



CANADIAN AHEPA FAMILY

ORDER OF AHEPA · DAUGHTERS OF PENELOPE
SONS OF PERICLES · MAIDS OF ATHENA

10

Year Impact Report

2016 – 2026

A decade of service across Canada. Rooted in Hellenic values, built for the next generation.



\$988K+

Given directly to communities,
students and programs

\$1.099M

Raised with partners in Regina for
health care



A record of service. A responsibility to continue.

“Service is how legacy becomes visible.”

Ten years of Canadian AHEPA service cannot be captured in a single number. It lives in a promise kept to a hospital, a student supported by a scholarship, a meal prepared for a neighbour, a community institution made stronger and a story preserved for the next generation.

This report brings that record together for the first time. We celebrate generously and we count carefully. Every dollar in these pages was traced to a filing, a cheque or a recipient, and shared results are shown as shared.

It is both a thank you and an invitation. The first decade shows what this Family can do. The next one depends on who chooses to join us.



On behalf of the Canadian AHEPA Family,

Anastasios Moussas

PRESIDENT, CANADIAN ORDER OF AHEPA



Canadian AHEPA gathering, Ottawa, January 2026.

THIS RECORD BELONGS TO

Every Brother, Sister, Son and Maid, and every volunteer, donor, family, chapter officer, partner and recipient who answered when a community called.





HOW TO READ THIS REPORT

Money given directly and money raised with partners are shown side by side, never added together. Pledges count only once paid. Food, equipment and volunteer time are reported as what they are.

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OUR FIRST DECADE

The decade at a glance

From hospital wards in Ottawa and Montreal to classrooms in Calgary and a gala hall in Regina, the Canadian AHEPA Family turned Hellenic ideals into practical help, year after year.

Montreal and Regina results are shown to honour those traditions. They are not added to the \$988K direct total.

\$988K+

GIVEN DIRECTLY

To communities, students and charitable programs, 2016 to 2026

\$1.099M

RAISED TOGETHER

In Regina with community, sponsor and hospital partners

\$524K+

ONE TRADITION

Raised across eight editions of Montreal's St. Valentine's Ball

17

CHAPTERS

Order of AHEPA chapters across three Canadian districts

16

HOSPITAL BEDS

Sent from CHEO to AHEPA Hospital in Thessaloniki

4,180+ lb

FOOD COLLECTED

For neighbours in need through Ottawa food drives

54

FOOD BANK SHIFTS

Sorting shifts by Ottawa's Daughters of Penelope

7

TOURNAMENTS

Editions of the Hellenic History Tournament since 2018

4

CANADIAN WOMEN

Elected to lead international AHEPA Family Orders

70+

YOUNG ATHLETES

GTA children in AHEPA youth basketball, 2025–2026

18

NEW SONS

Young men initiated into Toronto's Sons of Pericles, 2025

40+

YOUTH MEMBERS

In Regina's reinstated Sons and Maids chapters

Sources: AHEPA Family Charitable Foundation of Canada CRA filings; chapter, recipient and President reports. Full register on page 27.

One Family. Four Orders. One Canadian mission.

Different generations, one shared purpose: education, philanthropy, civic responsibility, family and individual excellence, and service to community.



Order of AHEPA

FOUNDED 1922 • IN CANADA SINCE 1928

The founding Order. Men of Hellenic heritage and Philhellenes committed to education, philanthropy and civic life.



Daughters of Penelope

FOUNDED 1929

The women's Order. Daughters chapters power much of the Family's hands on service, from food banks to hospital wards.



Sons of Pericles

FOUNDED 1926 • 100 YEARS IN 2026

The young men's Order. Leadership, brotherhood and service for the next generation.



Maids of Athena

FOUNDED 1930

The young women's Order. Two Canadians have led it internationally in this decade.

Photographs: Canadian AHEPA Family archive, Order by Order.

2016 to 2020: building the pattern

Practical help, educational opportunity and stronger community institutions, established early and repeated.



2016

- ◆ 16 hospital beds from CHEO placed in service in Thessaloniki
- ◆ Montreal Ball raises \$52K for Summit School
- ◆ Regina raises \$85K for palliative care
- ◆ London Daughters give \$12K to the Hellenic Centre

2017

- ◆ Family Foundation files \$43,775 in charitable outlays
- ◆ Montreal Ball supports the Jewish General Hospital neonatal unit
- ◆ Montreal Children's Hospital and Summit School supported through Foundation gifts

2018

- ◆ Montreal Ball raises \$76K for Summit School
- ◆ District 26 awards \$15K to 14 students
- ◆ First Hellenic History Tournament
- ◆ Calgary's Tatiana Tsapraillis elected Maids Grand President

2019

- ◆ Montreal Ball raises \$137K for Montreal Children's Hospital
- ◆ Ottawa gives \$10K to the Greek School
- ◆ Toronto gives \$5K to Jake's House
- ◆ Celia Kachmarski, first Canadian DOP Grand President

2020

- ◆ Montreal Ball raises \$65K for Montreal Children's Hospital
- ◆ Toronto delivers Easter food relief to Greek families
- ◆ #IStandWithGreece reaches 1M+ impressions
- ◆ Chapters keep serving through the pandemic

Sources: Foundation filings; Canadian Order, district and chapter reports; recipient records; AHEPA HQ releases.

