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# The Plentiful

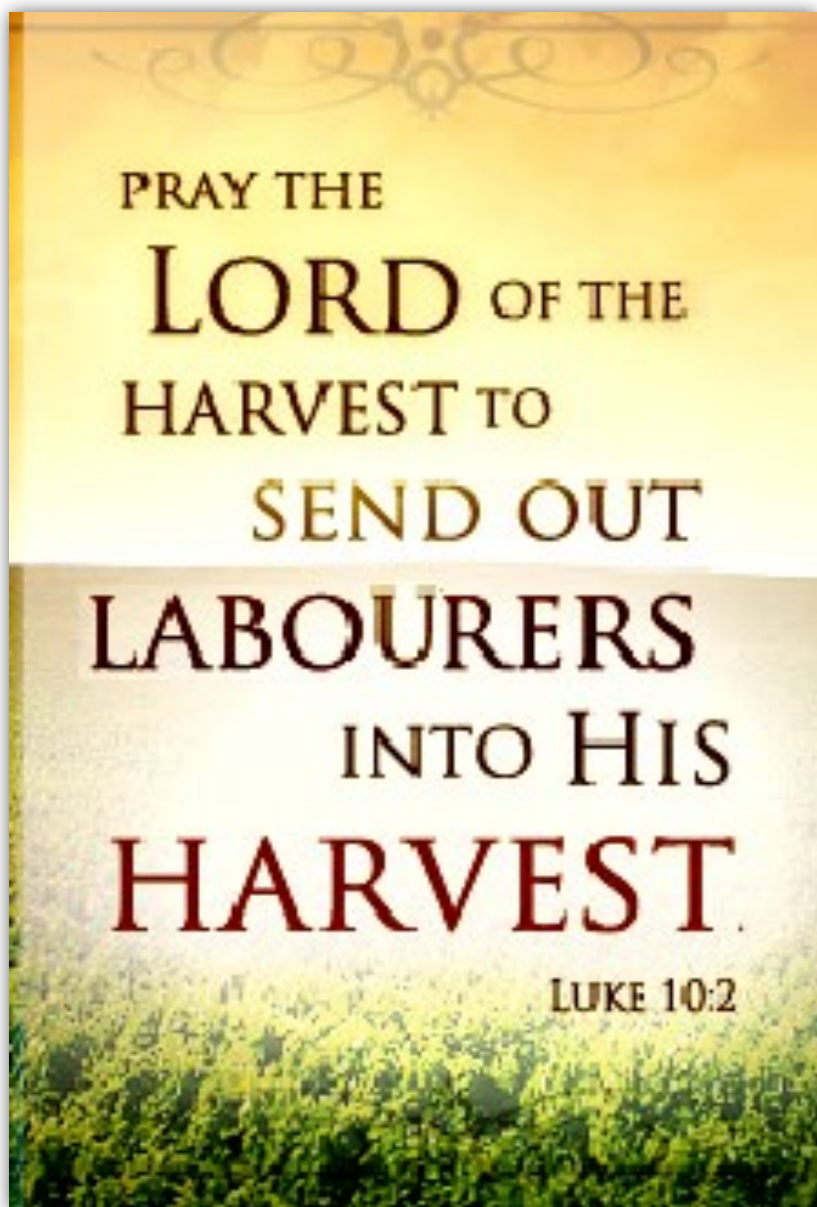
SEPTEMBER/OCTOBER 2018  
VOL. 15, No. 5



## 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*



*Featured in this issue...*

### FROM THE BINGO BOOKS

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*plus...*

*October and November  
calendars of events*

## WELCOME BACK EVERYONE!

**L**ET ME START BY SAYING that it is indeed an honour to serve as President of St. George's Society once again, and having held the position twice before, the third time will certainly "be a charm."

We will be starting off our 59<sup>th</sup> year (can you believe it?) with a regular monthly meeting on **Sunday, September 30** at 7:00 p.m. and I hope to see many of you in attendance. After the beautiful summer break that we were blessed with this year, I hope that the recent current cooler weather doesn't make the fall season difficult to work outside.

And now to take care of a little business...A reminder that the annual membership fee is due (in cash or cheque) at your earliest convenience. I received word that the Corn Roast was a success again and I would like to personally thank all those who helped out. I had a family anniversary that evening, so unfortunately, I was not able to attend. Next month is our annual Corporate Communion, so we will attend Liturgy as a group and then have a breakfast meeting at the Airline Hotel.

Lastly, I would like to thank Michael Watral for serving as president for the last four years. Michael did a fantastic job and is now serving as secretary — that is dedication.

"Love and Service to God" is our motto, so I will be mentioning this quite often throughout the year — if we want our Society continue to exist and thrive, we need members to step forward to serve on the Executive and the various committees. I am also urging all members to do a little PR work and invite other gentlemen to join our ranks. Remember: there is strength in numbers and the more individuals that we can rally to our cause, the better.

I will probably have more to say in the next bulletin. In the meantime, I hope to see all of you at the meeting on the 30<sup>th</sup>.



Fraternally yours in Christ,

Joseph Z. Myslicki, *President*



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## The Plentiful Harvester



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Deadline for submissions for the next issue:

**FRIDAY, NOVEMBER 9, 2018**

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



# Corn Roast: Family, Food, Friends, and Fun!



**I**T MAY NOT HAVE BEEN as large a crowd as we've seen for the last several years, but the annual Corn Roast was still another success for St. George's Society. This year, due to scheduling and personal requests, we made the decision to run this event on the last Saturday in August, the weekend before the long Labour Day weekend in September (this has been done a number of times before — the last time in 2011), but that still did not deter our 'regular' customers and a few new faces from attending this fabulous feast which featured sweet corn-on-the-cob, savoury salads, succulent sausages, delectable desserts, and liquid refreshments.

