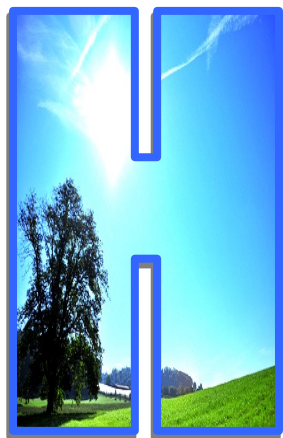




Love and Service to God since 1960!



The Plentiful

SUMMER 2018
VOL. 15, No. 4

Harvester

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

WEATHER FORECAST

GOD REIGNS
and the
SON SHINES

EXPECT
SHOWERS
OF

BLESSINGS!



✓ Every day
GOD is good!

**IN THIS
ISSUE**

- The Spotlight returns
- Important bingo news
- A "Doctor of the Church"
- Tips to Help You Recycle

**Repairs & Service
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Small Engine Repair

- lawnmowers
- snowblowers
- weed trimmers
- chain saws
- generators
- outboard motors
- snow machines
- ATV
- carburetor repair

Annual Merit Award

CONGRATULATIONS to this year's Merit Award recipient, fellow member **Murray Salomon**, who was bestowed this honour at our annual dinner meeting this past June 21 by last year's awardee, Dr. Larry Watral.

Murray, who has been a member of St. George's Society since October 1982, was chosen from a list of nine other worthy candidates, and although it is not a major competition, it is good to know that there are many members among us who may still be considered to receive this annual recognition. In his presentation speech, Dr. Larry outlined Murray's past service in our club which included his numerous years spent as chairman of the Parish Picnic and Youth Committees, both as a guiding force for our young parishioners, and his frequent "lending a hand" in the kitchen for various club and parish events — without hesitation.

Your fellow members salute you Murray. May you continue your love and service to God with all of us of St. George's Society, and may God give you the strength and will to do so for many more years ~ *Многая літа!*



Dr. Larry Watral (left) presents the annual Merit Award to this year's recipient, Murray Salomon (right).

Photo courtesy of Maurice Zakrewski

Legacy Projection Dedication



(above) Parishioners & guests pose for a picture as they gather around the 50th Anniversary Legacy Project Bench, which was dedicated on Sunday, June 17, 2018



(at left) Father Stepan Didur, assisted by acolyte (старший брат) Stanley Myslicki, as he blesses the bench which was funded by donations from parishioners thru Special Projects

(right) Fr. Stepan Didur blesses the 'Northwood maple' tree as Stanley Myslicki and parishioners and guests look on

(below) Co-chair of the Anniversary Committee, Andrika Warywoda as she addresses those gathered for the dedication of the Legacy Project in June



Many thanks to those who came out to take part in this important occasion which has brought the celebration of our parish's 50th anniversary to a completion, and again to all who donated to this project. Your support is very much appreciated. God bless you all!

~ Members of Holy Cross' 50th Anniversary Committee

Pictures courtesy of Michael Watral (with help from his niece Jessica Corbett)



The President's Letter



IT'S BEEN JUST OVER A MONTH NOW since I last addressed you at the Annual Dinner Meeting on June 21 — the first day of summer — and here it is already 1/3 of the way through the season. I hope all members and their significant others are enjoying the good weather and, for many, some well-deserved time off. I said it on that evening, but I would again like to thank my fellow Executive members who served with me during my tenure as president within the last four years. Your cooperation, direction and guidance, effort, support, time, and yes, friendship, will always be remembered, and I promise to reciprocate while I remain on the Executive, but not in the lead position as our club begins its 59th year of love and service to God this fall. I urge all members to continue so that St. George's remains strong and vital to our parish.

I, like many others of our society, am proud to be a member of such an organization. I am certain that's the case with those who participate in and volunteer with many other local causes and charities. But, I have been thinking lately...isn't pride a sin? In fact, the Church does consider pride one of the Seven Deadly Sins, and according to an article from Catholic Online by endodontist Dr. Frederick Liewehr, this is because "it can get in the way of our relationship with God. When we are focused on ourselves and our own achievements we cannot see that God is working in our lives and in those of our fellow men." He goes on to say that "pride is basically a form of self-love, of taking credit for something that God has done. That sort of thinking," he says, "doesn't sit well when we apply it to our fellow man, and it clearly does not please God."