2021 to 2026: deeper and stronger

A national Family returning from disruption with larger partnerships, renewed youth orders and better records.



2021

- ◆ Ottawa golf: **\$10K** for Greek Schools, 116 golfers
- ◆ Montreal Sons of Pericles reactivated
- ◆ Service continues in a year without a Ball

2022

- ◆ **\$26K** announced for the McGill AHEPA Prize in Hellenic Studies
- ◆ Tournament: **14 teams**, \$4,500 in prizes
- ◆ Emergency supplies for Ukraine

2023

- ◆ Regina raises **\$250K** for hospitals
- ◆ Ottawa Food Bank: **\$10K+** and 4,050 lb
- ◆ Calgary gives **\$30K** to its Greek School
- ◆ Pier 21 plaque unveiled; Halifax reinstated

2024

- ◆ Ottawa raises **\$50K** for Dave Smith Youth Treatment Centre
- ◆ Regina raises **\$214K** for health care
- ◆ Margaret Dritsas, second Canadian DOP Grand President
- ◆ Regina Sons and Maids reinstated

2025

- ◆ Regina raises **\$300K**
- ◆ Foundation awards **\$8,500** to five students
- ◆ Toronto Sons initiate **18** young men
- ◆ Toronto pays **\$10K** toward its Hellenic Home pledge

2026

- ◆ Ottawa completes **\$50K** cancer research pledge
- ◆ Toronto gives **\$50K** to the Gennadius Library
- ◆ District 26 awards **\$28K**; Calgary **\$30K**
- ◆ Cristina Saavedra-Mamounis, Maids Grand President

Sources: Foundation filings; Canadian Order, district and chapter reports; recipient records; AHEPA HQ releases.

02

SECTION 02

Our impact in numbers

The strongest record is not one inflated total. It is a clear account of what we gave, what we raised with partners, and what we gave in time and care.

\$988K+

GIVEN DIRECTLY

\$1.099M

RAISED WITH PARTNERS

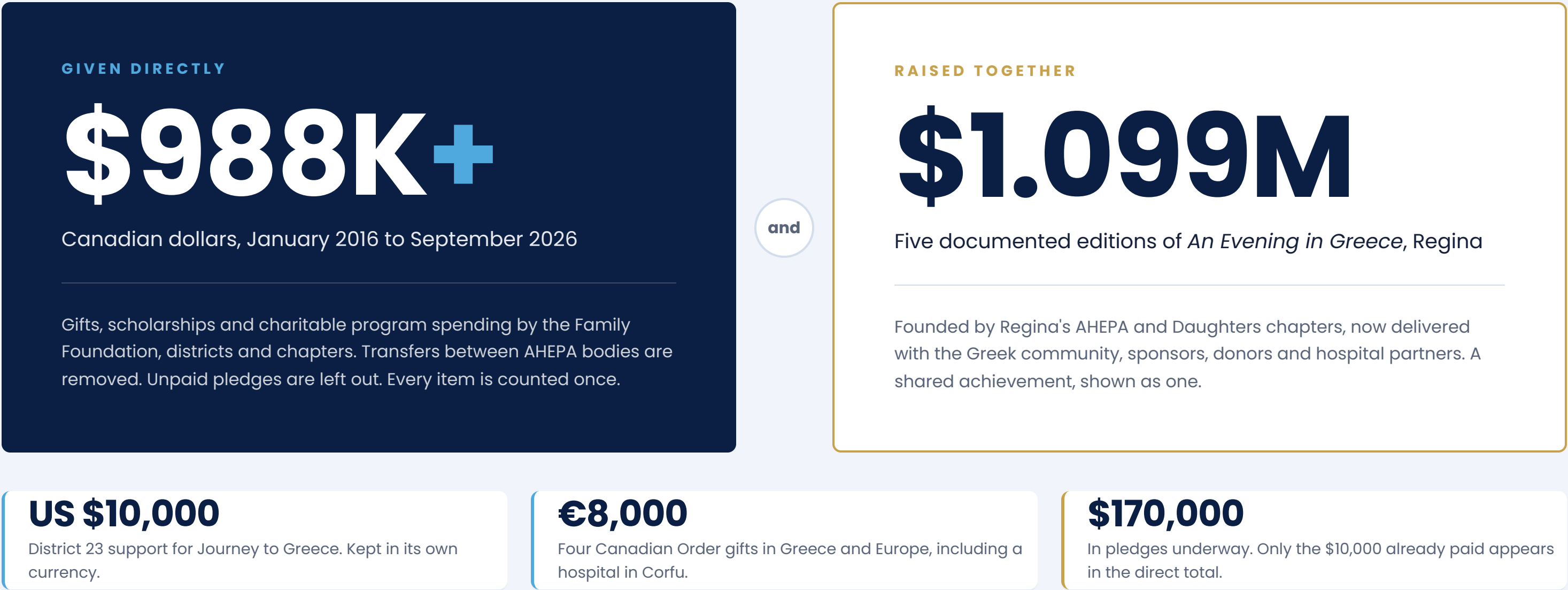
11

COMPONENTS, EACH
COUNTED ONCE

\$988K

Two layers of impact. One honest picture.