Many thanks to our in-house chef **Dr. Larry Watral**, who, once again, planned the extra menu items and ran the kitchen with his usual skill. Thanks also to the many production assistants from our club **Gerry Bullock, John Iwasenko, Walter Karachok, Dr. Don Lysak, Jim Petrunka, Morris Tarnawsky, Michael Watral**, who lent a hand with many other tasks, such as shucking the corn, setting up the hall, prepping the salads, boiling the corn, setting up the Blind Auction table and donating prizes, and running the bingo session afterwards.

We would be remiss if we didn't thank the many wonderful ladies who also provided support by helping to prep, donating food and prizes, helping to sell raffle tickets and other tasks: **Josie Bodnar, Catherine Corbett, Sonia Fedyk, Mary Karachok, Josie Moskwa, Lillian Niemi, Ann (G) Opaski, Gloria Sherban, Emily Swiderski, Ann Tarnawsky, Dana Tarnawsky, Alice Watral and Joanne Wenzell**. And don't forget the two cute little ladies **Alice and Emma Strehlow** who volunteered to help with the draws and delivered the 'special' thank you announcements.

If we have left anyone out, we express our deepest apologies — your time and effort was sincerely appreciated and we regret having missed your name.

Over the years, the Corn Roast has developed into a major fundraiser for our society, and this year was no exception with a net profit of approximately \$778.<sup>00</sup> — not bad at all — and this included corn and sausage sales, bar sales, and sales from the admission and Blind Auction tickets. Leftover liquid refreshments will be used at the Golf Tournament dinner and Fish and Game Banquet, so it all goes back to our club, which is why we would like to see more of our own members present to provide the much needed help. This will be brought up among the Executive and subsequent monthly meeting. Until then, thanks to all who attended, and we hope to see (more of) you next year!

(Picture top left and descending downward) John Iwasenko and Dr. Larry Watral pose with a chocolate and strawberry platter; our hall host Michael at the door; the large assortment of salads on the buffet table as the crowd waits for service; the happy guests filling their plates with the fantastic fare; and Dr. Larry Watral sinking his teeth into a sausage with all the trimmings.

## St. George's Society 2018-2019 Executive

*President*

**Joseph Z. Myslicki**

*Vice-President*

**Ches Chomycz**

*Secretary*

**Michael Watral**

*Treasurer*

**Walter Warywoda**

*Directors*

**Gerry Bullock**

**Morris Kibzey**

**Ralph Zaporzan**

*Pastor and Spiritual Director*

**Rev. Stepan Didur**

## A HAPPY GREAT-GRAND UNCLE!



**P**ICTURED ABOVE with his great-niece Dr. Jennifer Swerdlyk (right) as she holds her son Griffin Roger Donald, and flanked by her husband and Griffin's father Thomas Sinfield (left), is St. George's charter member **Peter Swerdlyk** who was present at his great-grandnephew's baptism into the Byzantine Rite at Holy Cross on Sunday, August 5. At the last count, Peter is an uncle, a great-uncle and a great-granduncle to more than 50 — and counting. Many happy years to all!

## Pastor's Corner

**DEAR ST. GEORGE'S MEMBERS,** I recently came across the poem "The Prophet" by Aleksandr Pushkin that I found very inspiring, and therefore, wanted to share it with all of you. It suggests to the reader a supernatural experience by the narrator where he is transformed and sent out into the world by God Himself. It also shows the natural man on his way to becoming a man of spirit.

The English translation below is attributed to Canadian John Wordsworth of Ottawa from May 12-13, 1999. I encourage you to read it...slowly and with care.

*Tormented by a heavenly thirst,  
A gloomy desert trek I started,  
When lo, a six-winged seraph burst  
Upon me where two courses parted;  
And with his dream-like fingers spry  
He touched the pupil of my eye,  
And opened its prophetic sight  
As when an eagle takes affright.*

*He touched my ears, and all around  
The air was filled with noise and sound:  
And then I heard the heavens shudder,  
Beheld the angels' upward flight,  
And valley vines in frozen blight  
And sea-beasts moving under water.*

*And bending low, he touched my mouth  
And tore my sinful tongue right out --  
A tongue by evil gossip sullied,  
And put into my mouth benumbed  
The sting of a wise serpent's tongue  
With his right hand all red and bloodied.*

*And with his sword he slashed my chest,  
And, plucking out my heart still trembling,  
He placed into my open breast  
A coal red-hot, with fire burning.*

*A corpse on desert sand I lay,  
I heard God's voice cry out and say:  
"O prophet, rise with observation,  
Be filled with My will, My desire,  
That as you pass through every nation,  
My Word will set each heart afire!"*

Pushkin has described a path leading from an initial longing for the spirit all the way to mature acceptance of a mission. The path led from society to the loneliness and desolation of the desert, through personal transformation, and then back to society. Having accomplished this past, a man becomes a prophet. Pushkin is concerned here, not only with inspiration in the artistic sense, but with the deepest principles of spiritual transformation — something which we should strive for continuously in our daily lives.

As you begin your 59<sup>th</sup> year of love and service to God, may you all be inspired to become prophets and speak of the divine Word to others!

