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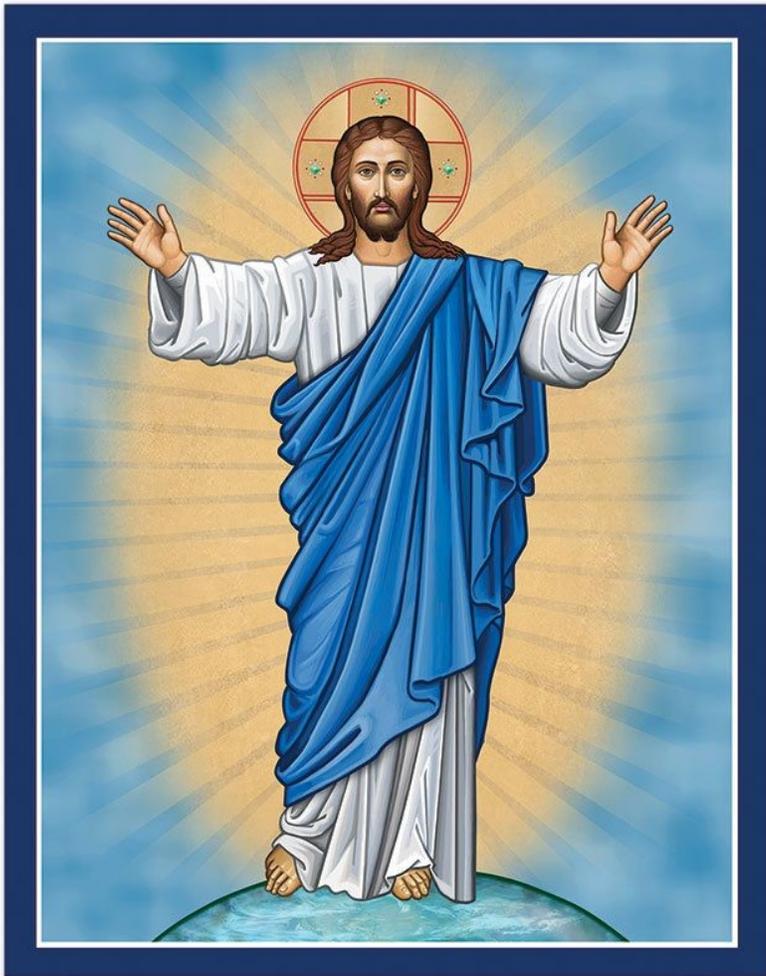
The Plentiful Harvester

January/February 2019
Vol. 16, No. 1

ST. GEORGE'S SOCIETY BIMONTHLY NEWS BULLETIN

"You showed yourself a most honourable harvester of godliness, for it was God Who cultivated you."

- from the Kontakion of St. George, the Great Martyr



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*"I am the light of the world.
Whoever follows Me will not walk
in darkness, but will have the light of life."*

~ John 8: 12 ~

plus...
February and **March**
calendars of events

HAPPY NEW YEAR TO ALL MEMBERS!

WELL, HERE WE ARE nearing the end of what was, and unfortunately continues to be, a very cold first month of 2019. Let's hope February gives us a welcome reprieve from this frigid weather.

Since I last addressed you, things have been very quiet during December and January as usual, so there is nothing major to report. However, I'd like to thank the Entertainment Committee for the excellent spread on the occasion of our annual 'Grey Cup' meeting and social this past November 25, and since it is approaching soon, remind all current and potential members of the 'Super Bowl' meeting and social on **Sunday, February 3** starting at 4:30 p.m. All members are encouraged attend and to stay for the food and fellowship and to cheer on the Patriots or the Rams.

It will start to get busy as more activities will take place: 1) two bingos (Feb. 27 and March 12 - both matinées); 2) the General Parish Meeting on Sunday, February 24; 3) our regular monthly meetings; 4) another cabbage roll making (date TBA); 5) pyrohy making on April 6-8; 6) Easter on April 21, followed on Sunday, April 28 with the Parish Easter Dinner; and 7) exactly two weeks later, the annual Mother's Day Breakfast on May 12 — and then there are still activities in June to consider before we break for the summer. I am counting on all members to assist in and support all our society and parish endeavours.

Before I close, according to Fred Humeniuk, the RBC loan for the kitchen A/C should be fully paid sometime in April, so we are in discussions with the Parish Council as to what the new bingo licence will cover, and more importantly, if we continue to run bingos, can we accomplish this with only a handful of volunteers. With that said, I encourage all members (and yes, wives and family members aged 18 years and up) to consider taking the bingo training sessions at Superior Shores. Check out the dates listed in the bingo report (page 7 of this publication) or the weekly parish bulletin. It would be a real shame for us to pass up on the funds that continue to benefit our parish.

See you at the meeting!



Fraternally yours in Christ,
Joseph Z. Myslicki, *President*



Juicy News

ENJOYING A GLASS of pure juice is a convenient way to get a serving of fruit — not to mention a shot of disease-fighting polyphenols. Some juices also provide protection from the oxidation of LDL cholesterol (the 'bad' cholesterol), which can mean a lowered risk of developing cardiovascular disease.



Best Sources: A study shows some new "gourmet" juices — made from things such as pomegranates, blueberries, black cherries or Concord grapes — have up to 20 percent more antioxidants than do orange, apple and cranberry juices, the old standbys.

Where to Find Them: The more exotic juices are often stocked in a store's fresh produce or health food section. Pick those labelled "100 Percent Juice," since they'll have no added sugar or syrups, says Dr. David Heber, director of the UCLA Center for Human Nutrition.

How to Serve Them: While these pure juices tend to be more expensive, they're intensely flavoured, so a little goes a long way. However, if the strong taste of undiluted juice is too much for your palate, it's easy to tone it down by blending it into a smoothie, mocktail or spritzer.