Thankfully, Dr. Liewehr offers a solution. "The corresponding virtue to, and remedy for, this sin is humility." And despite the fact that he says that humility seems to be in short supply (referring to politicians, celebrities and athletes who do everything they can to call attention to themselves and their accomplishments on a daily basis), I constantly see it in our members (and parishioners). True, St. George's has an annual Award of Merit, but each time it is presented, we hear the recipient acknowledge that such an honour wasn't the reason he joined our club or was part of a certain Committee (member or chair) or volunteered his time and effort just to be recognized. St. Paul wrote in his letter to the Philippians, *"Have among yourselves the same attitude that is also yours in Christ Jesus, who, though He was in the form of God, did not regard equality with God something to be grasped. Rather, He emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance, He humbled himself, becoming obedient to death, even death on a cross. (Phil 2:5-11).* This philosophy was again apparent last June when the award was bestowed upon a worthy candidate and fellow member **Murray Salomon**, who, like many previous recipients, echoed the same sentiments and was very humble in his acceptance speech. Congratulations from all of us, Murray, and we look forward to working and serving with you for many years to come!

One more question and response from Dr. Liewehr: "So, can we ever be proud of anything? Sure," he says, "we can be proud to be called sons of God. Is that so difficult? You bet it is! As Bishop Fulton Sheen explained, 'Sin has two dimensions: one that is the result of original sin, and the personal one. Temptation, in this case to be prideful, and acquiescing or giving in to that temptation is manifest sin.' However, if we look toward heaven instead of looking inward at ourselves, we will not fall for the temptation to think that the world revolves around us." May we always, as St. George's members, thank God for His blessings and abundant mercy!

Now, just a few things before I close. First, and you've heard it a number of times, but I will say it again: we need more members (and parishioners) to take the training and be available to work bingos. The next training session takes place on **Sunday, August 19** from 4 to 5 p.m. at Superior Shores Gaming Centre (435 Memorial Ave., beside the Super 8 Hotel). Please inform Gerry Bullock if you wish to attend so that he can relay the message to the training staff there of how many from our club/parish are planning to attend. You will also need to read and get familiar with the Accessibility for Ontarians with Disabilities Act requirements (a 10-page document — don't worry it's not heavy reading!) before you formally volunteer, and I have a number of copies in the president's briefcase available. Bottom line: if we do not have 10-20 volunteers listed, we may not be granted further licenses and not receive any future bingos, which is not good since there is still about \$10,400 to pay on the RBC bank loan for the kitchen A/C which will then have to come from other sources such as weekly donations.

Second, this year's Corn Roast has been set for **Saturday, August 25** — that's one week earlier than customary — as a number of key committee members will be away during the September long weekend. Tickets are now available, and we invite all members, family, and friends to come join us in this annual fun event. And if you have any door prizes to donate, please speak with yours truly to arrange for pick-up or you may bring them to me at the church any Saturday or Sunday in the next little while, but before August 20. Stay informed by reading the weekly parish bulletin for updates.

Third, I encourage you, on behalf of Maurice Zakrewski and the Fish and Game Committee, to get out there and do some serious fishing this summer and to submit your weigh-in slips as you go. Let's get the Tournament Board full this year with many names and fish as possible.

Lastly, but certainly not the least, August is an important month in our Church calendar in which two major feastdays occur: Transfiguration of Our Lord (August 6) and Dormition of the Mother of God (August 15). Fruits, and flowers and herbs are respectively blessed on those two occasions. I encourage you to attend those services and to bring your children/grandchildren so that they can help continue this important tradition that has been handed down for many generations.

May you all continue to have a safe and enjoyable summer!



Fraternally yours in Christ,
Michael Watral, President
2014-2018

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

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THE COOL CROWD

NO NEED for an ice cream maker. Turns out all that's required to make incredible homemade ice cream is three ingredients and a freezer — try it and see. Yummy!

THREE-INGREDIENT VANILLA BEAN ICE CREAM

Prep 10 min. | Total 6 hours 10 min.

- 1 vanilla bean (available at most bulk food stores)
- 1 cup 35% cream
- ½ 300-mL can of sweetest condensed milk

Instructions:

1. Slice vanilla bean in half lengthwise. Use the back of a paring knife to scrape out seeds from bean.
2. Beat cream in a medium bowl, using an electric mixer on medium, until soft peaks form, about 2 to 4 min. Reduce speed to low and beat in sweetened condensed milk and vanilla seeds until just combined. Mixture should be smooth and fluffy.
3. Scrape mixture into a resealable container. Freeze until firm, about 6 hours. Makes 2½ cups. Yummy!