Money we gave directly and money we raised alongside partners are both worth celebrating. They are shown side by side, and never added together.



Neither figure is an audited consolidated statement. Both are built from filings, cheques and recipient records. Method on page 27.

Where the \$988K came from

Eleven components, reconciled against each other so that nothing is counted twice.

WORKING TOTAL

\$988,277

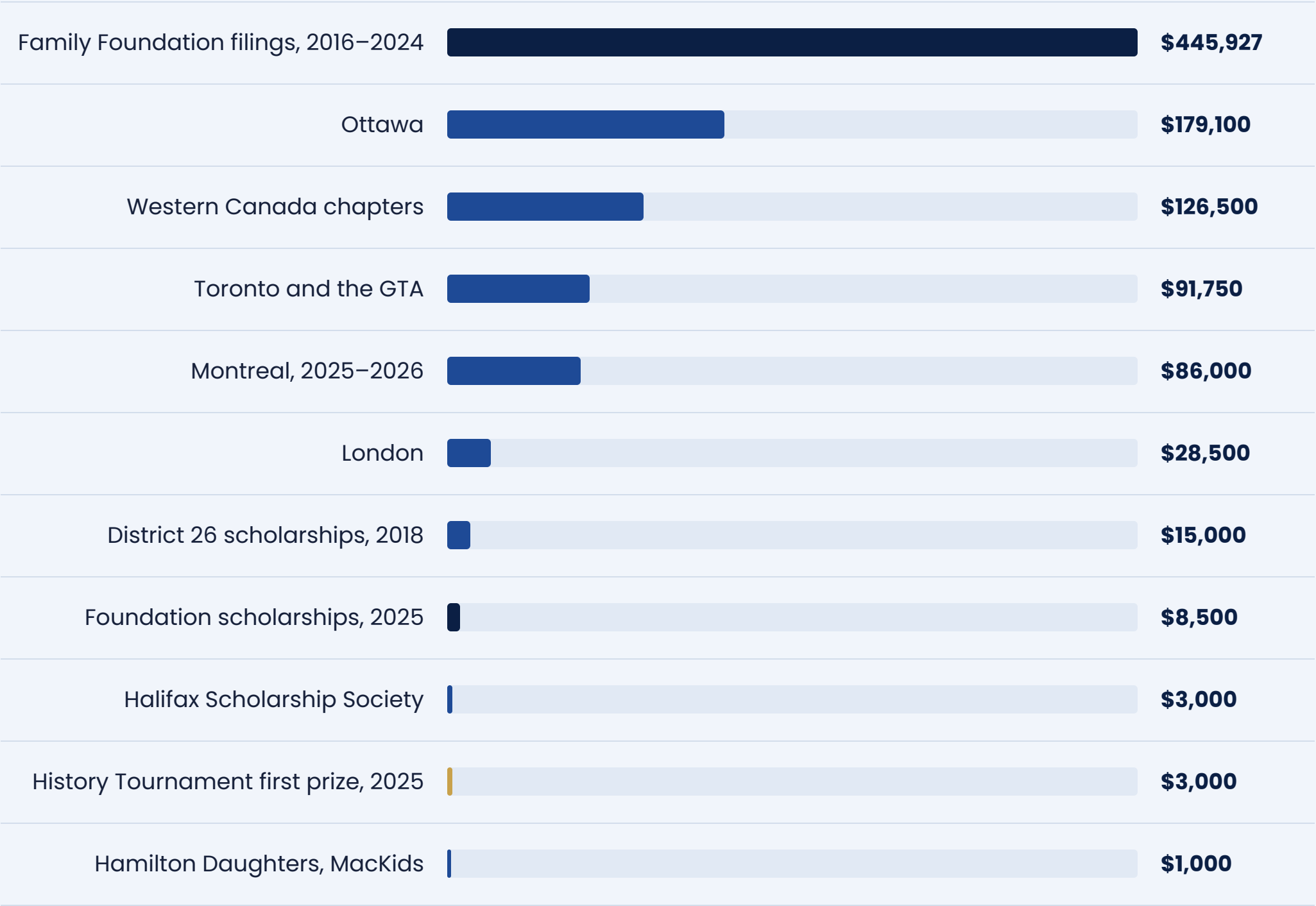
Published as “more than \$988,000” while chapter and Foundation ledgers are finalized.

54%

came through chapters and districts

More than half of the total was raised and given locally, by members who know their communities best.