Note: Most store-bought juices are pasteurized to allow them to be stored for long periods. This involves "cooking" the juice for 45 minutes at 110 degrees. At this point, **the juice is rendered sterile** - free of impurities but also of most nutrients as well. Best to juice your own fruit.

St. Nicholas Pays His Annual Visit to Holy Cross Parish



IT WAS A DELIGHTFUL St. Nicholas party that took place on Sunday, December 9, thanks to **Jaelyn and Chris Strehlow** who took the lead, once again, to organize, prepare the crafts, and run this annual tradition. With added help from the **Bain and Manion** family members, and of course, the parents, grandparents and other parishioners who attended and assisted with clean-up, the event ran smoothly as usual. Special thanks to our honoured guest, **St. Nicholas** for bringing and doling out the gifts, assisted by his "helper angel" **Emma Myslicki**.

Before St. Nick's appearance, the kids were kept busy making holiday decorations (picture at right) which they each took home, while afterwards everyone enjoyed a delicious sandwich lunch and some yummy Christmas baking. Our sincerest appreciation is extended to **Alice Watral** for whipping up a batch of mini gingerbread men — bite-sized bits of spicy sweetness that disappeared in seconds. The kids (and adults) loved them!

Finally, thank you to our Parish Council for its continued support of our youth-nurturing activities.



It's a New Year -- Now what?

AFTER CELEBRATING the past year and looking forward to the year ahead, we have settled into yet another round of New Year's resolutions. Why? Well, it's tradition to reflect on the past year (as the song says, "should old acquaintance be forgot and never brought to mind?") while looking forward to the hope and promise of a better year ahead.

We often focus on self-improvement because it is a tangible result of change. Whether it's spending more time with friends and family or losing a few extra pounds, we resolve to make adjustments to improve our lives.

We start with great intentions: during the first two weeks of January, the gym is packed, everyone is on a diet, and commercials are constantly reminding us about products that can help us achieve our goals. However, by the end of January, the gym is empty and the self-help commercials stop.

Instead of trying to make one big self-improvement goal each January, our focus should be on improving the things in our lives that we are able to control better.

For example, if you want to be a better dad/granddad, try scheduling activities by month and by child to accomplish this goal. In this way, you are better able to focus on this rather than a traditional New Year's resolution because it is easier to do something for your kids/grandkids rather than for yourself.

How can we make meaningful differences in our lives this year? Here are a few ideas...



At work, focus on improving your leadership skills and how you can make the change that your company needs to succeed. Speak to your fellow staff members and managers, but more importantly, listen to them. Learn what they need from you, and make change happen.

Take the bingo volunteer training at Superior Shores and work at a future session, ask the Executive or a certain committee if it needs any help, or just make the commitment of "being there and helping out" a bit more. There is no greater opportunity in our Society than the value that our various committees, both social and administrative, bring to members. Resolve to get involved and make a difference. Your commitment will more than pay for itself over time in relationships and opportunities. Committees are always in need of new people with fresh perspectives. It is not a huge time commitment, and again, you will more than recoup your time investment.

Finally, and most important, take the time to reflect on what you can do for others – a family member, your spouse, a neighbour, a friend or member in need, or someone you just met. Look around for possibilities that you can create for others. Take the time to determine what is important to those you care about and do what you can to make their day. Go out of your way for a stranger and do something that he or she would not expect. You will be amazed at how it will impact them *and* you!

Don't worry if you haven't made (or have broken) your New Year's resolutions by now. It's never too late to make a difference in the lives of others. Make that your very obtainable resolution from now to the end of 2019. Make it a great year!

~ taken from an article by J. Brad Robinson

Shawn Grant, H.B.K., B.H.Sc.P.T.
Registered Physiotherapist, Member AFCE

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2019 Pyrohy Making Dates



ST. GEORGE'S (PARISH) SESSIONS

Monday, April 8
Monday, November 18

(Preparations on Saturday & Sunday before)

GOLDEN AGERS SESSIONS

Tuesday, June 4
Tuesday, October 1

(Preparations according to past practices)



Orders can be placed anytime. For **April 8**, you are encouraged to call Walter Warywoda at 475-3757 or send him an e-mail at warywodaw@gmail.com. Please note: there will **not** be a sheet in the narthex this time. Cooked orders will be packaged in one (1) dozen trays from now on rather than doubles as it is easier to manage.

To order with the Golden Agers for **June 4**, you can call Ann Kozlowski at 622-3006 or Ann (G) Opaski at 577-2805 now to get on their standing order list. They will also be packaging their cooked product in one (1) dozen trays also.

The cut-off dates for all orders will be announced in the weekly parish bulletin. However, to avoid disappointment, you are encouraged to phone in a standing order soon. Extra product remains at the discretion of those in charge. Many thanks for your support for both fundraisers! ☺

Words of Wisdom

*"Let our New Year's resolution be this:
we will be there for one another
as members of humanity,
in the finest sense of the word."*

~ Göran Persson, former Prime Minister of Sweden ~





Duty Schedule for February and March

THE 2019 USHER SCHEDULE is now posted on the narthex bulletin board, and there are still opportunities for members to volunteer their services as many of the blanks have not been filled in. We ask all able members to consider signing up for one (or two) months. Remember: there is no substitute for the ministry of an usher. Like John the Baptist, ushers are forerunners for all other ministries in the congregation. St. George's Society was founded to assist the members to participate more intimately in the life of the Church, thus assisting the Reverend Pastor in executing the specific works assigned to them. Let us continue this important ministry!

FEBRUARY

Saturday Morris Tarnawsky
5:00 p.m.
Sunday Member needed
10:00 a.m.