*Father Stepan Dídur*

## IMPORTANT DATES TO REMEMBER

### TUESDAY, SEPTEMBER 25

9:00 a.m. - Holy Cross Golden Agers' Pyrohy Making Members to provide help if available

### SUNDAY, SEPTEMBER 30

7:00 p.m. - First regular monthly meeting of the new year

### MONDAY, OCTOBER 1

Feast of the Protection of the Mother of God

### MONDAY, OCTOBER 8

Thanksgiving Day



### THURSDAY, OCTOBER 11

12 noon - Bingo at Superior Shores Gaming Centre

### SUNDAY, OCTOBER 14 AND SUNDAY, OCTOBER 21

4:00 p.m. - Bingo Training at Superior Shores GC

### SATURDAY, OCTOBER 20

6:00 p.m. - Halloween Party for the children

### SUNDAY, OCTOBER 28

10:00 a.m. - Annual Corporate Communion followed by the breakfast meeting at the Airline Hotel  
Last day to submit weigh-in slips for the Fish Tournament

### SATURDAY, NOVEMBER 3

6:00 p.m. - Fish and Game Banquet in our parish hall

### FRIDAY, NOVEMBER 9

Deadline for submissions for the bulletin

### SUNDAY, NOVEMBER 11

Remembrance Day



### WEDNESDAY, NOVEMBER 14

12 noon - Bingo at Superior Shores Gaming Centre

### NOVEMBER 17, 18 & 19

Pyrohy Making (regular schedule)

### WEDNESDAY, NOVEMBER 21

Feast of the Entrance of the Mother of God into the Temple

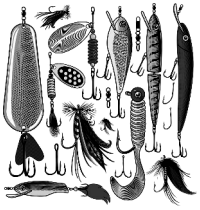
### SUNDAY, NOVEMBER 25

4:30 p.m. - Annual Grey Cup meeting and social

*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.*

**Wishing everyone  
an awesome Autumn!**





# ~~~Fishing Lines~~~

## ANNUAL TOURNAMENT UPDATE

by Maurice Zakrewski, Fish and Game Chairman



**ATTENTION ALL FISHERMEN!** You now have only five weeks left to get your name and catch on the board as the 2018 Fish Tournament comes to a close on the last Sunday of October. All weigh-in slips should be turned in at your earliest convenience to any of the Committee members (Morris Tarnawski, Myron Warywoda, Eugene Zdebiak, and myself, Maurice Zakrewski), so that the board can continually be updated.

Here are the current standings as of September 21, 2018.

<b>Bass</b>	Maurice Zakrewski ~ 3 lb. 6 oz. Dr. Pat Opaski ~ 2 lb. 13 oz.	<b>Salmon</b>	Walter Warywoda ~ 7 lbs. 5 oz. Gord Ibey 3 lbs. 6 oz.
<b>Pickereel</b>	Eugene Zdebiak ~ 6 lb. 3 oz. Maurice Zakrewski ~ 5 lb. 7 oz. Dr. Don Lysak ~ 3 lb. 3 oz.	<b>Lake Trout</b>	Dr. Pat Opaski ~ 6 lbs. 6 oz. Gord Ibey ~ 5 lbs. 6 oz.
<b>Pike</b>	Dr. Pat Opaski ~ 11 lb. 4 oz. Maurice Zakrewski ~ 9 lb. 2 oz. Morris Tarnawski ~ 6 lb. 8 oz.	<b>Rainbow Trout</b>	Dr. Pat Opaski ~ 5 lbs. 6 oz. Dr. Pat Opaski ~ 5 lbs. 3 oz. Gord Ibey ~ 4 lbs. 6 oz.
		<b>Speckled Trout</b>	There are no entries

As you can see, there are no speckled trout entries, and a few spots are left in the bass, lake trout, and salmon categories, so you still have a chance to get on the board before the tournament officially closes on **Sunday, October 28**.

The Fish and Game Banquet is on the calendar for **Saturday, November 3** at 6:00 p.m. in our parish hall; the cost is \$5 per person as in the past, and all members, anglers or not, are invited to attend. And if you have any prizes you'd like to donate, or know of someone who might want to, see me at least one week before the banquet for pick-up or delivery. It's nice to have enough on hand for those in attendance to bring something home as a token of our appreciation.

So, best of luck between now and October 28. And remember: stay safe on the lakes; wear a lifejacket at all times and do not drink alcohol while operating a motorized vehicle.

***Tight lines and keep your tip up!***

## Top 10 Reasons to Go Fishing

1. **Contribute to conservation.** Anglers put their money where their mouth is and are passionate about the environment, natural communities and valuable habitat.
2. **Stress relief.** Spending a day afield casting for trout on a cool mountain stream or fishing for bass on your favourite lake helps to release us from our highly stressful, everyday environment, not to mention brings one "freedom."
3. **Social bonding.** Sharing a fishing experience helps strengthen relationships with family and friends, and allows one to mentor others in the importance.
4. **Supports Wildlife and Fisheries Management.** For more than 100 years, anglers have contributed to wildlife and fisheries management efforts by helping to set seasons and creel limits, helping most species to remain stable and flourish.
5. **Health Benefits.** Fishing can help you burn those unwanted calories, increase the quality of your lifestyle, and add years to your life. And being outside makes you feel better and encourages a healthier way of life.
6. **Recreation.** Having a bad day of fishing still beats a day in the office or tending to household chores, and it's downright fun!
7. **Self-fulfillment.** Fishing offers you the chance to improve your self-esteem through respect for the environment, mastering outdoor skills, and achieving personal goals that can be enjoyed at any age.
8. **Boost to the economy.** Anglers generate millions in provincial (and state) and local taxes and directly support thousands of jobs, which gives an economic boost with which any government would be pleased.
9. **Fishing for food.** Wild fish are low in fat and high in protein. In fact, the Canadian Heart and Stroke Foundation recommends a regular diet of fish. Besides, it's more challenging than strolling down a supermarket aisle for your supper.
10. **The Thrill.** Fishing has a way of fulfilling an age-old need of pursuing and catching. The thrill lies in the challenge, such as stalking an elusive wild trout or matching the hatch as well as the immeasurable life lessons experienced along the way.