Nutrition:



Calories	235 (per ½ cup)
Protein	3 g
Carbohydrates	19 g
Fat	17 g
Fibre	56 g
Good source of Vitamin A	

For variations below, omit the vanilla bean.

MINT CHOCOLATE

Add 1 cup chopped **mint-chocolate patties** with sweetened condensed milk and continue with recipe.

COOKIE DOUGH

Add ½ cup finely chopped refrigerated cookie dough (your favourite flavour) as above; continue with recipe.

STRAWBERRY

Add ½ 454 g container of strawberries, finely chopped, and continue with recipe.

Go ahead and experiment with your favourite (summer) fruit and refreshing spirits & liqueurs — in moderation of course!

Source: www.chatelaine.com/recipes

Annual Parish Picnic

FOR THE SECOND TIME in as many years, our parish picnic had to be moved indoors as the threat of rain did not allow us to enjoy the sun and our usual outside activities. However, that did not stop those in attendance from feasting on delicious homemade burgers, hotdogs and sausages, salad, watermelon, and ice cream, while enjoying each other's company.

Many thanks to Picnic Chairman, **Murray Salomon** and his committee members and other volunteers who, despite the weather, made it a nice afternoon of food and fellowship. Afterwards, a number of bingo games took place for those who wished to stay and play and win a few bucks, with the event wrapping up just before 3:00 p.m. — enough time for families to spend with their “fathers” on their day.

We certainly hope for next year that we can return outdoors (and this includes the lunch and activities — tables will be set-up outside) rather than being confined to the parish hall — it is a picnic after all meant to happen in the open air. We have much time to pray for good weather, so let's do so starting now. Until then, see you in June 2019!

(Pictures are courtesy of Michael Watral)



Committee member Gordon Ibey (left) and his brother-in-law Dennis Halabecki (right) manning the 'busy' barbecues.



Picnic Chairman, Murray Salomon, dishing out portions of ice cream (with chocolate sauce) for the pleased picnickers.

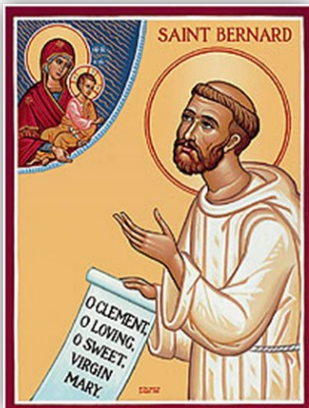
Pastor's Corner



*"Doctor of
the Church"*

DEAR FELLOW MEMBERS of St. George's Society,

Since there are, in the current membership, (and I'm told as well some in the past) men among us who are part of the dedicated, noble medical profession, I have chosen to focus my message to you on a saint whose feastday (although not recognized by the Eastern Rite Churches) falls on August 20 according to the Roman Catholic (Western) Rite.



St. Bernard was born of noble parentage in Burgundy, France, in the castle of Fontaines near Dijon. Under the care of his pious parents he was sent at an early age to a college at Châtillon, where he was conspicuous for his remarkable piety and spirit of recollection. At the same place he entered upon the studies of theology and Holy Scripture. After the death of his mother, fearing the snares and temptations of the world, he resolved to embrace the newly established and very austere institute of the Cistercian Order, of which he was destined to become the greatest ornament. He also persuaded his brothers and several of his friends to follow his example.

In the year 1113 A.D., St. Bernard, with thirty young noblemen, presented himself to the holy Abbot, St. Stephen, at Cîteaux. After a novitiate spent in great fervor, he made his profession in the following year. His superior soon after, seeing the great progress he had made in the spiritual life, sent him with twelve monks to found a new monastery, which afterward became known as the celebrated Abbey of Clairvaux. St. Bernard was at once appointed Abbot and began that active life which has rendered him the most conspicuous figure in the history of the 12th century.

He founded numerous other monasteries, composed a number of works and undertook many journeys for the honour of God. Several bishoprics (dioceses) were offered to him, but he refused them all. The reputation of St. Bernard spread far and wide; even the Popes were governed by his advice.

