulos (director and 3D mapping artist), Maria Delikostantinou (assistant director), Markella Saraicha (communications), Antzy Nomikou (public relations) and Vasilis Kontogiorgos (event coordination).

The event was supported by Step Dance, Design Art Academy, Freddy MakeUp Stage, SAEK ALFA, Fashion Consulting Agency Faim and Knitfil. Food and beverages by Violanta, Water Fresh and Pizza Fan.

The pioneering fusion of art and technology promised attendees a vibrant sensory journey celebrating life’s continual weaving through creative expression.



Images by Nikos Nikolaidis & Petros Athanasakos

GNOSI EN DRASI EVENT

A wonderful evening full of energy and emotion concluded with complete success! The “Gnosi En Praxi” (translation: Knowledge In Action) event was held at the “Kali Kardia Tou Nikola” tavern, located in the central square of Rafina, and was filled with smiles, music and networking, proving that when participation and collective spirit exist, Knowledge...turns into Action!

The evening was honored by the distinguished presence of the Deputy Regional Governor of East Attica, Mr. Dimitris Damaskos, whose support and genuine interest in local initiatives highlight the importance of cooperation among organizations, citizens and the Region for strengthening social cohesion and development in East Attica. Many mayors, deputy mayors and local authorities also attended, emphasizing the community's shared commitment to progress.

This festive gathering showcased the power of collaboration and the vibrant spirit of Rafina, setting an inspiring example of how knowledge and action combine to create meaningful change in the region.

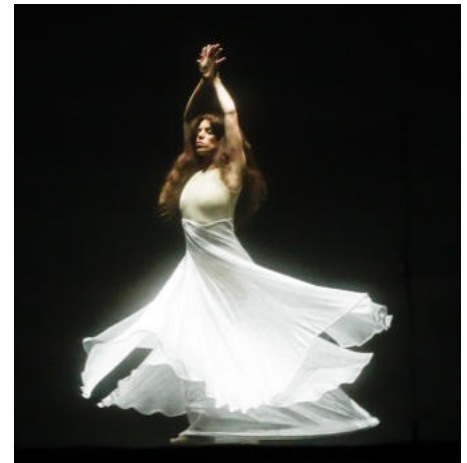


PIERRE CARDIN: THE DANCE OF GALAXY

The Pierre Cardin event "The Dance Of Galaxy" took place on October 4, 2025, at the Christmas Theater in Athens, Greece. This spectacular avant-garde dance performance, created by the legendary fashion house of Pierre Cardin, narrates the cosmic story of the genesis of the sun and stars through captivating dance and visual spectacle. The show features renowned dancers, including star Roberto Bolle, étoile of La Scala Milan and principal dancer of the American Ballet Theatre, alongside prima ballerina Tatiana Melnik and the Nuovo Balletto Di Toscana troupe. The performance captures the grandeur of the galaxy's dance, inspired by Cardin's visionary haute couture designs, marking one of his final artistic legacies, showcased after its premiere at the Paris Opera Garnier.



Adding a philanthropic note to the evening, Maro Kesesioglou, president of Greek Action in Africa, a nonprofit aiding African causes since 1980, was highlighted for her tireless fundraising and humanitarian support. Her presence underscored the event's blend of art and charity, celebrating both cultural grandeur and global humanitarian efforts in Athens.



Images by Angelos Maniatis

DRAGOȘ BĂDOI AT RADIO DEEA 28TH ANNIVERSARY

On the 28th anniversary of Radio Deea, the stage at Club A Zero in Agronomie, Bucharest, became a melting pot of musical synergy as Angello T and Dragoș Bădoi took center stage.

Dragoș Bădoi, known for his diverse career as the vocalist of Direcția 5 and collaborations with iconic artists like Phoenix and DJ Marika, brought his distinct rock-influenced voice to the celebration. Angello T., a dedicated electronic music producer and remixer, as well as the founder of Electronic Waves Records, infused the event with his expertise in trance and dance music. Their collaboration, rooted in a 2012 remix of DJ Marika's "These Are The Times," blossomed anew at the event, premiering a trance version of the song that symbolized Dragoș's embrace of trance vocals.

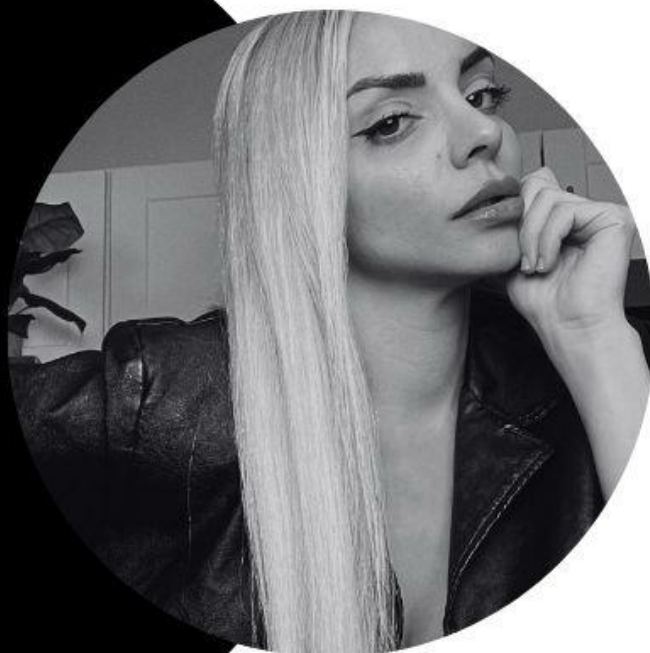
This moment marked not only a fusion of styles but also a handshake into the trance music family, with promising musical projects ahead, including Dragoș's upcoming trance track with international Romanian producer Airnova. This anniversary was a true celebration of evolution and collaboration in the music industry.