Walter Warywoda proudly displays his 7 lb. 5 oz. salmon he caught while out fishing on Nipigon River on Thursday, August 9. What a beauty!

## A TREASURE TROVE OF TRIVIA

- A reindeer's eyes change colour over the course of the year. They're gold during the summer and blue in the winter.
- An avocado doesn't ripen on the tree, so farmers can use trees as storage and keep avocados fresh for up to seven months.
- During Prohibition, moonshiners wore what were called "cow shoes." This unique footwear left hoofprints instead of footprints, helping distillers and smugglers evade police.
- Artist Salvador Dali would avoid paying restaurant tabs by using checks. He would draw on the back as the waiter watched, assuming no one would ever cash his art — he was correct!
- China owns all the pandas in the world, "renting" them out for about \$1M a year.
- Queen Elizabeth II is a trained mechanic.
- On his television show, Mr. Rogers always said out loud that he was feeding his fish because a young blind viewer once asked him to do so. She wanted to know if the fish were all right.
- An estimated 1 million dogs in the US have been named primary beneficiary of their owners' wills.
- The Russians showed up 12 days late to the 1908 Olympics in London because they were using the Julian calendar instead of the Gregorian calendar.

## NIGHT OWLS AND MORTALITY

**BAD NEWS, NIGHT OWLS!** Turns out that we're going to die sooner than those annoying morning people. A new study by the University of Surrey and Northwestern University found that people who liked to stay up late were likely to die within the six and a half years of the study period than those who were early risers.

*"Night owls trying to live in a morning lark world may have health consequences for their bodies," one of the researchers said. "It could be that people who are up late have an internal biological clock that doesn't match their external environment."*

So we might consider turning out the light a little earlier this evening — and setting our alarms earlier too.

Source: <https://news.northwestern.edu/stories/2018>

## 2018 Scholarship Recipient



**PICTURED AT LEFT** is outgoing society president Michael Watral, presenting St. George's top scholarship award of \$500 to Sean Kohanski (middle), accepting for his daughter **Mikaela** (as Father Stepan looks on), who could not be present at the Praznyk as she is currently attending the Ontario Veterinary College on the campus of the University of Guelph in southern Ontario. Congratulations Mikaela, and we wish you all the best in your future studies and endeavours!

## Membership Matters

**YOUR ATTENTION PLEASE!** Here are a few brief reminders for all regular members as we begin our 59<sup>th</sup> year of love and service to God.

- 1) Membership Dues (\$25) are payable to our Treasurer, Walter Warywoda, at your earliest convenience. Cash or a cheque addressed to St. George's Society will be accepted — sorry, debit is not available yet.
- 2) If your personal contact information (address, email address, phone number) has changed, please inform Michael Watral as soon as possible so that the records can be updated and the new roster prepared.
- 3) Please consider becoming a chairman or member of a committee that could use your expertise, talent, and vision. It's important that whoever is physically able to do so, help keep our society strong and viable. Don't rely on "someone else" to do it — we all need to set a fine example to others. You may inform the Executive anytime of your decision.
- 4) We ask all members to keep in their prayers those of our society (as well as parishioners) who are ill, shut-in, in the hospital, or dealing with a personal crisis. Remember to inform the Sick and Visiting Committee so that arrangements can be made to stay in contact and monitor whatever the situation may be. You may also phone Father Stepan at 577-7721 at anytime to inform him of any special circumstances — he will appreciate the call.
- 5) Although we passed a number of Constitutional amendments at our monthly meeting this past May, there are still a few items on which we need to work. Therefore, we will hold off making hard copies of our Constitution until such time all future amendments have been tabled and ratified. Thank you for your patience and understanding in this important process.



St. George's Society is a well-respected organization within our parish and community. Your assistance to help maintain this tradition is gratefully appreciated.

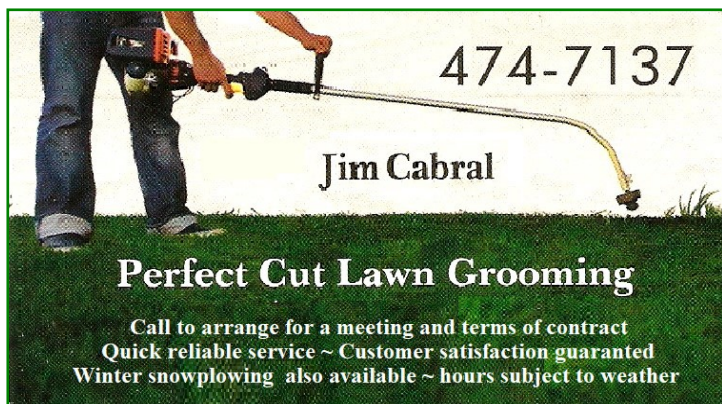
*Thank you from your Executive!*

## Undeniable Words of Wisdom

*"As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others."*

*- Audrey Hepburn*





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## Three Dos and Don'ts of Christian Life

### 1. DO FORGIVE OTHERS.

The Body of Christ is different from the world for the most part. We don't hold grudges, we hold hands.

### 2. DO PRAY FOR OTHERS.

St. Paul wrote: "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God" and surely part of that 'everything' is to be praying for one another.

### 3. DO LOVE ONE ANOTHER.

Jesus didn't hope that we would, didn't suggest that we would, but commanded that we would love one another "just as I have loved you."

### 1. DON'T ROB GOD.

This is not about money and robbing God of tithes and offerings, but robbing God of His due glory.

### 2. DON'T GOSSIP.

This is one of the most destructive things that believers can do. It is nothing short of assassinating someone's character, and it's very close to slandering someone's good name.

