

CAPTAIN VASSILIS & CARMEN
KONSTANTAKOPOULOS
FOUNDATION



ΙΔΡΥΜΑ
ΚΑΠΕΤΑΝ ΒΑΣΙΛΗ & ΚΑΡΜΕΝ
ΚΩΝΣΤΑΝΤΑΚΟΠΟΥΛΟΥ

Review of actions for 2017

“Captain Vassilis & Carmen Constantakopoulos” Foundation



Actions concluded within 2017

Introduction

2017 was the first year that the “Captain Vassilis & Carmen Constantakopoulos” Foundation implemented an integrated plan spanning all its key areas of concern (society, agricultural development, culture, environment). Below you will find a summary of its activities divided by sector:

A. SOCIAL SUPPORT AND DEVELOPMENT

These are the actions that resulted from the guidelines and decisions of the Board of Directors during the drafting of the 2017 budget as well as from proposals made during the year by members of the BoD.

1. Children’s daycare center in Kalamata

Description:

It began its operation in 2017 in order to support low-income families or those facing unemployment. The program has two key parameters: one concerning the support of children and another aimed at supporting parents and offering advice on issues such as family management, vocational training and finding employment. The first parameter (children support) has been implemented in four more Greek cities; the second parameter (education and career counseling) is unique in Greece. In 2017, 100 children participated. Moreover, 32 people used the family management and education consultative service and seven people used the career counseling service. Of those 32 people,

12 found employment through the program. In addition, in 2017, the program led to the idea of setting up a collaborative entrepreneurship scheme, which was turned over to the CAEM for support.

2. SEESOX (South Eastern Europe Studies at Oxford)

Description:

The Greek Diaspora Project is a study program of the South European Studies department, at St. Antony’s College, University of Oxford. The program focuses on the exploration and mainly the interconnection of the Greek diaspora as well as the development of tools and initiatives in order to promote networking, support the national economy and diplomacy and broaden the connection between Greece and its diaspora in general. The Foundation will be supporting this action for three years.

3. “Stepping Stone” refugee integration program

Description:

The “Stepping Stone” program has been designed by METAdrasi and the Foundation and has been implemented by METAdrasi, with the Foundation’s support. “Stepping Stone” aims at providing the necessary support for the integration of new refugees who wish to remain in Greece, by offering basic education, support and vocational training. The program is aimed at all refugees who have applied for asylum in Greece



Social support and development

STEPPING STONE
ΠΡΟΓΡΑΜΜΑ
ΕΝΤΑΣΗΣ ΜΕΣΩ
ΠΡΑΚΤΙΚΗΣ ΑΣΚΗΣΗΣ



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and are planning to stay in the country. More specifically, it offers: teaching of basic Greek, basic training on legal rights as well as basic social skills, so that the refugees might be better equipped to understand their cultural and social surroundings prior to and during practical training. Depending on needs, other workshops were created (e.g. sewing, computer courses and women's empowerment, among others) in order to further support skills development and integration. The Foundation is actively working towards procuring practices and means for the program's operation. To this day, 350 people have attended Greek language courses, of whom 87 have sat for the Greek language exam, 62 people have attended the "Stepping Stone" business education workshop, 40 have attended the computer learning workshop, 49 have taken English lessons, six have attended the sewing workshop and 26 have been placed in paid internships.

4. Foundation scholarships in memory of P. Foteas

Description:

The Municipality of Kalamata, funded by the "Captain Vassilis & Carmen Constantakopoulos" Foundation, offered five scholarships to university students from Messinia. The scholarships, in memory of P. Foteas, are awarded every year to new students based on criteria of excellence and income and have a four-year duration, depending on the students' performance.

5. Financial support for the General Benevolence Fund of the Holy Metropolis of Messinia

Description:

The Foundation has been a steady supporter of the Holy Metropolis of Messinia's soup kitchens. The Church provides financial aid to the poor on a monthly basis; it also offers exceptional financial support to the ill and the poor for their medical, hospitalization or other similar needs.

6. Holy Archdiocese of Athens

Description:

In 2017, the Holy Archdiocese of Athens continued to receive support for its summer camps, which accept children according to financial criteria.