He was commissioned by Pope Eugene III to preach the second Crusade. In obedience to the Sovereign Pontiff he travelled through France and Germany, and aroused the greatest enthusiasm for the holy war among the masses of the population. The failure of the expedition raised a great storm against the saint, but he attributed it to the sins of the Crusaders. St. Bernard was endowed with the gift of miracles. He died on August 20, 1153.

*God, You blessed Your Church with St. Bernard,
a man full of zeal for Your house, radiating brightness
and ardent love. Through his intercession,
grant that we may be animated by the same spirit
and always walk as children of light. Amen.*

Father Stepan Didur

We Joyfully Welcome...

GRIFFYN ROGER DONALD SINFIELD, born on Tuesday, June 12, 2018 at 3:12 a.m. to Dr. Jennifer Swerdlyk and Thomas Sinfield at Thunder Bay Regional Hospital. At birth, Griffyn weighed 7 lb. 1 oz and measured 49.5 cm (that's 19.5 in. for us older folks). Griffyn is a little brother for his sister Mikayla, and now mommy and daddy have a daughter and son.

Also welcoming Griffyn, who is their 5th grandchild, is fellow St. George's member (Gigi) Roger Swerdlyk (pictured below with Griffyn just a few hours old) and wife (Grandma) Mary Ann, (Papa) Don and (Nonna) Sandy Sinfield — their 3rd grandchild, and of course, great-granduncle Peter Swerdlyk (how many does that make now?), and many other aunts, uncles, cousins, and friends.

Congratulations from all of us in St. George's Society. We pray that the Lord our God bless Griffyn and his entire family with good health, happiness and salvation for many years!

Многая і благая літа!



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WE'RE HAPPY TO REPORT that all is well with bingo. And despite the fact that the pooling cheque for May was less than those from March and April (probably due to those pesky income tax payments), the cheque for June made up for it. Hopefully, July will be as lucrative.

Since our last report, we have had three bingo sessions at Superior Shores Gaming Centre and are scheduled for two matinées in the current quarter: **Thursday, August 23** and **Monday, September 3 (Labour Day)**.

Thanks to a few more members who have taken the training and already served at bingo. Notice has now been given to each group that the deadline to have all volunteers attend a refresher training session is fast approaching. Also, all new volunteers (we could use a few more) who wish to take the training must arrive at the hall prior to 4:00 p.m. as the customer service video is shown first. Those who arrive after 4:05 p.m. will be turned away. Remember: OLG and AGCO requires us to have 10-20 trained volunteers on paper, otherwise we risk the chance of receiving an infraction and/or suspension of our license.

Now for some upbeat news...St. George's is one of the groups being offered the opportunity to pick up extra assignments which will entitle us to another share of the pooling in August. Two 'charity awareness' events will take place where groups will have the chance to promote Superior Shores GC: the 128th Canadian Lakehead Exhibition (August 8-12), and shortly thereafter 'Ribfest.' We have accepted one assignment at the CLE (as the Ribfest dates and times conflict with our Corn Roast) on **Thursday, August 9** from 12 noon to 4:00 p.m. which means we will receive a 'double' pooling cheque for that month. Two volunteers are already in place, but there can be as many as four. Speak with Gerry Bullock if you'd like to help out.

Also, the management team would like to announce that it has scheduled a promotional/milestone event for **Saturday, September 8** from 12 noon to 4:00 p.m. that will include a complimentary BBQ in the parking lot as a way to thank Thunder Bay for its support over the last 3½ years. Each organization is encouraged to promote itself and will have an area to set up a display from which to handout promotional materials. Regular matinee bingo will be cancelled to allow for free play for fun games and to allow players to give electronic bingo a try. Dignitaries from OCGA and the City of Thunder Bay will be present and an on-site DJ will be there as well. More details will be sent out to groups as they come available.

Thank you from your Bingo Committee

 *Jess Corbett*
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Usher Schedule for August and September

AS WAS THE CASE FOR JUNE AND JULY, no member has signed his name to serve as an usher for August and September on either Saturday or Sunday this year, so we are going to have to keep relying on volunteers for each Divine Liturgy. If you wish to, you can still sign your name to the sheet on the narthex bulletin board to let us know — no pressure.

We, again, thank those members who have volunteered to fill the empty spots these past few months, and we ask that you continue your service, especially during the summer when we might receive those who are visiting family or just passing through — and we've seen examples of this many times in the past years, and will probably do so this summer as well.

"Only a life lived in the service to others is worth living."