### 3. DON'T GRUMBLE.

Grumbling against a church leader or anyone else in church is serious business to God because it's essentially grumbling against Him, for even members of the Church are parts of the Body of Christ.

## Halloween Party In the Works

**WE HAVE JUST RECEIVED WORD** that a Halloween Party is being planned for the children and will take place on **Saturday, October 20** in our parish hall beginning at 6 p.m. There will be games, crafts, and fun. Food will be provided. If your children/grandchildren are interested in attending (*parents and Baba and Gigi can come and help, too*), please call **Jackie Strehlow** as soon as possible at **252-1789** to indicate your intentions. And don't worry, it won't last beyond everyone's bedtime — including the grown-ups'. So, get out your costumes and come enjoy the evening!



## ANNUAL PARISH PRAZNYK

**HOLY CROSS PARISH** held its annual Praznyk Divine Liturgy and dinner on **Sunday, September 16**, and it's hard to believe that just one year ago we all celebrated the 50<sup>th</sup> Anniversary with a gala reception at the Slovak Legion.

The service in the church was very special with favourite hymns and prayers, and a inspirational message delivered by Father Stepan about why the Cross is a symbol of victory and the power and love of God — not to be taken for granted.

In the B.G. Shumay Auditorium, parishioners and guests were treated to a meal, prepared under the supervision of **Dr. Larry Watral**, our resident chef, comprised of an assortment of salads, cooked fresh vegetables, roasted potatoes, baked chicken, and of course, cabbage rolls, prepared by our crew of ladies and gentlemen a few days earlier.

Many thanks to all parishioners and volunteers who attended and helped make this yearly celebration another success.

(Below) Father Stepan blesses the food while Michael Watral leads the faithful in singing the Troparion of the Holy Cross.



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**I T'S BEEN A BUSY SUMMER FOR US AT BINGO.** We had one bingo in July, one in August and one in September — the latter two being 11 days apart — our volunteers felt like they never left! We also had the opportunity to receive another portion of August's pooling cheque by serving at the Superior Shores booth at the CLE Coliseum on August 9. Many thanks to **Gerry Bullock** and **Michael Watral** for their time on that afternoon. As a result, the pooling cheques for July and August together totalled just shy of **\$2,439**, which will take a big bite out of the RBC loan payment for the air conditioning. So, thank you again, to those members who work at bingos.

However, we still could use a few more volunteers just in case of emergency. So, we are asking for more members (and parishioners) to attend the next training sessions on **Sunday, October 14** or **Sunday, October 21** from 4 - 5 p.m. at Superior Shores Gaming Centre to help remedy the situation. Please contact Gerry Bullock so he can inform the management at the hall how many to expect. Training (and re-training) is mandatory for those who wish to help at bingo as per OLG requirements.

The next three St. George's sponsored bingos at SSGC are **Thursday, October 11** (matinée), **Wednesday, November 14** (also a matinée), and **Friday, December 7** in the evening. Again, please speak with Gerry Bullock if you can volunteer on any of those dates. It is important that we share in the duties.

In the summer bulletin, it was reported that Superior Shores management had planned a special "*Thank You Thunder Bay*" event for Saturday, September 8. However, due to a scheduling conflict with OLG representatives, it had to be moved to **Saturday, September 29**. We received an update from Charity Manager Iris McCoy-Slongo saying that she would like to see all groups represented as media will be attending. We are asked to arrive between 11:30 a.m. and 11:50 a.m. wearing our vests to ensure we are easily identified as group pictures will be taken just before a cheque presentation at 12 noon. From then on, until 3:00 p.m., there will be a BBQ in the parking lot and the regular bingo session has been cancelled and 'play-as-you-go' games will be run for fun prizes. It will also be a period for the public to "meet and greet" the various charity members and learn about how the proceeds earned at bingo benefit our community. We invite all parishioners and friends to attend. At 3:30 p.m., a brief meeting in the hall with Richard Schwar of the OGCA will take place where he will speak about provincial updates and uses of proceeds. A copy of this document will be available at our monthly meeting.

*Thank you from your Bingo Committee*

## Level Up Your Waste Reduction

*By Ellen Mortfield, Executive Director, EcoSuperior*



**E**very year Canada celebrates Waste Reduction Week: seven days of activities and infographics and school assemblies all aimed at getting us to pay a bit more attention to the garbage we create. For more than 15 years, EcoSuperior has been blasting messages about the three Rs and taking people on landfill site tours, but still there are plenty of streets barren of blue bags on recycling day, and indignant outcries when garbage collection is reduced from three bags to two. "I pay my taxes — I should be able to put out as much garbage as I want!" Alas, there will always be a percentage of the population the blithely continues to throw things 'away' with no recognition of the fact that 'away' may be out of sight, but clearly visible in the form of contaminated water, soil, and air, and diminishing resources for future generations.

But there is still hope that a different sort of citizen may be moved yet further along in the journey toward zero waste, and so this article speaks to those looking for a little encouragement to take the next steps. Assuming you have already committed to recycling everything you can, and eliminating bottled water, consider these additional

opportunities to reduce your personal garbage production. Single use plastics represent one of the world's biggest waste problems, so let's focus on those first.

1) You have probably already started carrying reusable shopping bags to the grocery store — now how about those other shopping trips? Make it your mission to *never* accept a plastic bag from any retailer.

2) Carrying a travel mug or reusable water bottle is step one; step two is to start carrying a set of utensils so that you never have to accept a plastic fork, knife or spoon again. You can invest in a fancy bamboo set that comes with its own carrying case, or just pilfer a set from your own flatware drawer at home, wrapped in a cloth napkin so as not to mess up your vehicle (or for the ladies, your purse). How easy is that?

