THE POWER OF WE Zone I Sisterhood Conference
hosted by
ANTOINETTE MAROUSIS-ZACHARIADES, GT \& MARIANNE BOUTSIOULIS, GGZI

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MARCH 17, 2023
GATHERING AT THE HOME OF
MARIANNE BOUTSIOULIS, GGZI
671 CORTLAND CIRCLE, CHESHIRE, CT 06410
7PM
MARCH 18, 2023
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## DAUGHTERS OF PENELOPE ZONE I CONFERENCE

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GAM TO BPM
HOLY TRINITY GREEK ORTHODOX CHURCH
BANQUET HALL
937 CHASE PKWY
WATERBURY, CT 06708
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## CONTINENTAL BREAKFAST

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9AM-10:00AM
LUNCH
12:30PM-1:30PM
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## THE SPIRIT OF PENELOPE AWARD HONORING

## KATRINA MOUNTANOS

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Founder \& CEO of Kosterina
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This award is given to women who exemplify dignity, perseverance, and creativity. Women who use their talents and resources to empower themselves as well as those around them. Through their accomplishments, they inspire women of all ages.

## HOTEL \& BOOKING INFORMATION

HOTEL: HAMPTON INN WATERBURY
GROUP NAME: MARIANNE CHURCH GROUP BLOCK
ARRIVAL DATE: 3/17/2023
DEPARTURE DATE: 3/19/2023
CUT-OFF DATE: 2/17/2023

THE HAMPTON INN WATERBURY IS NEXT TO THE CHURCH \& WITHIN WALKING DISTANCE

GUESTS CAN ALSO BOOK RESERVATIONS BY CALLING THE HILTON RESERVATIONS TOLL-FREE NUMBER AT 1-800HILTONS. MENTION THE MARIANNE CHURCH GROUP BLOCK OR THE UNIQUE CODE: MCB TO RECEIVE YOUR GROUP RATE.

Room Rate is $\$ 133$ per night plus taxes


CLICK HERE TO BOOK YOUR HOTEL ROOM

Registration
THE POWER OF WE Zone I Sisterhood Conference

MARCH 18, 2023
WATERBURY, CT

ALL SISTERS FROM
DISTRICT 3, 4, 5, 6, 7, 8, \& 9 ARE WELCOMED TO ATTEND

QUESTIONS PLEASE CONTACT:

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MOBILE: 732-539-4837


MARIANNE BOUTSIOULIS, GGZI BOUTSIE5@COX.NET
MOBILE: 203-525-8171

REGISTRATION FEE:
DOP \$40| MOA \$30

CHECKS PAYABLE TO
BOP CHAPTER 199

MAIL TO:
MARIANNE BOUTSIOULIS, GGZI
671 CORTLAND CIRCLE, CHESHIRE, CT 06410

## NAME:

## ADDRESS:



## An olive oil love story

Hi! I'm Katerina Mountanos. I'm a serial entrepreneur with a passion for family, living a healthy lifestyle, and, of course, all things Greek.

In 2020, I started Kosterina with input and inspiration from my husband, Kostas (who put's the "Kos" in Kosterina), after years of enjoying EVOO pressed from our families' olive trees in Southern Greece. We could never find a proper substitute here in the States for the fresh, delicious Greek EVOO we knew and loved, so we partnered with farmers in the region to develop a premium, delicious Greek Extra Virgin Olive Oil for the US market.

As we began development, I became an olive oil sommelier and, in addition to learning more about what makes a delicious and healthy EVOO, discovered that the majority of the olive oils here in the US are not what they say they are. We decided to focus efforts on making an EVOO that is authentically Mediterranean, delicious to smell, taste, and cook with, and, above all, loaded with health benefits. This same ethos has permeated all of our product development since, even beyond EVOO.


## Health and wellness first

Here at Kosterina, we value health above all things, and infuse this value into all of our content and product development.

When I started developing our EVOO, I was shocked at the rampant fraud in the olive oil industry. Did you know that over $69 \%$ of olive oil in US supermarkets is mis-labelled as extra virgin? When olive oil is not truly extra virgin, it is missing the polyphenol (antioxidant) content that makes it so healthy for us. Kosterina EVOO always has a polyphenol content $400 \mathrm{mg} / \mathrm{kg}$ or more at the time of harvest (you only need $55 \mathrm{mg} / \mathrm{kg}$ to be considered extra virgin).

In addition to developing quality, healthy products, Kosterina is all about content for living a healthy lifestyle. We encourage you to ioin us in our quest to live a little better everyday by signing up for our