■ Foundation ■ Chapters and districts ■ National



Not included here: the Regina partnership, transfers between AHEPA bodies, unpaid pledges, US dollar and euro support, and donated goods or time. Montreal Ball results for 2016–2024 sit inside the Foundation filings.

03

SECTION 03

Health and human dignity

Care becomes visible when a commitment is completed, equipment reaches a hospital, or a community gathers around someone facing a difficult moment.

\$1.099M

REGINA HOSPITAL
PARTNERSHIP

\$100K

OTTAWA HOSPITAL AND
YOUTH RECOVERY

16

BEDS FOR THESSALONIKI



Following through on every commitment

\$179,100 documented direct results, 2019–2026



March 2026: the final \$18,000, completing AHEPA Ottawa's \$50,000 cancer research pledge to The Ottawa Hospital.



2025 • \$20,000 TOWARD THE PLEDGE

\$50,000 THE OTTAWA HOSPITAL Three year cancer research pledge, completed in 2026	\$50,000 DAVE SMITH YOUTH TREATMENT CENTRE Raised in 2024 by 700+ guests for youth recovery
16 beds AHEPA HOSPITAL, THESSALONIKI Secured from CHEO and placed in service	4,050 lb OTTAWA FOOD BANK Plus \$10,000+ raised at a 2023 comedy night
\$30,000 HELLENIC SCHOOL AND CHURCH 2024 gifts for classrooms and a new sound system	54 shifts DAUGHTERS AT THE FOOD BANK Cumulative sorting shifts by late 2024
2026 DISTRICT 23 RECOGNITIONS Chapter of the Year: Ottawa • President of the Year: Gregory Tzemenakis • AHEPAN of the Year: Nicolas Sigounis	

Sources: Ottawa chapter, recipient, hospital and media records; Ottawa Business Journal; Hellenic News; Canadian Order records.

A tradition sustained across generations

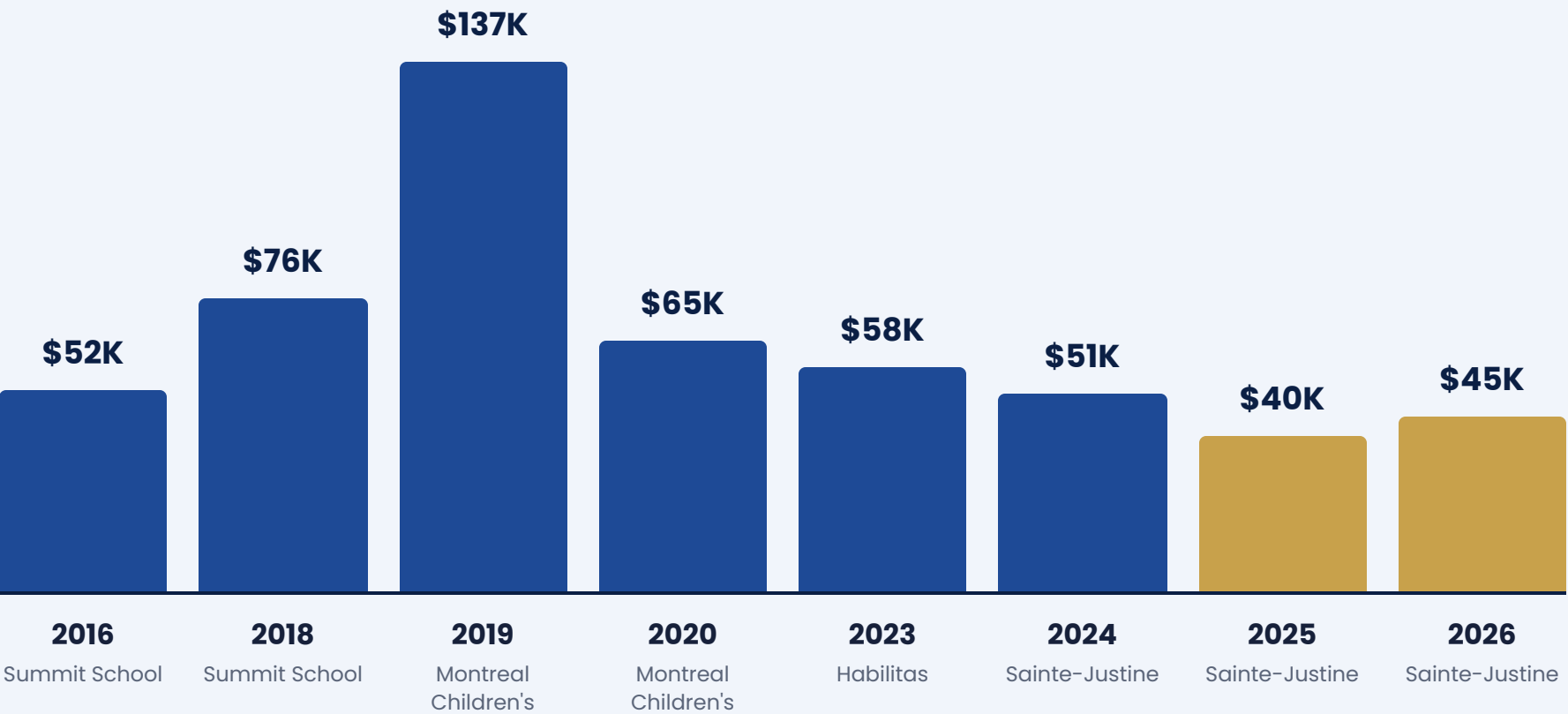
The St. Valentine's Ball is one of the Family's most enduring fundraisers, and a lifeline for children's health and education in Montreal.