7. Financial support for the Social Grocery of the Municipality of Messini

Description:

The Foundation subsidized the Social Grocery of the Municipality of Messini in order to provide meals for the participating families during the Christmas holidays.

B. AGRICULTURAL DEVELOPMENT



8. General Hospital of Kalamata

Description:

In 2017, two significant donations were made to the General Hospital of Kalamata. The first involved the installation of an angiography machine to complete the hospital's hemodynamic laboratory. The “Stavros Niarchos” and the “G. & V. Karelias” foundations made the donation jointly. The second involved the renovation and expansion of the chemotherapy unit and was made exclusively by the “Captain Vassilis & Carmen Constantakopoulos” Foundation.

9. General Hospital of Aegina (Aghios Dionysios)

Description:

In recent years, the Foundation has been supporting the efforts of the General Hospital of Aegina to improve its equipment. In 2017, the hospital's previously donated X-ray machine was repaired.

10. Holy Metropolis of Thera, Amorgos

Description:

Upon request, the charity work of the Holy Metropolis of Thera, Amorgos & Islands received support.

11. Participation of “BITLAB” in the World Robot Olympiad

Description:

In 2017, a robotics lab from Kalamata received sponsorship in order to participate in the World Robot Olympiad.

B. AGRICULTURAL DEVELOPMENT

These actions were decided after the evaluation of proposals made to the “Captain Vassilis & Carmen Constantakopoulos” Foundation via contacts, developments and actions implemented during 2016 and 2017. They are based on the Foundation’s initial action plan and are in line with the proposals and priorities of the study titled “Plan for sustainable rural development in Messinia,” carried out in 2013 in collaboration with the Foundation for Economic & Industrial Research (IOBE). Its sections and aims are in full accordance with the study’s plan and suggestions.

Section 1: Agricultural sector development

Subsection a: Improvement of competitiveness & research

1. Seminar on agricultural development

Description:

The open seminar titled “Prospects of the Agricultural Sector in Messinia 2017” took place for the fourth consecutive year in Kalamata, with the participation of more than 160 producers and agricultural finance professionals. The seminar’s purpose was to present the work of the Foundation in the agricultural sector as well as innovative actions that are of interest to the area. Dr. Anastasios Darras, assistant professor at the Technological Educational Institute of Peloponnese, presented the results and data available so far from the study on rare medicinal plants that grow on Taygetus. Mr. Dimitris Velissariou, former dean of the Technological Educational Institute of Peloponnese, discussed issues related to the prospects of the agricultural sector in Messinia. Mr. Sotiris Lympelopoulou, co-owner of the “RADIKI” company, discussed issues associated with the establishment and development of the company from its beginning to the present day. Mr. Dimitris Tsoukalas, former president of the Anavra community in Magnesia and president of the “ANAVRA-ZO” volunteer organization, described how a place such as Anavra could become a successful example for other parts of

Greece, also, and how the local government can contribute to an area’s agricultural development. Lastly, Mr. Dinos Stergidis, president of the “Athena” International Olive Oil Competition, discussed the importance of such competitions, providing data on the last one that took place in Messinia. The talks were followed by a discussion among the speakers and the audience had the opportunity to ask questions. The seminar was coordinated by Mr. Costas Tsaousis, journalist.

2. Local varieties (cultivation and promotion of local varieties)

Description:

After all Messinian local varieties had been recorded, a seminar was held to announce and promote the results; moreover, experimental crop cultivation was carried out in collaboration with a local producer for the "purification" and agronomic evaluation of bean and lupine seeds.

3. Study on the anti-aging properties of the black currant

Description:

The currant, a type of dried grape, has great nutritional value and many beneficial properties; thus, it is one of the most important Greek superfoods. The process of producing currants results in by-products,

“Captain Vassilis & Carmen
Constantakopoulos” Foundation seminar
on agricultural developmen



which have a lot of potential, following proper processing. This study involves the processing and analysis of currant by-products to be used in the preparation of final extracts rich in phenol derivatives. Following the encouraging results, the research continues under the “Erevno Kenotomo” [“Research – Innovation”] program. The research was initially funded by the “Captain Vassilis & Captain Constantakopoulos” Foundation; as a result, new and bigger partnerships with local companies have emerged..