~ Albert Einstein

Daily Words of Wisdom

*"Courage is contagious.
When a brave man takes a stand,
the spines of others
are often stiffened."*

- Billy Graham

~~~Fishing Lines~~~

ATTENTION MEMBERS! According to the Fish Tournament Board in the parish hall, fishing has been much better than this time last year. Fortunately, there are still some spots to be filled (and to be overtaken). So, you're all encouraged to get out onto the lakes and rivers and catch a keeper between now and end of October. Remember to submit your weigh-in slips to Fish and Game Chair Maurice Zakrewski or any of the Committee members Morris Tarnawsky, Myron Warywoda or Eugene Zdebiak as you go, so that the Board can be updated regularly. Maurice Z. can be usually reached on his mobile phone (986-3597) to arrange for weighing, or you can leave a message on his home phone (577-5611) — he promises to get back to you at his earliest convenience.



And though it's still three months away, we remind you that the last day to turn in all slips will be **Sunday, October 28**, the day of our annual Corporate Communion and Breakfast meeting. The Fish and Game Banquet is then tentatively set for **Saturday, November 3 at 6:00 p.m.** in our parish hall — mark both dates on your calendars now. All members are cordially invited at a minimal cost. Until then, please practice safe boating at all times, and keep your line tight and your tip up!

A Very Special Anniversary

"Love bears all things, believes all things, hopes all things,
endures all things. Love never ends."

1 Corinthians 13: 7-8



ON BEHALF OF ALL St. George's Society members, we offer our sincerest congratulations and best wishes to fellow member **Michael (Mike) Petryna** and his wife **Elsie** who will celebrate their **65th** wedding anniversary on August 8. Joined together in the sacrament of Holy Matrimony in 1953, they have been blessed with six dynamic children, many grandchildren, and have received God's grace and blessings abundantly throughout the years. May the Lord our God, send His Holy Spirit upon them to strengthen the commitment He planted in their hearts on the day

of their Crowning and continue to abide in their home, mark them as living signs of His own saving love, and grant them many more happy and blessed years together!

Многая і благая літа!

*The following were actual phone calls
received at golf pro shops*

Staff: Golf course, may I help you?

Caller: What are your green fees?

Staff: 38 dollars.

Caller: Does that include golf?



Staff: Golf course, may I help you?

Caller: Do you have any open tee times around 10 o'clock?

Staff: Yes, we have one at 10:15.

Caller: What's the next time after that?

Staff: We have one at 10:22.

Caller: We'll take that one. It will be a bit warmer.

Staff: Golf course, may I help you?

Caller: Yes, do you have a driving range there?

Staff: Yes.

Caller: How much for a large bucket?

Staff: Four dollars.

Caller: Does that include the balls?



Staff: Golf course, may I help you?

Caller: My kids just came home with pockets full of range balls and said they stole them from your driving range. Would you like to buy them back?

Important Dates to Remember

MONDAY, AUGUST 6 (Civic Holiday)

Transfiguration of Our Lord God and Saviour

10 a.m. - Divine Liturgy followed by the blessing of fruit
You may bring your own baskets

TUESDAY, AUGUST 15

Dormition of the Mother of God and Ever-Virgin Mary

10 a.m. - Divine Liturgy with blessing of flowers & herbs
You may bring your own baskets or bouquets

SUNDAY, AUGUST 19 (NEW DATE!)

4 p.m. - Bingo training/retraining at Superior Shores GC
Members and parishioners are encouraged to attend

THURSDAY, AUGUST 23

12 noon - Bingo at Superior Shores Gaming Centre

SATURDAY, AUGUST 25

6:00 p.m. - Annual Corn Roast in the parish hall

MONDAY, SEPTEMBER 3 (Labour Day)

12 noon - Bingo at Superior Shores Gaming Centre

SATURDAY, SEPTEMBER 8

Nativity of the Mother of God

10:00 a.m. - Divine Liturgy

FRIDAY, SEPTEMBER 14

Deadline for bulletin submissions

SUNDAY, SEPTEMBER 16

10 a.m. - Parish Praznyk Liturgy and Dinner

SATURDAY, SEPTEMBER 22

3:00 p.m. - Annual Golf Tournament (tentative)

SUNDAY, SEPTEMBER 30

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

*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.*



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Corn Roast in August