\$524K+

raised across eight documented editions, 2016–2026

2017: Jewish General Hospital NICU, amount not published
2021–2022: no Ball during the pandemic



Sources: AHEPA HQ releases; Montreal newsletters; Daughters history; Foundation filings. 2016–2024 editions flow largely through the Foundation filings and are not added again to the \$988K total. 2026 uses the public final figure (\$45K); the President's report lists \$43K.

What partnership can multiply

An Evening in Greece began with Regina's AHEPA and Daughters chapters in 1994 and grew into one of the province's signature hospital fundraisers.

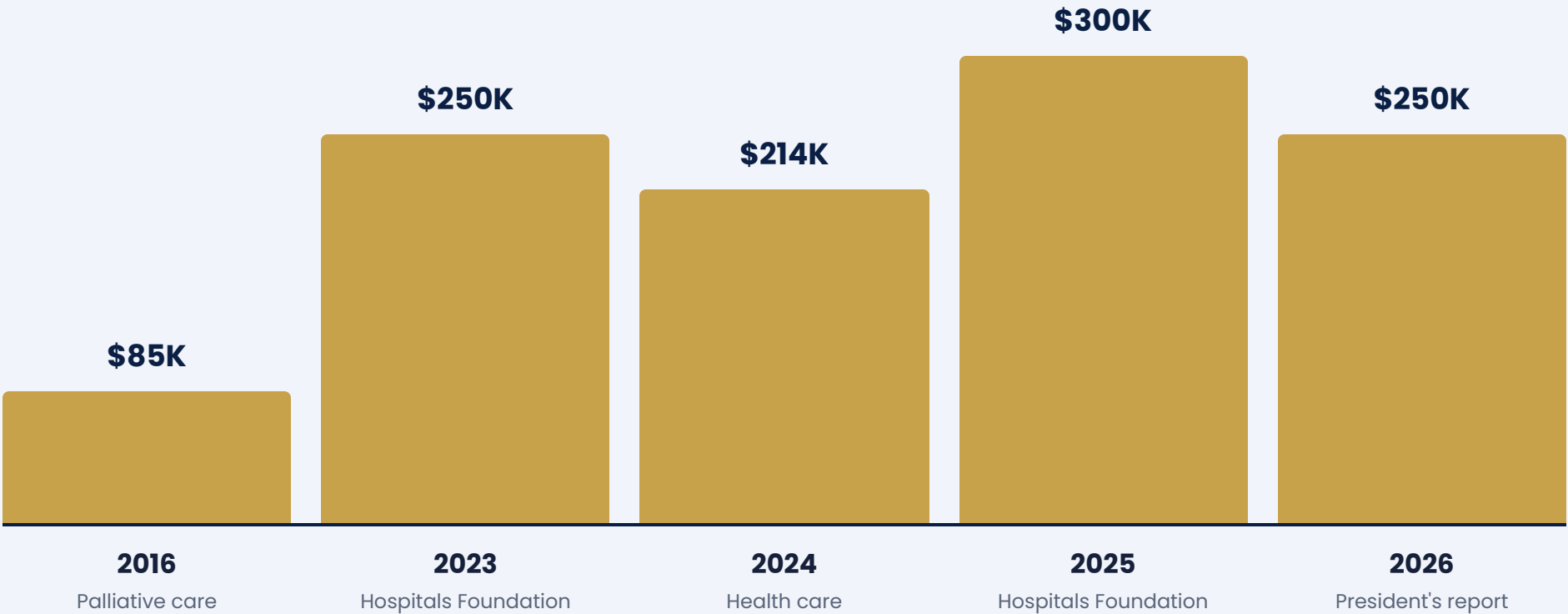
SHARED PARTNERSHIP IMPACT

\$1.099M

Five documented editions

Volunteers, sponsors, ticket buyers, auction donors, matching supporters and health partners make this possible. It is a community achievement, founded and carried by AHEPA hands.

PARTNERSHIP, NOT SOLE ATTRIBUTION



An Evening in Greece, Regina, 2025. Hospitals of Regina Foundation event gallery.

Sources: Saskatchewan Hansard; Regina Palliative Care; Hospitals of Regina Foundation. The 2026 figure comes from the Canadian President's report; without it, recipient records confirm \$849K.