4. Analysis and commercial exploitation of Taygetus’ medicinal plants

Description:

This project studied specific aromatic/medicinal plants (*Nepeta camforata*, *Sideritis clandestina* and *Hypericum perforatum*) that grow on Taygetus and either are in danger of becoming extinct or exist in very small numbers but have rare medicinal properties. The Technological Educational Institute of Peloponnese will carry out the biochemical analysis of the tissues and will create reproduction and cultivation protocols that will allow local farmer groups to utilize them in a coordinated manner. Moreover, efforts are being made in order to establish collaborations with processing/manufacturing companies for herbal/pharmaceutical products, with the aim of supporting and enhancing local primary production via contract farming.

5. Olive fruit phenol extraction program and its distribution for pharmaceutical use

Description:

The program involves the research on the process of phenol extraction from olives produced in Messinia for the purpose of distributing the product for pharmaceutical use. The study attested to the significance of olive by-products and their commercial potential. By-product utilization seems to be of great interest, since the problem of olive mill wastewater may be turned into an advantage, yielding profits; to that end, local companies are looking into it. The research was initially funded by the “Captain Vassilis & Captain Constantakopoulos” Foundation; as a result, new and bigger partnerships with local companies have emerged.

Black currant



6. Conservation of fig tree genetic material as part of the creation of a model experimental farm comprising the 100 varieties of the ELGO-DIMITRA association's Kalamata Olives' Department.

Description:

The experimental farm that started out in 2016 has been completed. The purpose of this project was to create a model experimental farm comprising the 100 fig varieties of the ELGO-DIMITRA association's Kalamata Olives' Department in order to preserve their genetic material. The aim of this endeavor is to create a new and organized fig orchard that will assist in the diffusion of fig cultivation and the development of the wider region's primary sector by providing support in the following ways: a) carrying out experiments to systematically study the characteristics of the various fig tree varieties, b) operating the field as a demonstration fig orchard in order to familiarize people with the different varieties and their characteristics. Finally, the field will serve as an advertisement of one of the most important Messinian products since antiquity to the visitors of Messinia.

“Chondrokatsari” tomato variety



7. Genetic study and nutritional analysis of the traditionally cultivated “chondrokatsari” tomato variety

Description:

Tomatoes are probably the vegetables that generate the most interest, from a financial aspect. Starting from Messinia, the

tomato traveled successfully to many other areas and quickly became a staple product. Of the many varieties traditionally cultivated (“chondrokatsari,” “katsari,” “rosé,” “Canadeza”), the “chondrokatsari” is the one that stands out, holding a prominent place as a favorite among the people of Messinia. The aim of the study is to assess the nutritional value of this particular variety and to record it in the national catalogue of local varieties so that its seeds can legally be commercialized. Promulgating the nutritional value of this traditionally cultivated Messinian variety will contribute to increasing its added value and will open the door to more cultivation opportunities. The study and recording of the variety's special characteristics has been concluded, and in 2017 the written record and genetic material were submitted to the relevant department. It is estimated that the finalization of the variety's registration will take place within 2018. Thus, the “chondrokatsari” variety will be the first traditional local variety to become registered in the national catalogue.

Subsection b: Supporting and upgrading human resources

8. Agricultural meetings

Description:

As part of the “Captain Vassilis and Carmen Constantakopoulos” Foundation's main goal to always keep Messinian producers up to date, a series of open presentations has been taking place in more – purely rural – areas of Messinia. During the presentation, the invited expert scientist briefly presents specific practical issues (quality improvement, production protection, olive tree diseases etc.) and then the producers and the audience have the opportunity to discuss further and ask questions. The purpose of these educational sessions is to inform professional farmers, new farmers, agricultural processors and other professionals in the field. To this day, five sessions have taken place, in Diavolitsi, Koroni and Gargaliani, with the participation of approximately 120 producers and agriculture professionals.

9. Continuation of olive oil tasting educational program

Description:

The educational program titled "Promoting the quality of olive oil

through tasting," designed at the initiative of the “Captain Vassilis & Carmen Constantakopoulos” Foundation and with the support of the olive oil tasting laboratory of the Technological Educational Institute of Peloponnese, is taking place for the fifth consecutive year, with a large number of participants. The program has been attended by more than 800 students so far. Its main aim is to teach children about the connection between olive oil quality and all life stages of the olive tree and fruit. Via the program they become familiarized with all stages, from cultivation practices to processing and standardization. Particular emphasis has been placed on the human sensory organs as reliable tools with which to receive information. Secondary education schools in Messinia can attend the educational program after contacting the "Captain Vassilis and Carmen Constantakopoulos" Foundation.