MARCH

Saturday Member needed
5:00 p.m.
Sunday Eugene Zdebiak
10:00 a.m.

Ushers should be present in the narthex at least 25 minutes before the liturgy to help distribute bulletins and other items, assist with the lift, and to help seat the faithful. And if, for any reason, you are not able to fulfill your obligation at the designated date and time, please find a suitable replacement.

Thank you for your continued service and cooperation. ☺

In Blessed Repose

"We want you to know the truth about those who have fallen asleep, so that you will not be sad, as are those who have no hope. We believe that Jesus died and rose again, and so we believe that God will take back with Jesus those who have fallen asleep believing in Him."

~ from St. Paul's first letter to the Thessalonians (4: 13-14)

ST. GEORGE'S SOCIETY offers its sincerest condolences to the following members: to Barry DeJardine and wife Teresa (née Baryluk) and family on the passing of their beloved aunt †Tonia Patraniuk on November 21; to Maurice Zakrewski and his wife Patricia and family on the passing of Patricia's sister †Marie McInnis on November 30; to Morris Tarnawsky and wife Ann and family on the passing of her sister †Olga Hoszu on December 9; and to our honorary member Frank Wenzell and family on the passing of his brother-in-law †Roger Sawicki, husband to Dorothy (née Wenzell) on January 15, 2019.

May Christ our God, Who has power over the living and the dead, grant eternal rest to His servants †Tonia, †Marie, †Olga, and †Roger, number them among the just, and may their memory be everlasting.

~ Вічна їм пам'ять ~

Be An EFFECTIVE Member, Not Just One On Paper

AN EFFECTIVE MEMBER of a club displays certain behaviours and characteristics that are necessary for success. Effective members usually possess the ability to communicate well with other members, take the lead, generate solution-oriented ideas and work efficiently to put those ideas into action. Their effectiveness often leads to more opportunities in the organization as well as more respect from other members. To be an effective member, adopt as many of the following requirements for success as possible.

COMMUNICATION

An effective club member communicates respectfully to other members and genuinely listens to them. He does this by being honest, supportive and constructive in his feedback to other members. The effective member generally expresses a positive attitude and demeanor to make his fellow members feel at ease.

LEADERSHIP

A valuable member shows leadership qualities even when not in a leadership role. He accepts responsibility for his decision-making, displaying integrity and ethics in his decisions and actions. The member is reliable -- showing up on time and honouring appointments and commitments -- loyal to the club and helpful to other members. He knows his purpose within the organization and is able to prioritize projects and tasks well. At the same time, he knows his own limits and recognizes when to delegate to others.

CONTRIBUTIONS

A helpful participant in a club or organization proactively takes the initiative, offering solutions to problems and participating in brainstorming sessions to generate creative ideas. He contributes work of high quality and takes on tasks for the team even if he's qualified to do tasks at a higher level. The member comes prepared to meetings



and events, shares knowledge and expertise with others and is willing to give of his time to the organization, even when not paid for it. He learns new skills and stays current to have more to contribute to the group.

EFFICIENCY

A productive club member is well-organized and manages time efficiently by meeting deadlines and arriving on time. He knows how to keep a balance between personal life and club life by taking breaks and using stress reduction techniques. The group member also makes use of tools such as to-do lists, schedules and calendars, and maintains an organized filing system. Additionally, an effective member is able to identify practices that work and those that don't and change course, if and when necessary, to improve productivity.

~ Anna Windermere

Holy Cross Golden Agers: An Invitation to All Senior Members

IT'S NO SECRET that 94% of our club membership has reached the age of 55 years and beyond, which makes this a perfect opportunity (with a captive audience) to invite all St. George's members in that percentile to become a part of the other active organization in our midst — **Holy Cross Golden Agers**.

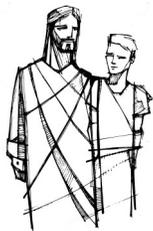
Now, before you stop reading and dismiss the idea of joining altogether (because of what you might have already heard and are thinking), listening for a moment. The Golden Agers was collectively formed by members of our parish in 1984 for seniors in which to socialize, share their interests,



skills, talents, and encourage leisure-time activities in and outside of the parish. True, weekly gatherings consist usually of bingo, but that doesn't mean you have to sit and play for a few hours. Help is always needed to set-up, to call numbers (at the machine and winning bingos), to serve food and refreshments (when arranged), and of course, clean-up the hall when done. And in between those various tasks (if you aren't a bingo player), folks can always play cards, cribbage, darts, shuffleboard, and so forth. And let's

not forget pyrohy making — especially at the dough machine and in the kitchen boiling. Extra help will **never** be turned down, and best of all, it's a way of gaining some valuable experience, while at the same time, providing some much-needed assistance and break time. And as an added incentive, members who volunteer earn points which equals to \$\$\$ and is redeemable with receipts from your outside leisure-time activities. Hours of participation are recorded and payment is made once a year.

Yearly membership is but \$10 (September to June) and it's well worth it and more. Check out the 'yellow' information sheet in the narthex or in the hall to see the other highlights that are not listed here. And if you have any more questions, just speak to a current member. Hope to see some new faces in 2019!



*God has given the man a unique and special role in the family.
His function is to reflect that of Jesus Christ Himself.
He is charged with nurturing and caring for every member
of his family — of having that same tenderness
and loving authority that Christ has for His Church.*

Centre of Christian Life

JESUS CHRIST is the source and centre of God's self-communication or revelation to us. Through Jesus, God speaks to us; and through Jesus, we return to the Father. That is why Jesus said of Himself: "I am the way, and the truth and the life; no one comes to the Father, but by me" (John 14:5).

The centre of Christian life is therefore Jesus Christ, through His continuing presence and activity among us. We must strive to know this God-man, live His life, be like Him. The heart of Christianity is not words, but the Person of Jesus Christ. The message is Jesus; and our life is Jesus.