Service reaches people where they are

Some results are best measured in meals, shifts, equipment and moments of care, so we report them that way.



4,180+ lb

FOOD COLLECTED

Ottawa food drives and reported service

54th shift

FOOD BANK CONTINUITY

Ottawa Daughters, sorting week after week

\$11,000+

LONDON WELLSPRING

27 teams raising funds for cancer support, 2024

\$20,000

CALGARY MAKING CHANGES

Support for women and youth, 2024

\$1,500

EDMONTON SACE

Daughters support for sexual assault services

\$1,000

HAMILTON MACKIDS

A Daughters Gift of Hope, June 2026

Across Western Canada, members also served 60 Ronald McDonald House families in Calgary, delivered bedding and supplies to WINGS in Edmonton, and gathered clothing for Dress for Success in Winnipeg.

Sources: chapter, recipient and public records; Penelope's Scroll archives. Donated goods and volunteer time are never given invented cash values.

04

SECTION 04

Education and the next generation

Education preserves more than knowledge. It strengthens identity, creates opportunity and prepares young people to lead.

7

HISTORY TOURNAMENTS

\$60K

CALGARY GREEK SCHOOL

4

INTERNATIONAL
PRESIDENTS

Knowledge carried forward

Scholarships open doors for individual students. The Hellenic History Tournament turns heritage into a friendly contest that young people remember.



Right: Hellenic History Tournament champions, 2018. Photo: Ben Quinn / Canadian Order of AHEPA.

\$28,000

DISTRICT 26, 2026

Scholarships to Hellenic Canadian students

\$15,000

DISTRICT 26, 2018

Awarded to 14 students

\$8,500

FAMILY FOUNDATION, 2025

Five named recipients

\$3,000

HALIFAX, 2023–2024

Scholarship Society awards

HELLENIC HISTORY TOURNAMENT

7

editions, 2018–2026

14

teams in 2022 and 2025

\$3K

first prize, 2025

Sources: Family Foundation, District 26 and Halifax filings; official tournament records. Scholarship programs are shown individually rather than combined into one total.

Schools, study and a living connection to Greece

Local classrooms, university study and heritage travel keep Hellenic learning in motion.



AHEPA Ottawa golf tournament proceeds: \$10,000 for the Hellenic Community of Ottawa Greek School.

4 × \$10K

OTTAWA GREEK SCHOOL

Four school gifts or school components, 2019–2025

\$60,000

CALGARY GREEK SCHOOL

\$30,000 in 2023 and \$30,000 in 2026

\$26,000

MCGILL UNIVERSITY

AHEPA Prize in Hellenic Studies, announced 2022

US \$10,000

JOURNEY TO GREECE

District 23 support for youth heritage travel

Sources: Ottawa chapter and recipient records; Calgary reports; Foundation filing (McGill filed amount \$24,616); District 23 President's report. Journey to Greece is internal program support, kept outside community totals.

A leadership pipeline with Canadian reach

The next decade depends on whether young people are invited to lead, not simply to attend.



18

young men initiated into Toronto Sons, 2025

40+

members in Regina's reinstated Sons and Maids

70+

GTA children on six basketball teams

CANADIAN WOMEN AT THE HEAD OF INTERNATIONAL ORDERS

2018

Tatiana Tsaprailis

Calgary · Maids of Athena Grand President

2019

Celia Kachmarski

First Canadian Daughters of Penelope Grand President

2024

Margaret Dritsas

Second Canadian Daughters of Penelope Grand President

2026

Cristina Saavedra-Mamounis

Montreal · Maids of Athena Grand President

Sources: official chapter and President's reports; Family Order leadership records.

05

SECTION 05

Hellenism in Canadian public life

Heritage endures when it is taught, preserved, represented and made visible in the life of the country.

Oct 28

OXI DAY, EVERY YEAR

2023

PIER 21 PLAQUE

2023

PARLIAMENT HILL MEETING

Heritage made visible

Cultural preservation is not nostalgia. It is the work of making a community's contribution legible to future generations.

THREE ACTS OF PUBLIC MEMORY

Oct 28

Oxi Day, across Canada

Marked every year by AHEPA chapters from coast to coast. In Ottawa, the City formally proclaimed Oxi Day in 2016, recognizing the chapter’s promotion of Hellenic values.

2023

Pier 21, Halifax

A plaque honouring Greek immigrants to Canada, unveiled after a seven year effort.

Ongoing

The History Project

Records, photographs and artifacts being collected, digitized and preserved for the Canadian Order.



AHEPA’s Mother Lodge, 1922.



A century of service. AHEPA marked 100 years in 2022. The History Project keeps the Canadian chapter of that story from being lost.

“A permanent record lets chapters prove impact, honour members and keep memory alive through every change in leadership.”

Sources: Ottawa proclamation records; Pier 21 project reporting; Canadian AHEPA History Project material.

A civic voice with reach beyond Canada

Advocacy, service abroad and promises made are each described for exactly what they are.



Municipal recognition during the January 2026 Toronto visit. Official AHEPA HQ image.