Images by Sotiris Zafeiris Archive

ZODIAC READINGS

NOVEMBER 2025



TAROT READINGS BY S

ARIES

Something is coming to an end and may bring disappointment but also closure. You are very strong and capable of overcoming the obstacles. Trust your gut feeling.

TAURUS

Family happiness! Even if things aren't perfect right now, family matters will improve and bring success this month. For some of you, this may mean that family members reunite after a long time. Kind and supportive people close to you will also be there to help when you need them.

GEMINI

All the energy you were lacking in previous months seems to return to you now. You become more sociable and active, leaving any negativity behind as you grow and evolve. You're surrounded by good friends and loved ones, and everything seems to work in your favor.

CANCER

First Meaning: this month, you resist change.

But change is inevitable, and in order to be successful, you need to show to the world who you truly are.

Second Meaning: you're putting in a lot of effort to fix your relationship. There are things that hurt you deeply, but you're doing everything you can to be happy with your partner.

However, remember that some things may never change — they might stay the way they've always been. What you need to do is be open to meeting new people and engaging more with others.

It's either you pick the first or the second meaning according to what resonates with you the most. You can't choose both.

LEO

First Meaning: others may put a lot of pressure on you, making it hard to decide what's truly best. Your vision may become blurry, so listen only to yourself. Show the world how powerful you are. At the same time, pay attention to the words of your enemies — in the end, it could benefit you.

Second Meaning: a breakup with your significant other is ahead, but very soon, someone new will enter your life — either from your past or someone you've just met.

It's either you pick the first or the second meaning according to what resonates with you the most. You can't choose both.

MONTHLY INSIGHT

November is very intense and passionate. People from your past are finding their way back to you.

Always read your ASCENDANT, MOON, VENUS and MC for a more accurate prediction.

ASCENDANT: It shows how we present ourselves to the world, the first impression we make on others and our life approach.

MOON: It shows how our emotional world is represented, our inner self and how we process feelings.

VENUS: It shows our approach to love, partnership and money.

MC: It shows our career and professional life.

VIRGO

First Meaning: this month, by using your own skills and strategies, you'll find new ways to resolve your issues. Go ahead — success is very close. Stay away from addictions.

Second Meaning: you've been hurt for so long, but a new love is coming your way! All wounds will heal.

It's either you pick the first or the second meaning according to what resonates with you the most. You can't choose both.

LIBRA

Health issues are at the center of your attention this month. It's nothing you can't handle — it may concern either you or a loved one. Stay strong, and everything will return to normal soon.

SCORPIO

The faith you have in yourself will definitely lead you to success this month. You're full of energy, and it feels as if everything is working in your favor to help you achieve your goals.

SAGITTARIUS

You need to take a step back and try to control your impulses and strong ego, because if you don't, you may face many confrontations with people close to you.

CAPRICORN

You receive a lot of admiration this month — people love being around you. Your friends are drawn to you, and many are coming your way. You have all the space you need to grow and show how powerful you truly are.

Your love life also blossoms, bringing warmth, harmony, and deeper connections.

AQUARIUS

Your love life is at the center of attention this month. You're definitely in control and getting everything you want. Your partner feels very passionate about you. For some of you, this may indicate that a secret or forbidden relationship could blossom — one where you'll have the upper hand. For others, it may mean that the relationship you're in will rekindle its passion and excitement.

PISCES

First Meaning: you really need to control your egotistical tensions this month, as they may make you feel exposed or lead you to do something you might later regret. Try not to draw too much attention to yourself and stay humble. Avoid unnecessary drama or showing off.

Second Meaning: your romantic partner is still in love with you. If you've been apart, there's a strong chance of reconciliation. If you're already together, passion will reignite between you.

It's either you pick the first or the second meaning according to what resonates with you the most. You can't choose both.

For a personal tarot reading email me here:
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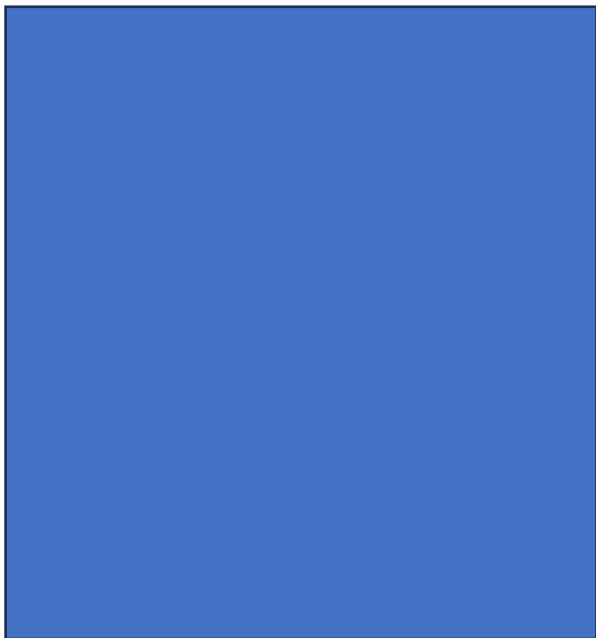
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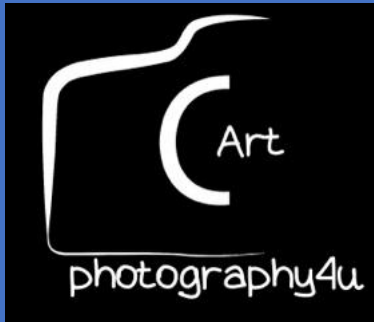
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