The true, actual knowledge of Jesus comes gradually, not according to our own first perceptions and feelings. As we learn more about Him, our first impressions of and initial emotional infatuation with Him give way to a more sober and realistic knowledge of Him. Thus, everyone has to learn that Jesus is different and that God is different from our expectations.

Even though Jesus is actually the focal point of each Christian's life, the Ukrainian Catholic cannot forget His mother, Mary, who was and always is closely associated with her Son. The Eastern liturgy praises her right after her Son. Because of the Mother of God's exalted and privileged position, let us pray to her at all times, imploring her help to know and love her Son more and more.

~ Rev. Anthony Holowaychuk, OSBM

Did you know.....

THE NAMES for three different kinds of electrical measure "amps, volts, and coulombs", come from the surnames of three Catholic scientists who were each pioneers in their respected fields.

André Marie Ampère was a French mathematician, chemist, and physicist. His experiments quantified the relationship between the electrical current and the magnetic field. It was Ampère's devotion at daily Mass that inspired a young Frédéric Ozanam to devote himself more earnestly to his Catholic Faith. Ozanam was going through a period of doubt and, while visiting a church in Paris, he saw the great scientist praying fervently before the altar. He found Ampère there again the next day. Soon he struck up a friendship with the scientist and even lived with his family for over a year. When he was only twenty years old Ozanam founded the St. Vincent de Paul Society. He was beatified by John Paul II in 1997.

Alessandro Volta was an Italian physicist who discovered the electric pile. He was an expert in the field of electrical pressure. The units of electric potential (volts) and the alternate name of the quantity (voltage) are named after him.

Charles Coulomb was a French engineer and physicist who published the laws of electrostatics between 1785 and 1791. His name is associated with the units of electrical quantity or charge.

Blessed are the meek, for they shall inherit the earth."

DEAR ST. GEORGE BROTHERS IN CHRIST, I recently came across a wonderful article entitled "What is meekness?" by Rev. L. G. Hylund, C.Ss.R (Redemptorist) which I would like to share with you. As we prepare to enter into the season of the Great Fast or Lent (the Pre-Lenten Sundays begin in just two weeks), it's a good time to reflect and meditate upon one of our Lord's worthy 'Beatitudes'.

Meekness is a virtue that is sorely needed by the world today. It is absolutely necessary for the practice of fraternal charity. It is so important that Christ made it the first virtue we should try to imitate in Him: "Learn of Me, because I am meek and humble of heart." The following is a definition and description of meekness.

Meekness is the virtue that enables one to overcome anger, hatred, desire for revenge; that establishes an unshakeable tranquility and peace in the soul. Its essential feature is the overcoming of anger and hatred. The meek person has learned to be silent in anger and to realize quickly how foolish and sinful it could be to speak or act on the impulse of anger.

Now matter how seriously he may be wronged by another, the meek person has at ready command all the natural and supernatural motives for forgiving and praying for the person who has wronged him.

The virtue of meekness keeps one from being upset and irritable in the presence of faults, sins, and weaknesses of others. There are some people grossly lacking in meekness, who are constantly wrought up and emotionally agitated over the presence of evil in the world. They fume and rage over the mistakes and actions of politicians, the ignorance of their friends, and the morals (or lack thereof) of society. Meekness makes one realize that before God he is responsible only for himself and those dependent on him; it leaves the sins of others to the just and merciful judgement of God.

Meekness results in great tranquility of soul. Wherever there is anxiety, tenseness, sensitiveness, intolerance, it is safe to say there is a lack of meekness. The meek are disturbed neither by the slights and injuries they themselves receive nor by the objective presence of wickedness in the world. They know their job — to try to be perfect and help others be perfect; for the rest, they hold themselves in peace and leave judgement for God.

Meekness is obviously one of the key virtues to lasting peace. Alas, however, it is a Christian virtue, and only in Christ can it learned and practiced. That is why a reign of terror or violence in the world is almost always announced by a renunciation of both Christ and meekness. (taken from *The Liguorian*)



Dear St. George members, remember what St. Paul wrote to the Philippians in his letter: "Jesus, being in very nature God, did not consider equality with God something to be used to His own advantage; rather, He made Himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, He humbled himself by becoming obedient to death — even death on a cross!" (Philippians 2: 5-8) Being "in the very nature God," Jesus had the right to do whatever He wanted, but, for our sake, He submitted to "death on a cross." That is the ultimate in meekness. May we always, on the path to blessedness, forsake power and prestige, and strive to be meek in the eyes of the Lord!

Father Stepan Didur

CHURCH SIGNS



Recycling is one of the best ways for us to have a positive impact on the world in which we live.

Recycling is important to both the natural environment and us.

We must act fast as the amount of waste we create is increasing all the time.

**PLEASE HELP KEEP OUR WORLD
CLEAN and GREEN!**

Recycling protects the environment, saves natural resources, conserves energy, saves millions of dollars in valuable landfill space, and creates jobs. **RECYCLING WORKS.** Please do your part to make sure it continues to do so!

FROM THE BINGO BOOKS



WE BEGIN this report with some good news — the loan payment to RBC for the kitchen air conditioning unit is currently less than \$2500, which suggests that it will likely be fully paid by the end of April. Our thanks to fellow member **Fred Humeniuk** for staying the course and keeping tabs on the balance these last few years — well-done Fred!

So, this means that if we are to continue to hold bingos at Superior Shores Gaming Centre, then another capital project will have to be indicated on the new licence. Parish Council has been informed and will develop a list that will be (tentatively) shared at the annual General Parish Meeting on **Sunday, February 24**, following the Divine Liturgy.