3) If you've graduated from a sippy cup, you should no longer have a need for plastic straws with your beverages. Just say "no thanks!" But if you're a milkshake addict or have ultra sensitive teeth or some other issue that makes drinking with a straw somewhat necessary, there are such things as reusable, washable stainless steel straws. So, invest if you must.

4) Commit to buying better bread — the kind that doesn't come in a plastic bag. There are many good local bakeries in town. Find a reusable loaf-sized box or bin to store it in at home.

5) Set your produce free! Let your avocados and your artichokes mix and mingle with the zucchini in your shopping cart. There is no law that says they must be separated in plastic bags, and you're going to wash them at home anyway, right? Plastic produce bags are not only wasteful, they're also really annoying — getting them off the roll in one piece, finding the right end, furiously rubbing between thumb and finger to open the darn things — so free yourself from that battle as well. At home, start keeping your lettuce and other greens in a cotton or terry cloth bag (or just wrap in a tea towel or aluminum foil) and you'll be surprised how much longer they last in the fridge.

There you have it — five simple ways to meaningful participation in Waste Reduction Week, coming up October 15-21. Connect with EcoSuperior and the City of Thunder Bay on Facebook for more tips, contests, and events.

Source: *The Walleye*, Volume 8, No. 10



  
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## Why Pray the Rosary?

**M**ANY GREAT POPES, saints, and Christian leaders have exhorted us to pray the Holy Rosary. It's a powerful prayer, they say, one that can change your life, strengthen the family, bring peace to the world, convert entire nations, and win the salvation of souls.

A lot of Catholics, unfortunately, have the impression that the Rosary is not relevant for them. It might be a sacred prayer for very religious people — priests, religious sisters, and exceptional Catholics — but not for "an ordinary lay person like me." Even some devout Catholics admit that they are a bit intimidated by this prayer. They have tremendous respect for the Rosary, know it's important, but feel bad that they don't love it more. Many view it as the marathon of Catholic devotions. "I know it's an important prayer, but it takes fifteen to twenty minutes. I'm too busy. I don't have time for that" or "It's too hard to stay focused for that much time. I prefer shorter prayers."



The truth be told, there is a lot more going on in the Rosary than simply praying the prayers and counting them with beads. Wherever you may be in your relationship with God, you can actually experience a profound, intimate, personal encounter with Jesus through this devotion, for there are many different ways to pray the Rosary — some that can easily fit within your schedule and help you with whatever challenges you face in your life.

Think of the Rosary as being like the ocean: There's something in it for everyone, whether you consider yourself a veteran mystic longing to go deeper in prayer with our Lord, a novice struggling to learn how to pray, or someone seeking the Lord's help, right now, with something going on in your life. The deep-sea explorer and the child making sand castles on the beach can fully enjoy the same ocean while playing at different levels. And this is true with the Rosary. ■

## Monthly Usher Schedule

### October

Saturday 5:00 p.m. Ches Chomycz

Sunday 10:00 a.m. Tony Glena

### November

Saturday 5:00 p.m. Dr. Don Lysak

Sunday 10:00 a.m. Morris Kibzey



Besides taking care of the collection, ushers should be present in the narthex at least 15-20 minutes before the service to help distribute bulletins and other items, assist with the lift, and to help seat the faithful.

And again, a reminder: please remain stationary during the more solemn parts of the Divine Liturgy to show respect for the holiness of the house of God and to limit distracting others in prayer. Allow others to see St. George's members as gentlemen *who are taking part in the Divine Liturgy with the rest of the congregation*. And if, for any reason, you are not able to fulfill your obligation at the designated Divine Liturgy, please find a suitable replacement.

*Thanks to all for your continued service and cooperation. ☺*

  
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# Feast of the Patronage (Protection) of the Mother of God - October 1



**A**MONG THE MARIAN FEASTS listed in our Liturgical Year, the feast of the Protection (Patronage) of the Most Holy Mother of God deserves special consideration. From the very beginning of our Kyivan State, we have had great and powerful enemies. It is small wonder then that our people sought the assistance and protection of the Most Holy Mother of God whose intercession is all-powerful. For our motherland and its people, and those scattered throughout the diaspora, the feast of the Protection (Patronage) of the Mother of God has always been, and still remains, a day of great manifestation of love and gratitude to the Most Holy Mother of God, a day of joyous praise and glorification of her protection and intercession.

The feast of the Protection was a local feast among the Greeks, which they ceased to celebrate after the fall of Constantinople in 1453. No one knows precisely why October 1st became the day of the feast. Perhaps, as some think, it is because on that day the Eastern Church celebrates the memory of St. Roman the Melodist (†560), who composed many hymns in honour of the Most Pure Virgin Mary. The feast of the Protection enjoys a service similar to that of the great feasts with an all-night vigil, but it is not one of the twelve great feasts, and has neither a pre-feast nor a post-feast. The Synod of Lviv (1891) in reducing the number of the feasts, commanded this feast to be transferred to Sunday, although this is not the current usage.

The veneration of the Blessed Mother of God as Intercessor and Protectress is best illustrated in the village chronicle of Yazhiw Staryj in Western Ukraine. Recalling the frightful incursion of the Tartar hordes and the heavenly protection of the Most blessed Mary, he writes: "The people, terrified and impoverished, fled to their small church, threw themselves down on their knees before the icon of the Mother of God, and prayer fervently that they would always be given protection."

In 1912, St. Pope Pius X remarked to our Bishop Blessed Nykyta Budka: "Your nation cannot perish, for it has two guarantees: your nation loves the Eucharistic Christ and the Most Pure Virgin Mary. With these guarantees the nation cannot perish."

*Troparion, Tone 4:* Today, we believers radiantly celebrate, flooded in light by your coming to us, O Mother of God; beholding your pure image, we say with contrition: "Shelter us with your precious protection and deliver us from every evil, entreating your Son, Christ our God, to save our souls."