Agricultural meeting



10. Olive oil tasting educational seminars

Description:

In November 2017, olive oil tasting educational seminars were held in Pylos and Kalamata, free of charge. The seminars were attended by 45 people in total, producers as well as olive oil standardization and marketing professionals. The aim of the seminars was to illuminate key issues related to quality and organoleptic evaluation as well as the relationship between quality and a successful export model. In addition to theoretical presentations, the seminars included the practical demonstration of Greek olive oil tasting. The seminar in Pylos was co-organized by the Municipality of Pylos-Nestor and the “Sustainable Cities” network and took place at the “Poseidonia” restaurant in Pylos. The seminar in Kalamata was organized by the Messinian Chamber of Commerce and Industry and took place at the Elite City Resort hotel.

11. Operation of the Center for Agri-food Entrepreneurship in Messinia (CAEM)

Description:

The Center for Agri-Food Entrepreneurship in Messinia was established in 2016; it was the result of the collaboration between the “Captain Vassilis & Carmen Constantakopoulos” Foundation and the American Farm School’s School of Professional

Education – Perrotis College.

The aim of the Center is to support entrepreneurship in the agri-food sector in Messinia. It offers experiential educational programs aimed at providing business education, promoting business ideas and developing skills related to production. The average duration of the seminars is 28 training hours, aimed at those who wish to know more about key agri-food sector issues.

Some of the educational seminars that took place in 2017 were the following:

- Cultivation of medicinal and aromatic plants
- Utilization of medicinal and aromatic plants
- Olive and olive oil processing and standardization
- Food standardization, processing and preservation
- Establishing and managing a farming business
- E-marketing of agricultural products
- Agritourism
- Viticulture
- Cheesemaking (in Tripoli)

The academic year ended with a big seminar on the topic of “Entrepreneurship in the agri-food sector,” which took place in May in Kalamata and was attended by 120 people. To this day, 90 trainees have graduated the seminar. Along with training, the CAEM focuses on offering consultative services; more specifically, it offers

Olive oil tasting seminar



advice on how to establish a new business and how to develop an existing one. To this day, 10 people have participated in and benefited from this initiative.

12. Student internships

Description:

In 2017, the Foundation collaborated with the Harokopio University and Costa Navarino in providing an internship to a student of the Department of Nutrition and Dietetics. This action paved the way for other internships in sectors such as:

- Hazard analysis critical control point (HACCP)
- Nutritional analysis of hotel restaurant food
- Nutritional analysis of menus
- Nutritional support
- Labeling of allergenic foods
- Participation in events and exhibitions connected to hotel unit nutrition

In 2018, the communication with Greek and foreign educational institutes will continue in order to provide undergraduate or postgraduate internships in Messinia.

2nd section: Development of food processing sector

Subsection: Increasing outreach and market presence

13. Gastronomy seminars 2017

Description:

The “Messinian Gastronomy Seminars,” aimed at food service professionals, took place for the fifth consecutive year, in collaboration with the Messinian Chamber of Commerce and Industry. The three-day event was held in Navarino Dunes, Costa Navarino. The aim of the seminars is to promote and establish the culinary tradition of Messinia and to promote the use of local products. The event was attended by chefs such as Angelos Kallinteris, Nikos Photiadis and Adamantia Iliopoulou. The participants also attended the theoretical part, where Mr. Kourentas Panagiotis discussed issues related to menu pricing and Mrs. Netsika Maria talked about the right way to pair wine and food. Finally, Mr. Photiadis gave useful advice on how to properly set up a restaurant menu.