However — and here's the reality of the situation — if we are, indeed, to continue to rely on financial support from bingo, then we need to increase our list of volunteer workers. If this does not happen soon, we may have no other alternative but to relinquish our partnership with Superior Shores Gaming Association, thus bidding farewell to a lucrative source of funds that we have been relying on for many, many years — and that would be a shame.

With that said, the next two training sessions have been announced: **Saturday, February 16** at 10:00 a.m., and **Sunday, March 10** at 4:00 p.m. They only last an hour and you can resume your normal routine afterwards. Our next two bingos are afternoon sessions on **Wednesday, February 27** and **Tuesday, March 12**. And don't forget that each time an individual volunteers, he (or she) will receive a \$25 gas gift card as an incentive and thanks for his/her cooperation. It's our way of saying 'we value your time and effort.' So, please, seriously consider taking the training and becoming a bingo volunteer — not just for St. George's Society, but also for our parish.

Thank you from the Bingo Committee



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Membership Matters

Happy New Year! Here are a few reminders and requests for our members.

- 1) Yearly dues (\$25) are payable to our Treasurer, Walter Warywoda, as soon as possible (cash or cheque acceptable).
- 2) If your personal contact information (home address, phone number, email address) has changed, please inform Michael Watral at your earliest convenience so that our records and roster can be updated. The roster and Standing Committee Lists have been printed, but it's never too late to submit new information.
- 3) Again, we would like to see more members taking an active part in visiting those who are ill, shut-in, in the hospital, or dealing with a personal crisis. The power of a visit, phone call, showing concern, and just 'being there' is priceless.
- 4) More help in the future with clean-up after funerals in the hall and the kitchen is always needed. Please plan your day so that you can attend and remain to assist, especially with washing and drying dishes. The ladies take care of organizing and serving the luncheon; the least we can do is the 'heavier work' involved, and with more hands, it will make the time go much faster.
- 5) There may be more Constitutional amendments in the near future, so we are holding off printing hard copies for the time being. Thank you for your patience.
- 6) Finally, please be continue to be noble ambassadors for St. George's Society. Approach male parishioners who are not current members and tell them about our club, and that age doesn't matter — fellowship and camaraderie know no bounds — and that we are here to 'love and serve God' and our fellow man together.

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The Plentiful Harvester

Bulletin Editor: MICHAEL WATRAL

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Deadline for submissions for the next issue:

FRIDAY, MARCH 15, 2019

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**Thank you very much! Щиро дякую!
Mille grazie! Muito obrigado!**

Make 'Em Laugh

LOUIE AND HIS WIFE are listening to the radio when they hear the weather report: "A snowstorm is on its way. You must park your cars on the odd-numbered side of the street to make room for the plow." So Louie gets up and moves his car.

Two days later, the same thing is heard, "Park your cars on the even-numbered side of the street," blares the radio. So, Louie gets up and does what he is told.

Three days later: "There will be 30 centimetres of snow today. Park your cars on the..." and then the power goes off.

"What should I do," a confused Louie asks his wife.

"This time," she says, "why don't you just leave the car in the garage?"

JOHNNY'S MOTHER watches her son read the Bible to their cat. "Isn't that sweet?" she says.

About an hour later, she hears a terrible racket and finds Johnny stuffing the cat into a bucket of water.

"Johnny, what are you doing?" she frantically questions him.

"I'm baptizing Muffin," he replies.

"But cats don't like to be in water," she countered.

"Well then," Johnny says, "he shouldn't have joined my church."

JANET AND YVETTE were neighbours. The morning after a terrible snowstorm, Yvette spotted Janet shovelling the driveway. She opened the front door, waved hello and asked her why her husband wasn't out helping her. She explained that one of them had to stay inside and look after their two small children. They had flipped a coin to determine who would be the one to go out and shovel.

"Sorry to hear of your bad luck," said Yvette.

"Don't be," Janet quickly replied. "I won!"

IMPORTANT DATES TO REMEMBER

SATURDAY, FEBRUARY 2 - HOLY DAY OF OBLIGATION
Feast of the Presentation of Our Lord into the Temple
(Candles are blessed after the Divine Liturgy)

SUNDAY, FEBRUARY 3
4:30 p.m. - Annual 'Super Bowl' Meeting and Social

THURSDAY, FEBRUARY 14
Valentine's Day



SATURDAY, FEBRUARY 16
10:00 a.m. - Bingo Training at Superior Shores GC

MONDAY, FEBRUARY 18
Family Day in Ontario

SUNDAY, FEBRUARY 24
11:15 a.m. - Annual General Parish Meeting
Lunch will be served afterwards

WEDNESDAY, FEBRUARY 27
12 noon - Bingo at Superior Shores GC

SUNDAY, MARCH 3
Regular monthly meeting (time to be announced)

SUNDAY, MARCH 10
Daylight Saving Time begins - set your clocks 1 hour ahead
at 2:00 a.m. (or earlier)
4:00 p.m. - Bingo Training at Superior Shores

THE WEEK OF MARCH 11-15
March Break for elementary and secondary students

TUESDAY, MARCH 12
12 noon - Bingo at Superior Shores GC



FRIDAY, MARCH 15
Deadline for submissions for the March/April issue

SUNDAY, MARCH 17 (new tentative date)
Pancake Breakfast following the 10 a.m. Liturgy

MONDAY, MARCH 25 - HOLY DAY OF OBLIGATION
The Annunciation of Our Lady, the Mother of God

SUNDAY, MARCH 31
Regular monthly meeting (time TBA)

Please note that the dates and times of certain events listed above are subject to change without notice. Consult the weekly parish bulletin for verification of services and events published here.

STAY WARM AND HEALTHY!

How to Run-and-Gun for Winter Walleye

by Michael Hingle • January 11, 2019

As featured in
**Outdoor
Canada**

RUNNING AND GUNNING is the most effective way to target big winter walleye (pickereel), quickly and efficiently following the fish as they move along feeding from the depths to the shallows.