*Kontakion, Tone 3:* Today the Virgin stands before us in the church and together with the choirs of saints invisibly prays to God for us. Angels are worshipping with hierarchs, Apostles exult with prophets, for the Mother of God prays in our behalf to the eternal God.

## TO YOUR HEALTH: Lunch & Dinner Sides For Any Season



### MARINATED WHITE BEAN AND VEGETABLE SALAD

**Hands on time:** 10 minutes  
**Total time:** 20 minutes  
**Makes:** 2 servings

**L**EFTOVER BEANS and jarred red peppers allow this salad to come together in a matter of minutes. To customize this recipe, add leftover grilled or roasted veggies such as mushrooms, onions and eggplant, depending on what you have on hand. Just be sure to add any green vegetables at the last minute to preserve their colour.



#### Ingredients:

- |         |  |
|---------|--|
| 2 cups  | broccoli florets<br>(about half a large head)    |
| 4 tsp   | extra virgin olive oil                           |
| 2 tsp   | lemon juice                                      |
| 1 tsp   | oregano  |
| 1       | small clove garlic,<br>finely grated or pressed  |
| pinch   | each of salt and pepper                          |
| 1 cup   | canned white kidney beans,<br>drained and rinsed |
| 3       | jarred roast red peppers<br>drained and sliced   |
| 1/3 cup | chopped fresh parsley                            |
| 1/4 cup | crumbled feta cheese                             |

#### Method:

In large saucepan of boiling salted water, cook broccoli until tender-crisp, about 1 minute. Using slotted spoon, transfer to bowl of ice water to chill; drain and pat dry. (*Make-ahead: Refrigerate in air-tight container for up to 24 hours.*)

While broccoli is chilling, in large bowl, whisk together oil, lemon juice, oregano, garlic, salt and pepper. (*Make-ahead: Refrigerate in air-tight container for up to 2 days.*) Add beans, red peppers, parsley and feta; toss to coat. Let stand for 10 minutes. (*Make-ahead: Refrigerate in air-tight container for up to 6 hours.*) Stir in broccoli (drained and patted dry).

*Tip from the test kitchen:* Switch things up by using red kidney beans or black beans instead of white, if that's what you have in your pantry.

#### NUTRITION FACTS PER SERVING

Fibre 9 g, Sodium 756 mg, Sugars 6 g, Protein 13 g, Calories 275, Total fat 15 g, Potassium 584 mg, Cholesterol 20 mg, Saturated fat 5 g, Total carbohydrate 26 g.

#### % REFERENCE DAILY INTAKE (RDI)

Iron 22%, Folate 37%, Calcium 20%, Vitamin A 42%, Vitamin C 190%,

This recipe first appeared in the September 2015 issue of *Canadian Living*. Visit the website at [www.canadianliving.com](http://www.canadianliving.com).



# Giggles & Guffaws

**A** MAN GOES TO HIS DOCTOR and explains that he hasn't been feeling well. The doctor examines him, leaves the room, and returns with three different bottles of pills to give to the man.

The doctor then says, "Take the green pill with a big glass of water when you get up, take the blue pill with a big glass of water at lunch, then just before going to bed, take the red pill with another big glass of water."

Upset at the number of pills he was prescribed, the patient asks, "My goodness, Doc — what's wrong with me?"

The doctor replies, "You aren't drinking enough water!"

---

**A** PRIEST rushed from church one day to keep a golf date.

He was halfway down the first fairway, waiting to hit his second shot, when he heard "Fore!" and a ball slammed into his back.

Soon, the golfer who had made the drive was on the scene to offer his apologies. When the priest assured him that he was all right, the man smiled.

"Thank goodness, Father!" he exclaimed. "I've been playing this game for forty years, and now I can finally tell my friends that I've hit my first holy one!"

---

**J**ESUS AND SATAN were having an ongoing argument about who was better on his computer. They had been going at it for days, and God was tired of hearing all of the bickering.

Finally God said, "Cool it. I am going to set up a test that will run two hours and I will judge who does the better job."

So Satan and Jesus sat down at the keyboards and typed away. They 'moused', they did spreadsheets, they wrote reports, they sent faxes and e-mails, and sent some of them out with attachments. They downloaded items, they did some genealogy reports, and they made cards. They did every known job. But ten minutes before their time was up, lightning suddenly flashed across the sky, thunder rolled, the rain poured and, of course, the electricity went off. It was every programmer's nightmare.

Satan stared at his blank screen and screamed every curse word known in the underworld while Jesus just sat and sighed. The electricity finally flickered back on and each of them restarted his own computer.

Satan started searching frantically, screaming "It's gone! It's all gone! I lost everything when the power went out!"

Meanwhile, Jesus quietly started printing out all of His files from the past two hours. Satan observed this and became extremely irate.

"Wait! He cheated, how did He do it?"

God shrugged and said, "Jesus saves."



**Shawn Grant, H.B.K., B.H.Sc.P.T.**  
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"All bets are off if you don't quit laughing."



## УСМІХНІТЬСЯ!

**П**РИХОДИТЬ МУЖИК в бібліотеку і каже, "Я у вас книгу взяв 'Як заробити мільйон', а тут половина сторінок видерта!"

Бібліотекар каже: "Ну і що! Півмільйона теж непогано."

---

**М**ИША ЧУЄ нявкання кішки, і тихенько причаїлася в нірці. Тут почувся гавкіт собаки. Миша подумала: "Якщо поблизу собака, то кішка, напевно, втекла. Тепер можна вилізти назовні."

Кішка тут же зловила мишу і, проковтнувши її, задоволена, сказала: "Муррр! Як добре знати іноземну мову."