DEVELOPMENT of FOOD PROCESSING SECTOR

Gastronomy seminars 2017



Athena International Olive Oil Competition



14. International olive oil competition in Messinia

Description:

The “Athena” International Olive Oil Competition took place in May 2017 at Navarino Dunes, Costa Navarino. It was attended by 20 world-renowned judges, two thirds of whom came from abroad. The competition evaluated 295 samples, 47% of which came from non-Greek varieties. The existence of a large, valid international olive oil competition, which will be held every year in Greece, is important for the establishment of our country on the world map of olive oil tasting. The “Athena” competition was first organized in 2016 in Athens; it adheres to international standards, and it is the only one of its kind in Greece. In the future, it will also be held in other olive oil producing areas in Greece, with the aim of promoting them internationally.

15. Kalamata Olive and Olive Oil Festival

Description:

Since 2015, the Agricultural Cooperative of Kalamata has been organizing the annual Kalamata Olive and Olive Oil Festival, aimed at helping producers network, training them and promoting quality cultivation in the region. The festivals are among the most important institutions in the olive sector across all Mediterranean countries. To that end, in the last couple of years, the Kalamata

Olive and Olive Oil Festival has been designed on the basis of the development and creative potential of the Agricultural Cooperative, in collaboration with important agents and distinguished scientists from all over Greece.

C. CULTURE

1. Kalamata International Dance Festival

Description:

The “Captain Vassilis and Carmen Constantakopoulos” Foundation has been supporting the Kalamata International Dance Festival since 2015. The Festival is a key event of the city’s International Dance Centre. It was founded in the spring of 1995 in order to promote the art of dance via research, training and various art events.

C. CULTURE

Warrior tomb in Pylos



2. Warrior tomb in Pylos, dating to 1500 BC, maintenance of findings

Description:

In 2015, Jack Davis and Sharon R. Stocker of the University of Cincinnati discovered an unlooted shaft tomb containing rich burial offerings near the Mycenaean Palace of Nestor in Ano Eglanos, Chora, at the Municipality of Pylos-Nestor. The tomb, which belonged to a warrior, dates to approximately 1500 BC (Late Helladic II period) and constitutes the most impressive exhibition of prehistoric wealth in burial tombs in continental Greece to have come to light in the last 65 years. In 2016, the “Captain Vassilis and Carmen Konstantakopoulos” Foundation took on the artifacts’ identification and maintenance process for three years. In 2017, the cleaning and maintenance of a unique agate ring led to a renewed interest on an international level.

3. George Lazaridis, wheelchair tennis champion

Description:

The Foundation supports the efforts of wheelchair tennis world champion George Lazaridis. In 2017, Lazaridis participated in nine international tournaments, reaching the finals twelve times and winning six times. At the end of the same year, he was

ranked 45th in the singles and 41st in the doubles internationally. He visits schools and athletics associations aiming to inform children about disability as well as the importance of making an effort and overcoming difficulties. He also participates in social activities and events, encouraging people with disabilities to take up sports. He is a founding member and president of the “Diaforo-zo” athletics association for people with special needs, based in Kalamata. He is the coordinator of the international wheelchair tennis tournament “Ancient Messene Open,” held for the first time in October 2016. In 2017, 35 athletes from 13 countries participated in the event. The goal is to establish this tournament and increase participation in the following years. George Lazaridis’ next big goal is to secure his place at the 2020 Tokyo Paralympic Games, representing Greece.

4. The 1821 Greek Revolution collection – digitalized

Description:

On the occasion of the 200th anniversary of the Greek Revolution, the Research Center for the Humanities has been planning and coordinating the creation of a digital platform that will host a variety of material (archive, text, visual, sound, audiovisual) covering all facets of the 1821 Greek Revolution. In order to bring this application to life, the Center has been collaborating with the following reputable entities (as the project unfolds, more collaborations will be sought out):

**The 1821 Greek Revolution collection –
digitalized**



- General State Archives
- National Library
- Library of the Hellenic Parliament
- National Hellenic Research Foundation
- Benaki Museum
- The “Captain Vassilis and Carmen Constantakopoulos” Foundation

In 2017, the “Captain Vassilis and Carmen Constantakopoulos” Foundation supported this endeavor and proceeded with the digitalization of the rich collection of works available at Costa Navarino so that they can be incorporated into the digital platform. The photo shoot took place on September 9, 10 and 11, on the premises of Costa Navarino. The Foundation contributes to the Center’s ambitious plan, which is to create a digital repository comprising exhibits related to the Greek War of Independence.