PATTERNING

Key to this tactic is understanding that walleye are less active during the winter months, with the cold water slowing down their metabolism. They don't move as much, and require far less food to stay alive. For most of the day, these lethargic fish drop into deep water to conserve energy and hide from larger predators. Even though their metabolism has slowed, walleye still need to eat which normally happens early in the morning and during late afternoon. Just before daybreak, the fish will become more active and move from the depths into shallower water. Once they've finished feeding, they'll slide back into deeper water. Then late in the day, they'll repeat the process and once again move up from the depths into shallower water to feed, often in the same areas as earlier in the day.

The beauty of this feeding pattern is its predictability, enabling you to get in position to intercept the walleye at both the beginning and the end of the day. Sitting in just one spot will only give you a short window of opportunity to catch the fish as they pass beneath, but if you can move with them, your bait will be seen by a lot more fish.

It's also important to note that the timing and duration of each feeding run can vary throughout the season. At first ice, walleye are still quite active, and they'll often move back and forth from deep to shallow water throughout the day. In the dead of winter, the feeding window may only be a few minutes, but in the days leading up to last ice, the fish will stay on the feeding grounds longer in the mornings and arrive earlier in the evenings as they bulk up for the spring spawn.

PREPARING

Once you understand how walleye move during the day, the key to running and gunning is to drill a series of holes ahead of time well before the fish start moving. Otherwise, if the feeding sessions are short, you risk missing out on the action as you take time to drill holes. You also risk scaring away the fish by punching holes as they move into the area.

When fishing the morning pattern, it's essential to get your holes drilled well before daybreak. That way, you'll be able to move with the fish as they travel into the shallows to feed, then follow them back into deeper water afterwards. When fishing the late-day pattern, it's best to arrive mid-afternoon, and have all your holes drilled at least an hour before sunset. Again, this lets you follow the fish from deeper to shallower water.

By the time the walleye (and the anglers pursuing them) reach the shallows in the evening, it's usually dark. That leaves you well positioned to safely get off the ice and head for home. If you wanted to stay out later, you could follow the fish back out to the deeper water, just as you can in the morning.



Don't be shy when drilling holes. Walleye can cover a large area as they roam around feeding, so having plenty of holes at the ready gives you more chance to connect with fish. Try drilling holes four to five feet apart, in a single, straight line from deep to shallow water. If you are fishing with others, drill a line for each angler, running parallel about six feet apart. That way, you can fish at different depths as you search for the walleye, or all fish at the same depth after finding a school.

(continued on page 10)

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How to Get Rid of a **COLD** Quickly

1. **Eat garlic.** Mince two cloves and let them sit for 15 minutes for the active compounds to develop. Mix with olive oil and salt and spread on your food of choice.
2. **Drink ginger tea.** Ginger wards off the cold virus, and soothes a sore throat and headaches.
3. **Take zinc** to shorten your cold by as many as 3 days.
4. **Pop vitamin C.** It won't prevent colds, unless you're deficient, but it will shorten your cold and reduce symptoms.
5. **Add glutathione.** Master antioxidant glutathione strengthens the immune system and makes vitamin C work harder. Take a supplement or get it from whey protein.
6. **Supplement with curcumin.** Turmeric's active compound reduces inflammation and to relieve congestion.
7. **Sip bone broth** to bolster the immune system and take the edge of your symptoms. Add garlic, ginger and turmeric for extra cold-busting oomph.
8. **Take a detox bath.** Add Epsom salts, essential oils, and bentonite clay to your tub to soothe symptoms and draw out impurities.
9. **Don't forget vitamin D.** It keeps your immune system in fighting shape.
10. **Use a nasal rinse.** It will kill germs and relieve symptoms.

Daikon — The Winter Vegetable You Should Be Eating

KNOWN AS A CRUCIFEROUS VEGETABLE related to broccoli, kale and cabbage, the daikon (pronounced “die-kon) radish is said to have origins in the Mediterranean. After it spread to Asia, it became a highly valued ingredient. Appearing as a big root (in fact, daikon actually means “big root”), the flavour of the daikon is not quite as strong or peppery as the North American red radish. It is crisp, and its texture is similar to an Asian pear. It can be eaten raw, or cooked using several different methods.



The daikon radish is one of those little known superfoods that appears most often as a garnish in sushi restaurants. But with very low calories/cholesterol and a high amount of fibre, it's a shame to relegate it to just a garnish. Instead consider these health benefits and the many ways the radish can be enjoyed.

It is very high in vitamin C, potassium, and phosphorus. Additionally, it contains several beneficial enzymes that aid in digestion as well as phytonutrients that help to fight against cancer. Both the root and the seeds of the daikon radish are healthy. They help strengthen the immune system and cleansing the blood.

Daikon can be cut into small strips and stir fried, boiled or eaten raw. When serving it raw, be sure to immerse it in water until you're ready to serve it in order to prevent it from oxidizing. When eaten raw, the radish serves as a diuretic and a decongestant. You can even combine the seeds with ginger and honey to help with digestion.