---

**О**ДРУЖЕНИЙ СИН прийшов з роботи, а йому мама каже: "Твоя дружина мене сьогодні образила!"

Син каже: "О, а як це? Її ж вдома немає. Вона ж поїхала у відрадження."

"Від неї сьогодні прийшов тобі лист на електронну пошту. Знаєш, що вона у кінці листа написала?!", вона відповідає. Слухай... "Маріє Іванівно, будь ласка, не витирайте листа, хай ваш син також прочитає!"

## Ways to Get the Gunk Out - Part 3 of 3

**7. Do a seven - to - ten day cleanse.** It's worth contacting a nutritionist or naturopathic doctor who can give you guidance about doing a good liver, colon and kidney cleanse. You'll be taking cleansing herbs or homeopathic remedies while you're following a strict diet free of junk like sugar, white flour, alcohol and caffeine. Cleanses are very beneficial for long-term health and it's recommended to do one in the fall and one in the spring.

**8. Rub-a-dub-dub. Detox in the tub!** Add one to two cups of Epsom salts (magnesium sulfate) to a nice hot bath, and its sulfur compounds will draw toxins from your body through the skin. Epsom salts also relax the nervous system and muscles and help reduce swelling and soreness. It's no wonder massage therapists routinely suggest clients soak in Epsom salts after treatments. Epsom salt is inexpensive. Look for it at your local pharmacy, supermarket or even your favourite 'dollar store'.

**9. Try dry skin brushing.** What the heck is that? Well, remember in the last installment about the skin being a huge detoxifying organ? Brushing your skin all over with a special bristle brush while your skin is dry is an excellent way to help rid your body of toxins that can gather beneath the skin's surface. When you brush your skin, you help your lymph system cleanse itself of waste that accumulates in the lymph glands. You use a simple technique to improve the surface circulation on the skin and keep the pores of the skin open, encouraging your body to purge metabolic wastes. Your skin will look healthier, plus it's supposed to help get rid of cellulite (fat)! Just Google 'dry skin brushing' and you'll find detailed instructions.


Here's to a cleaner, leaner, much healthier you!

Source: *The Looneyspoons Collection*

## Corporate Communion and Breakfast Meeting

Alleluia! May He rule from sea to sea,  
from the river to the ends of the earth. Alleluia!

*Alleluia verse from Feast of Christ the King*

 **N SUNDAY, OCTOBER 28,** St. George's members will gather together to attend the Divine Liturgy celebrating the Feast of Christ the King. All members are requested to meet in the church hall no later than 9:45 a.m. after which we will proceed into the church as a whole. We ask all members to please wear your St. George's blazers with the crest, a dress shirt and St. George's tie (or another appropriate one), with grey trousers. And because this is a very important occasion, we encourage all members to attend services on the Sunday of that weekend, rather than the Saturday before.

This has been a society tradition, and for many members (and those looking in), it is a proud display of unity and fellowship that strengthens the bonds of brotherhood as we continue to love and serve God and His Church. Therefore, we sincerely request your attendance.

Shortly afterwards, we will gather at the Airline Hotel (room TBA) with breakfast being served @ 11:45 a.m. followed by our regular monthly meeting. Cost will be \$10/member.

## P.arting S.entiments

by Michael Watral, Bulletin Editor

**A S THE EDITOR-IN-CHIEF** of this newsletter, I have enjoyed the privilege of expressing my personal opinions on a number of society and parish issues — some good, and some not-so-good — and at times have created a bit of controversy in the process. Despite what some might label negative, an editorial is meant to influence public opinion, promote critical thinking, and sometimes cause people to take action on a particular issue — in essence, it's an opinionated essay.

So, I have decided to air my frustrations again on what I believe is a lack of volunteers that our club and parish is experiencing lately. It is hard to believe that we are still having problems recruiting new bingo volunteers or when we ask for help peeling potatoes for pyrohy, less than 10 have shown up. We just had a successful Corn Roast (which has blossomed into a major fundraiser), but can't get our own members to help in the kitchen or even attend the event. And I heard through the grapevine that for our parish Praznyk, our hall and serving coordinator was struggling to get volunteers to help with various duties.

What has happened? Have we become complacent after 50 years, or has a wave of apathy swept through our ranks? I repeat what I said in my first editorial (in 2013) that 'certain individuals are wearing too many hats' and that we need more members (and parishioners) to 'step up to the plate', especially now since our sister society is defunct. Folks: the church should still be a priority, and it's pretty sad when it isn't.

As we begin our new society year of love and service to God, please remember that volunteers made our society and parish what it is today, and that we are here to build up God's kingdom on earth and not our own agenda — please help! *MW*



### More actual phone calls received at golf pro shops

**Staff:** Golf course, may I help you?

**Caller:** Yes, do you have one of those areas where you can buy a bucket of golf balls and hit them for practice?

**Staff:** You mean a driving range?

**Caller:** No, that's not it.

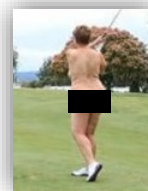
**Staff:** Golf course, may I help you?

**Caller:** Do you have a dress code?

**Staff:** Yes, we do. We require soft spikes.

**Caller:** How about clothes?

**Staff:** Yes, you have to wear clothes.



**Staff:** Golf course, may I help you?

**Caller:** Yes, my husband just called me on his cell phone and told me he's on the 15<sup>th</sup> hole. How many more holes does he have to play before he gets to the 18<sup>th</sup>?



**Staff:** Golf course, may I help you?

**Caller:** Do you have a twilight rate?

**Staff:** Yes, it's 15 dollars after 2 o'clock.

**Caller:** And what time does that start?