PUBLIC VOICE

Parliament Hill

March 2023: Canadian AHEPA leaders met the Leader of the Opposition, Senator Leo Housakos and MPs on issues facing Hellenic Canadians.

Bill S-259

Endorsed by AHEPA Canada and Ottawa; reached Senate committee in May 2024 before the session ended.

1M+

Impressions in Toronto's 2020 #IStandWithGreece campaign, with 650+ emails and 300+ at the rally.

SERVICE ABROAD

16 beds

From CHEO to AHEPA Hospital, Thessaloniki.

€8,000

Four Canadian Order gifts in Greece and Europe.

US \$10,000

Journey to Greece, District 23.

PROMISES UNDERWAY

\$100,000

Five year pledge to the Patriarchal Toronto Orthodox Theological Academy.

\$50,000

Hellenic Home pledge; \$10,000 paid so far.

\$20,000

Panagia Soumela sanitation facility.

Sources: Parliament of Canada and Senate records; AHEPA HQ, "Canadian AHEPA Leaders meet with Parliament" (2023); chapter and President's reports. Pledges are listed, not added to realized totals, until paid.

06

SECTION 06

One Family. Across Canada.

A national network becomes meaningful when local chapters know their communities and the wider Family gives them the strength to act.

17

ORDER CHAPTERS

3

DISTRICTS

4

FAMILY ORDERS



Seventeen chapters. Three districts. One Family.

Order of AHEPA chapters today. Daughters, Sons and Maids chapters extend the Family's reach further still.



Source: AHEPA Canada national and district chapter directories, verified September 2026. Nearby chapters in the GTA, Montreal area and Lower Mainland are grouped.

Impact takes a different form in every community

Selected verified results, presented as a record of what each region has documented. Not a ranking.