Crunchy Winter Slaw with Asian Pear and Manchego

Ingredients:

1/3 cup raw pumpkin seeds
1 tsp. plus 1/4 cup olive oil
Kosher salt, freshly ground pepper
3 Tbsp. fresh lemon juice
1 Tbsp. Dijon mustard
2 tsp. pure maple syrup
4 cups very thinly sliced green cabbage and/or fennel
1 1/2 cups matchsticks Asian pear (from about 1/2 large)
1 1/2 cups matchsticks peeled celery root (from about 1/4 small) or celery
1 1/2 cups matchsticks peeled daikon (from about 1/2 medium)
3 oz. Manchego cheese, shaved, divided

Preparation:

- Preheat oven to 350°F. Toss pumpkin seeds and 1 tsp. oil on a rimmed baking sheet; season with salt and pepper. Bake until golden brown and puffed, about 5 min. Let cool. Finely chop 2 Tbsp. pumpkin seeds
- Whisk chopped pumpkin seeds, lemon juice, mustard, maple syrup, and remaining 1/4 cup oil in a medium bowl; season dressing with salt and pepper.
- Combine cabbage and/or fennel, Asian pear, celery root, daikon, most of the Manchego, and remaining pumpkin seeds in a large bowl. Drizzle dressing over top and toss to combine; season with salt and pepper. Top with remaining Manchego.

Prep time: 25 minutes
Serves 4.



Running and Gunning for Winter Walleye (continued from page 9)

RUNNING

Since the fish are on the move and typically don't stay in the same place for long, you should also be prepared to keep moving. That means you need to pay attention and stay organized. Once all the holes are drilled, set up your flasher where you anticipate the fish will be, which is usually at the deepest hole. If you start seeing and catching fish, don't get too comfortable. Stay alert, and as soon as the action stops, move on to the next hole. Keep doing that until you get back onto fish. In many cases, a hole may produce one or two fish, then quickly dry up.

When moving with the walleye, you've got to be quick and efficient. To do that, I've developed a simple system for carrying my rod, flasher and other gear from hole to hole. With one hand, I carry my tackle tray, hole cleaner and spare rods in a five-gallon bucket, and with the other I carry my flasher and fishing rod. When I get to a hole, I set the flasher and pail on the ice, then drop the transducer followed by my lure down the hole. When it's time to move, I simply reel up, grab the flasher and pail, and head to the next hole.

GUNNING

Since I'm targeting walleye when they're in feeding mode, I prefer to use flashy lures that flutter and vibrate as they fall. My favourites include PK Lures' Flutter Fish, the Leech Flutter Spoon from Clam Outdoors and HT Enterprises' Jig-A-Whopper Hawger Spoon. I like to work these spoons aggressively to mimic an injured baitfish or fleeing aquatic creature.

For running and gunning, I use longer-than-usual 30- to 40-inch fishing rods. With these longer rods, I can stand over a hole and fish it without having to bend over or sit down. They also make for solid hooksets, and provide backbone for battling big walleye to the surface. I prefer to use a spinning reel, because it lets out line quickly and easily.

I also rig and carry a couple of spare outfits in case I lose a lure or tangle my line. That way, I can quickly grab another combo without wasting time tying on a fresh lure or untangling my line. Again, the windows of opportunity can be short, so you want to be ready to take full advantage.

In many regions, including my home province of Saskatchewan, hardwater anglers can use two fishing lines (check your local regulations to be sure). I take advantage of this by setting up a second line—usually a tip-up or a deadstick in a rod holder—a few holes ahead of me in the shallower water.



That's the direction I expect the fish will be moving, so having a second line in the water acts as an insurance policy; if a fish strikes, I'll know the walleye have somehow moved past me, so I'll quickly hop a few holes ahead to get overtop of them again. Trust me, when you start catching these travelling walleye, you'll never want to get left behind again.

Michael Hingle is a regular contributor to Outdoor Canada magazine. Check out his many articles and those from others on the website at www.outdoorcanada.ca/fishing.

5 WAYS TO FIGHT BACK WITH FOOD

CANADA'S FOOD GUIDE offers these tips to help reduce your risk of chronic conditions such as heart disease:

1. Every day include a dark green and an orange vegetable.
2. Make half of your grain products whole grain.
3. Serve fish twice a week.
4. Include beans, lentils and tofu more often.
5. Drink lower-fat milk and milk alternatives.



Happy New ○○○○! Puzzle by WILL SHORTZ

For this puzzle, we'll give you the letters Y-E-A-R. Your job is to come up with the rest of the word or phrase that accompanies each clue. "Reading glasses," for example, are a kind of EYEWEAR.

- Example:** OYOOEAR Reading glasses
1. OY OEARO Word for word, without reading
 2. OYOE OARO 2012 London Olympic triathlon venue
 3. OYEO ○○○ARO Caveat (warning) for consumers
 4. OYOOEAOOR Person engaged in afternoon reverie
 5. OY OEA○○OR Student at Harvard or Yale, e.g.
 6. OYOOEO OAR Specialized seafood restaurant
 7. ○○○YOEARO Old sage who doesn't shave
 8. OYOE○○○AR○○○ Extra-powerful, souped-up
 9. OY○○○○○ ○OEAR Absolutely transparent, like spring water
 10. OY OOEAOOR Place to drop off clothes for laundering
 11. YO○○ OEAR Famous Jellystone Park resident
 12. OYEO A○○OR○○ Headache remedy since 1899 (two pills)

Answers: 1. By heart; 2. Hyde Park; 3. Buyer beware; 4. Daydreamer; 5. Ivy leaguer; 6. Oyster bar; 7. Greybeard; 8. Hypercharged; 9. Crystall clear; 10. Dry cleaner; 11. Yogi Berra; 12. Bayer aspirin

The Feast of the Presentation of Our Lord: Celebrating the Return of Light

FOR THOSE OF US LIVING in the wintry northern hemisphere, making it half-way through winter is a cause for celebration! And for us, as Catholics, February 2 marks 40 days after the birth of Christ. It is a holiday of purification, when candles are blessed at the Divine Liturgy representing the purifying nature of light, both spiritually and physically. It is also the ritual end to the Christmas season when all holiday decorations are finally put away. By this time, the lengthening of daylight hours becomes noticeable. The day is celebrated because it also means that winter will soon be over, and spring is on its way. The time of darkness and fallow earth will soon end, and new light and life-sustaining growth will come.



