



In Memory

*God Saw She Was Getting Tired
And A Cure Was Not To Be
So He Put His Arms Around Her
And Whispered << Come With Me >>
With Tearful Eyes We Watched Her Suffer
And Saw Her Fade Away
Although We Loved Her Dearly
We Could Not Make Her Stay
A Golden Heart Stopped Beating
Hard Working Hands To Rest
God Broke Our Hearts To Prove To Us
He Only Takes The Best*

*Katina M. Perdaris
April 3, 1918 – December 22, 2011*

Katina (Yiayia) Perdaris passed away on December 22, 2011 at the age of 93, surrounded by her immediate family. She was in hospice care and fell asleep comfortably and in peace. She went to meet and be with her husband, once again.

It was Katina Perdaris' wish that instead of any individual donations or flowers that all donations are made out to the care of Wells Fargo Bank, N. A. 10900 S. Parker Rd. Parker, CO 80134. 303-840-6000 Account # 1838631792. Make payable to Competitors Fund Note: Memorial Of Katina Perdaris. For donations made by wire transfer you may use the following wire transfer routing # 121000248. She has designated several charities, churches, and organizations she wishes to give donations to. Each person donating will be informed of the donations made in her name by her son and daughter.

*Thank You & God Bless
The Perdaris & Kyziridis Families*



Katina (Yiayia) M. Perdaris Age 93
McDonald's Employee 20 Years / Douglas County School Volunteer 14+ Years
Member of The Daughters Of Penelope, Athena Chapter #10, American Legion & VFW Auxiliaries

1998-2003 Recipient of the Presidential Sports Award for Martial Arts.
1998-2001 National Qualifier Multiple Gold Medalist and member of
Team Martial Arts - USA International Competition 2000-02.
2000 Forms = Divisional Gold & Overall Silver
2001 Spirit Of The Games = Gold Forms = Bronze Weapons = Silver
Breast Cancer Survivor September 2001 - Race For The Cure October 2001
January 2002 Martial Arts World Championships Venezuela
Forms = Bronze Weapons = Bronze
Gold Award named after her - The Katina Award
2002 Hall Of Fame Inductee
World Congress Of Martial Arts - Team USA hall of fame
July 2002 Omega's Summer Camp & Qualifier Tournament
Forms & Weapons = Gold & Grand Champion Trophy
August 2002 Colorado State Games - Form & Weapons = Gold

Katina M. Perdaris. Was born in Greece on an island called Corfu (Kerkyra) in 1918. In her family there were six sisters and one brother. She was the only one to ever make it to the United States.

She attended school in her hometown and graduated with a degree in business, book keeping, and accounting. During her school years, she was very active in sports, and running was one of her strongest. In the late 1930s, Katina was selected from her hometown, the small island of Corfu, to be one of four sent to Athens to compete as part of the running team, at what is now the famous Olympic Stadium in what was called the Pan Hellenic Games. These were the games from which many were chosen to represent Greece in the Olympic Games. She did not medal and was not chosen as a member of the Olympic team, but competed in the spirit of the games then, and now, as she left her mark in history.

In the mid 1940s, through her family's connections, she was privileged to be a passenger on a government inaugural flight. England gifted two planes to the Government Royalty of Greece. It ended in disaster. One of the planes crashed, the one Katina was on. She was one of very few survivors with only minor injuries. Less than 1/3 of the plane's occupants survived.

Her best years as a youth were spent at war. It destroyed her home, village and everything she had. As soon as the war was over she left Corfu and went to Athens to be with her sisters.

She started corresponding with a young man in the US Army that she would eventually marry. He served in both the Greek and American armed forces in many wars. One of her dreams was to come to the United States. After many correspondences with this young man, he asked her to come to the United States and marry him. She knew her dream was about to come true. They had two children and three grandchildren. Her husband (Mike) passed away and she moved to Parker, Colorado to be with her children and grandchildren.

Katina belonged to the Greek Orthodox Church, Senior Citizens Center, Daughters of Penelope, Ladies Auxiliary VFW, and the American Legion Auxiliary. She took aerobics, Tai chi, Karate, and walked every day. She worked at McDonald's and for The Douglas County school district.

Katina holds a special ranking at Omega Martial Arts. Spirit Of The Art Seniors Black Belt. She has been described as a White Belt with the heart of a Black Belt. Her advice to everyone, young and old is:

You're Never Too Old

Never give up on life

It is never too late, win or lose, you are a winner if you try your best

Be proud of yourself. Life is beautiful

Love, Katina (AKA Yiayia) Senior Black Belt