CENTRAL CANADA

\$179,100

Ottawa

Hospital, youth recovery, schools, food security and the Mission

\$91,750

Toronto and GTA

Community gifts including the 2026 Gennadius Library gift

\$86,000

Montreal

2025–2026 results; the Ball's full series is shown on page 13

SOUTHWESTERN ONTARIO

\$29,500+

London and Hamilton

Hellenic Centre, Merrymount, Wellspring and McMaster Children's Hospital

WESTERN CANADA

\$141,500

Prairies and BC

Scholarships, Greek schools and social services, plus the Regina partnership

ATLANTIC

\$3,000

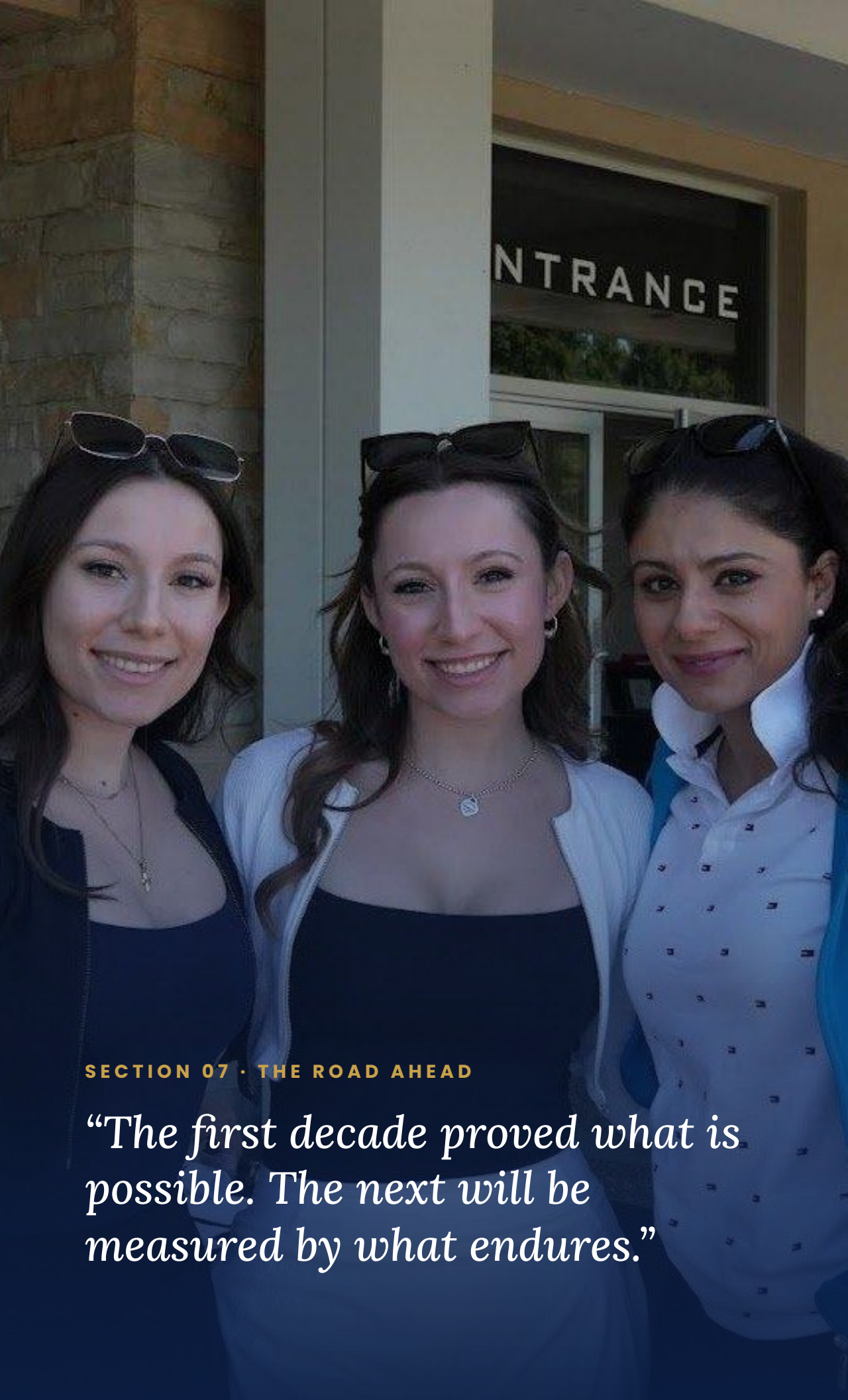
Halifax

Scholarships, Pier 21 heritage leadership and a chapter reborn

A NOTE ON FAIRNESS

Chapters record their work at different depths. A smaller figure often reflects a thinner paper trail, not less generosity or commitment.

Source: national component ledger. Western Canada combines public source results (\$126,500) and the 2018 District 26 scholarships (\$15,000).



SECTION 07 • THE ROAD AHEAD

“The first decade proved what is possible. The next will be measured by what endures.”

OUR PRIORITIES

Four commitments for the next decade

Make the work easier to see, easier to trust and easier for a new generation to continue.

01

One shared impact ledger

Recipient, date, currency, AHEPA share and source, recorded once by every chapter.

02

A youth and membership pipeline

Invite young people to build, lead and inherit responsibility across all four Orders.

03

A permanent national archive

Preserve photographs, minutes, reports, artifacts and oral history before they are lost.

04

Deeper, credible partnerships

Pair generosity with clear roles, recipient confirmation and lasting civic relationships.

How we counted

Research period: January 1, 2016 to September 28, 2026. A compelling story is only worth telling if it holds up.

01

Record

What happened, when and who benefited.

02

Evidence

A filing, cheque, recipient record or official report.

03

Classify

Direct, shared, internal, pledge, currency or goods.

04

Reconcile

Link announcement, cheque and filing to one initiative.

05

Publish

Count once, state uncertainty, keep honest units.

METHOD STATEMENT

The \$988K+ figure is a reconciled working total, not an audited consolidated statement. Gross proceeds, recipient cheques, internal transfers, pledges and repeated publicity were matched wherever possible. Where sources disagree, the conservative figure is used and the difference is disclosed.

EVIDENCE LEVELS

A

Filed or confirmed by the recipient

B

Official AHEPA Family source

C

Official group or page record

D

Media or partner corroboration

E

Lead only, excluded from totals

PRINCIPAL SOURCES

01

CRA T3010 charity returns, 2016–2024 · open.canada.ca

03

Canadian Order and district directories · ahepa.ca

05

Montreal newsletters, Family history and AHEPA HQ releases · ahepamontreal.ca

07

Saskatchewan Hansard; Hospitals of Regina Foundation · hrf.sk.ca

09

Hellenic History Tournament and Journey to Greece records · ahepa.ca/hht

11

Canadian President's Report, 2025–2026

02

AHEPA Family Charitable Foundation of Canada · afcfc.ca

04

Ottawa chapter, hospital, recipient and media records · ahepaottawa.ca

06

Toronto filings, recipients and chapter records · ahepatoronto.org

08

District 26 and Western chapter and recipient records

10

Parliament of Canada, Bill S–259 · parl.ca

12

Official AHEPA Toronto and Ottawa social media records

Photography: AHEPA HQ; Canadian Order tournament galleries (Ben Quinn); Daughters of Penelope archives; AHEPA Toronto, Ottawa and Montreal archives; Hospitals of Regina Foundation. Confirm credits and youth releases before mass print distribution.



CANADIAN AHEPA FAMILY

Service is how legacy becomes visible.

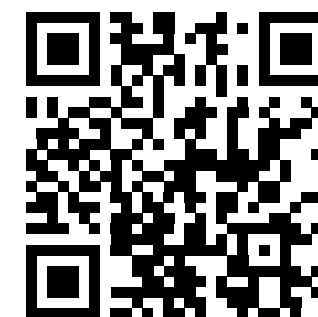
Rooted in Hellenic values. Serving Canadian communities.
Building for the next generation.

JOIN

SERVE

LEAD

GIVE



Scan to join AHEPA

join.ahepa.sigounisproperties.ca