

- **23 - 24 November 2016 – 8 p.m.:** Ikarian recipes by Manos Makrygiannakis. The award-winning chef of "Philema", one of the most popular Greek restaurants in Brussels, will cook together with Kalliopi Karnava (owner of the famous restaurant "Popi's Taverna" in Fytema, Ikaria). Reservations: Only directly at [Philema](#), chaussée de Waterloo 437, 1050 Ixelles, phone: +32 2 344 58 76, email: [delidrome@gmail.com](mailto:delidrome@gmail.com). Price: 40€, menu, wine included.
- **25 November 2016 - 8 p.m.:** Theater play "*THE LITTLE BOAT*" by Konstantinos Vatougios with Elektra Tsakalia. The monologue of Argyro Trypoula (a 94-year-old Ikarian woman) on the Occupation, the exile and the return to the island in an adaptation for the theater. A journey, which begins on Ikaria and is leading to Tsesme, Egypt, to end up on the shores of the Greek islands today. The monologue is based on an interview that was taken by Efrosini Koutsouti within the framework of her research for the "Centre of Documentation, Research and Action" of Ikaria. The presentation will be followed by a discussion and live-music from Ikaria. Entrance fee: 12,50€. The team of "Philema" is cooking together with Nikos Koundoupis, owner of the restaurant "Pergialidi" ("[Περγιαλιδι](#)") from Livadi, Ikaria. Place: Community Hall, Sainte Catherine, rue Melsens 38, B-1000 (near the center of Brussels).
- **26 November 2016 – 4-6.30 p.m.:** Dance course for traditional Ikarian dances with Christiana Katsarou and 7 p. m. "**IKARIAN PANIGYRI**" with the Ikarian band Nikos Plakas "*O Ollandos and company*". Entrance fee: 15€ / 20€ (with dance course included). The restaurant "Philema" is cooking together with Nikos Koundoupis. Food, traditional young goat in the oven, mezze, wine from Ikaria. Place: Community Hall, Sainte Catherine, rue Melsens 38, B-1000 (near the center of Brussels).
- **27 November 2016 – 4 p.m.:** Watch the award-winning film "*LUDLOW, The role of the Greeks in the coal-war*" by the director Leonidas Vardaros. The film is mentioning the bloody side of the American labor movement in 1914 and the unknown contribution of Greek immigrants. After a discussion with the film director the festival will end with live Ikarian music (starting at 7 p.m.). Entrance fee: 15€ / 12€ students. The team of "Philema" is cooking together with Nikos Koundoupis. Place: [Art Base](#), rue des Sables 29, 1000 Brussels. phone: +32 2 217 29 20

Organisation: Association "The friends of Ikaria" asbl  
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Facebook: <https://www.facebook.com/Friendsofikaria/>  
Website: [www.thefriendsofikaria.be](http://www.thefriendsofikaria.be)



### The pre-sale of the tickets for the events on 25-26-27 November at:

- Greek shop "[Périphe](#)", rue Froissart 115, 1040 Brussels, phone: +32 2 230 93 35, e-mail: [periple@periple.eu](mailto:periple@periple.eu)
- Jewellery shop "[The Barking Cat](#)", rue Berckmans 1 A, 1060 Brussels, phone: +32 476 69 65 97, e-mail: [info@thebarkingcat.eu](mailto:info@thebarkingcat.eu),
- Via the web-site (including e-shop): [www.thefriendsofikaria.be](http://www.thefriendsofikaria.be)
- Via e-mail: [friendsofikariabxl@gmx.com](mailto:friendsofikariabxl@gmx.com)
- [Art-Base](#) rue des Sables 29, 1000 Brussels, phone: +32 2 217 29 20 (only on the dates and hours of events)

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**The profit of the events is dedicated to social projects on Ikaria, mainly to support the home care of elderly people.**

### A special "Thank you" for their valuable support goes to:

Philema, Kalliopi Karnava, Nikos Koundoupis, Afianes wines, Elektra Tsakalia, Art Base, Hellenic Seaways, Les Enfants du Pirée, Périphe, The Barking Cat, Lambros Lines, Andreas Stempilis, Radio 87.6, Ikariamag.gr, Antigoni Papavasileiou, Konstantinos Vatougios, Leonidas Vardaros