The spirit of the service on the Feast of the Presentation of our Lord ("Streetnya" in Ukrainian meaning "encounter or meeting") is the same as that of the Nativity of our Lord and Theophany: to glorify the manifestation of God on earth, to extol the Divinity of Christ and give honour to the Most Pure Virgin Mary as the Mother of God as we hear in the troparion of the feast, "Rejoice, full of grace, Virgin Mother of God! From you, there dawned the Sun of Righteousness, Christ our God, who enlightens those who dwell in darkness." The Child we see today in the temple is the Messiah sent by God and foretold by the prophets. And today, the Mother of the Child is not only the Mother of Christ, but also our hope and our Mediatrix.

As St. Cyril of Alexandria wrote in his sermon for this day: "Let us all go forth to greet the Presentation of our Lord with splendour...Therefore, let us brighten this day with candles as befits the children of light, and let us bring to Christ the Light of spiritual illumination." (Prologue, I)

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Сміх Продовжує Життя

ЖІНКА ГУЛЯЄ з дітьми в парку, зустрічає знайому сімейну пару:

- А що це ви без чоловіка гуляєте?
- Він зараз зі своїм чотириногим другом.
- Не знали що ви купили собачку.
- Ми купили новий диван. (sofa)



ВЕГЕТАРІЯНЕЦЬ входить у корчмі, сідає і просить меню.

“А у вас є що-небудь вегетаріанське?” він питає. Шинкар відповідає, “А як же! Горілка з добірних сортів пшениці, пиво з ячменю, вино і коньяк з винограду!”

МУЖИК НЕ БАЧИВ свого друга близько 30 років і, на свій подив, нарахував в його будинку 11 дітей.

- Ви, мабуть, дуже щасливі?
- Та що ти. Моя жінка постійно кричить і бурчить на мене. По правді кажучи, я боюся її.
- Тоді навіщо настругав стільки дітей?
- У натовпі легше загубитися.

Parting Sentiments

by Michael Watral, Bulletin Editor

IT'S A NEW YEAR and already there is controversy in the world. From the news from the U.K. about the Brexit vote in Parliament, to the incident at the Lincoln Memorial between the Native American and Kentucky high school student, the blistering heatwave in Australia that is killing animals en masse, and the continuing ‘soap’ opera with the cast of thousands of U.S. federal workers and the POTUS himself Donald Trump, it’s no wonder a few in the Christian media have recently cited the late John F. Kennedy’s famous quote, “*Ask not what your country can do for you - ask what you can do for your country.*” Queen Elizabeth herself has recently urged warring politicians in Britain “to come together to seek out the common ground, never losing sight of the big picture”, no doubt sending a message to all lawmakers. “As we look for new answers in the modern age,” said the monarch, “I for one prefer the tried and tested recipes, like *speaking well of each other and respecting different points of view.*”

Despite the fact that, perhaps in the past, she herself may have raised a few eyebrows of her subjects (which includes the entire Commonwealth), her concerns and points are valid and strike a chord for all mankind. It hints about the lack of respect that is rampart in today’s world and the call to work more cooperatively. We are all God’s children and no one is better than the other; no one is more deserving than the other; no one is forgiven more than the other — that’s what our Lord and Saviour wants us to realize and live.

When you get a chance, re-read the article on “Meekness” that Father Stepan has shared with us in his “Pastor’s Corner.” And let us, in this post-festive season of Christmas, be inspired by the peace that the newborn King of Kings humbly brings to us during these troubled times. *MW*

Losing and Driving Don't Mix



Avid sports fans have another reason to cheer the home team to victory — it may save their lives.

Donald Redelmeier, Canada Research Chair in Medical Decision Sciences, studied 27 years’ worth of Super Bowl Sundays to discover a significant increase in fatal car crashes across the United States in the hours immediately after the game. Most disturbing though, the biggest increase in accidents occurred in states where the home team lost. “In the losing states, the relative increase in traffic-related death was about 68 percent,” explains Redelmeier, “while the winning states saw only a six percent increase.”

His Super Bowl study found that while drinking and driving contributes to the overall increase in crashes across the United States after the game, he believes the higher collision rate in losing states is the result of distracted drivers reliving the home team loss in their heads rather than paying attention to the road.

“In general, more than 90 percent of fatal car crashes are caused by driver error,” he says. “Drivers need to remember that one bad crash is far more painful than the more devastating home team defeat.”

To avoid becoming another statistic, Redelmeier suggests sports fans think twice about driving after a big game like the Super Bowl or the Stanley Cup.

Source: News Canada

Not Your Ordinary Trivia ...and it's all true

If you eat a polar bear’s liver, you will die of a vitamin A overdose.

In 1977, researchers detected a strong radio signal from space that lasted 72 seconds. It hasn’t been detected since.

Putting dry teabags in smelly shoes will absorb the odour.

It takes our brains 80 milliseconds to process information. That means we are all living ever so slightly in the past.

Alexander the Great, one of the most influential people in history, conquered half the known world by age 22.

Breathing in Mumbai, India, for one day is equivalent to smoking two and a half packs of cigarettes.

110 people once tied for the second prize in the U.S. Powerball lottery after playing the same lucky numbers found on the slip of paper from a fortune cookie.

The sound of every shrimp snapping its claws at once would reach 246 decibels, potentially making shrimp the loudest creatures in the ocean.

A can of Diet Coke floats in water, but a can of regular Coke sinks — try it and see for yourself.

King George V’s (of England) physician gave the dying king a lethal dose of morphine and cocaine to hasten his death so that it could be announced in the morning edition of The Times rather than “less appropriate evening” journals.

If too many pistachios are shipped in a single container, they will self-heat and experience spontaneous combustion.