5. Diazoma

Description:

The “Captain Vassilis and Carmen Constantakopoulos” Foundation has been a steady supporter of the work of the non-profit association “Diazoma” for many years now. Since July 2008, when it was established, the association’s aim is to

help the related state services and expert scientists in the research, protection, restoration and promotion of the ancient sites that were used for theatrical and musical performances, and to connect these marvelous monuments with modern cultural endeavors, whenever possible. The Foundation’s contribution has been steady since the very beginning of the association’s operation, and it has become even more intensive, focusing on joint actions, exchange of information and technical expertise. Some of the works that have been under the care of “Diazoma” are: the Ecclesiasterion (Odeion) of Ancient Messini, the ancient theater of Aegira, the ancient theater of Amvrakia, the ancient theater of Cassope, the ancient theater of Mylos, the ancient theater of Megalopoli and more.

6. “Cultural August,” Diavolitsi 2017

Description:

The “Captain Vassilis and Carmen Constantakopoulos” Foundation supports the festivities taking place in Diavolitsi in August. A variety of events take place at the village’s open theater “Stathia Constantakopoulou.”

D. ENVIRONMENT

Wanderlust Greece



7. Archaeological excavation at Thouria

Description:

The excavations at ancient Thouria, approximately 10 km northwest of Kalamata, began in 2007 under the supervision of then-director of the 38th Ephorate of Prehistoric and Classical Antiquities of Messinia Dr. Xenia Arapoyanni and have been ongoing under the auspices of the Archaeological Society at Athens and the direction of the Honorary Director of Antiquities. 2017 was an important year, as much of the ancient theater of the city was unveiled, having been discovered the year before.

8. Marketing Greece – Peloponnese tourism campaign

Description:

In 2017, Marketing Greece launched its new digital campaign “Wanderlust Greece,” which travels all over the country capturing, highlighting and promoting experiences and points beyond the ordinary through its lens. This is the first digital travel show in Greece; it started in the Peloponnese with the support of the Foundation, and it was presented by the travel blogger behind “Travelstories from My World.” The digital journeys have generated a big archive of original photographic material, which is available to local tourist businesses and other entities, to be used in the promotional activities for various destinations.

A. ENVIRONMENT

1. Horizon 2020, “Coastal” project

Description:

In 2017, the “Coastal” research program was submitted, which involves the research and study of agricultural land use in coastal areas as well as the preparation of models and suggestions to support an area’s economic development. The program is carried out with the participation of 29 partners from six countries (Sweden, Belgium, France, Spain, Greece, Romania); in Greece the partners are HCMR (Hellenic Center for Marine Research), TEMES, Stockholm University and the “Captain Vassilis & Carmen Constantakopoulos” Foundation. The program has been approved and its implementation begins in 2018.

2. Cleaning of beaches and creeks in and around Pylos

Description:

Sixty people responded to the call for the clean-up that took place on Sunday, October 8, as part of the “Eurobirdwatch” event. The initiative was part of the actions implemented by the Hellenic Ornithological Society all over Greece on the occasion of “Eurobirdwatch.” More than 30 large bags of rubbish were collected. While cleaning, the participants had the opportunity to walk in the area and observe the bird

the marine environment of our country.

species that inhabit it. The support of students, parents and teachers of the 1st and 2nd Kindergartens of Pylos was significant.

3. Kalamata port clean-up

Lagoon clean-up



Description:

In December 2017, a series of actions began in order to clean up the Kalamata port and remove waste from the city's coastal zone. More specifically, six divers from the volunteer group "Aegean Rebreath" removed a large amount of objects from the bottom of the harbor, mainly plastics, which were then taken for recycling. Moreover, volunteers cleaned the coastal zone next to the wharf, collecting approximately 15 bags of plastic waste. The actions were organized by the Municipality of Kalamata, in collaboration with the "Captain Vassilis and Carmen Constantakopoulos" Foundation and the volunteer divers' group "Aegean Rebreath."

4. HELMEPA

Description:

The "Captain Vassilis and Carmen Constantakopoulos" Foundation has taken on Costamare's annual donation to HELMEPA. It involves an annual environmental education program that offers to about 6,500 young student volunteers the opportunity to be informed and take action to protect the