IT'S OFFICIAL — this year's Corn Roast will take place on **Saturday, August 25** in our parish hall at 6 p.m. — that's one week earlier than usual, due to the fact that a few key committee members will not be available during the September long weekend. That means it's less than one month away and preparations are well under way. Tickets are now available in the narthex before and after Saturday and Sunday liturgies at the low price of \$10/person with children age 12 and under free of charge.

The customary menu will once again be featured: delicious corn-on-the cob, savoury sausages, scrumptious salads, yummy desserts, and of course, an ample amount of liquid refreshments available for purchase.

And, of course, there'll be attendance and draw prizes, and the usual session of bingo that will take place afterwards. And if you have any prizes you wish to donate, please contact Michael Watral (well in advance) to do so — your support is always appreciated.

So, mark your calendars on Saturday, August 25 for St. George's Annual Corn Roast. We hope to see many members, parishioners and friends in attendance to help us celebrate another bountiful harvest that our Lord has provided!

Сміх Продовжує Життя



ПАЦІЄНТ ПРИХОДИТЬ до лікаря-окуліста: “Лікарю, я маю дуже дивний випадок дальтонізму (colour blind). Я не бачу один колір.”

“Який саме?” каже лікар.

“Ну, звідки ж мені знати, лікарю. Я ж його ніколи не бачив!”

* * * * *

ІДЕ ЧОЛОВІК вулицею й раптом чує голос: “Стій, ані руш. Іще один крок, і тобі впаде цеглина на голову й ти помреш.” Чоловік зупинився й насправді: цеглина впала просто перед ним.

Іде далі, знову голос: “Стій, не рухайся. Ще один крок і в тебе в'їде машина.” Чоловік зупинився й насправді: машина пролетіла просто перед ним.

Чоловік: Де ти, хто ти такий?

Голос: Я твій янгол-охоронець.

Мужик: Та невже? А де ж ти був, коли я одружувався?

Eating Healthy on the Fly: Don't Let Fast Food Slow You Down

FOR THOSE OF US who travel during the summertime (and that's probably many), healthy food can be hard to find. Restaurants and mini-mart offerings can add unwanted calories quickly, but they are often the only option.

Choose beverages with no added sugar or with few calories. Most stores stock fat-free or low-fat yogurt, fruit packs, and trail mix. Keep in mind that some pre-packaged foods look like single servings, but actually contain multiple servings. Avoid obvious bad choices: fried food, high-fat meat, and milk shakes. Instead, choose sandwiches with fewer toppings and no cheese. Opt for salads with low-fat or fat-free dressing, replace French fries with sliced fruit, and swap out fried meats for grilled options or fish.

The good news about health halos is a bit more complicated. Fast food chains use the symbol to indicate a healthier option. This claim, however, usually overestimates the healthfulness of an item. Researchers note that consumers frequently confuse low fat with low calorie, resulting in overconsumption. Some veggie dishes pack nearly 1,000 calories, while a burger may have as few as 250.

The rule of thumb is always read the nutrition facts before ordering. Now that restaurants are adding calorie counts to menus, it's becoming easier to riddle out how much you will be taking in.

Got a smart phone? Get an app to count calories. The Fast Food Calorie Counter app (\$1 for iPhone and Android) lists more than 9,000 menu items. Also, eat small with pint-sized portions. The kids' menu can save you calories (if you're allowed to order from it). If it's unavoidable to eat unhealthy at one meal, make sure the next choice is a healthy one.

Dehydration can cause sweet and salty food cravings. Stay hydrated and you will be less likely to snack. Fruit can add to overall hydration: lettuce, celery and other vegetables have high water content, as do watermelon, peaches, strawberries, oranges, pineapple, and blueberries.

Banana, beans, greens

Maximize protein and plant-based foods which keep energy levels up. Generally, avoid refined grains, sugary snacks, and fried foods. Called a superfruit, bananas are high in B vitamins, calcium, and other minerals, such as magnesium and iron. Dark leafy greens, quinoa, nuts, seeds, and fruits, and foods high in probiotics (fermented foods) all boost energy. High fibre and nutrient heavy-plant foods will burn for hours. Low fibre and nutrient-light foods — simple carbohydrates — burn quickly. When you're eating plant-strong, you won't have the energy highs and low.

Kale, mustard greens, collard greens, cabbage, and broccoli are all high in nutrients and contains glucosinolates, which inhibit the growth of certain cancers. Swiss chard and spinach have similar nutritional value. What's more, they are available throughout the year, and both are rich in iron, which carries oxygen to the blood.

Egg, salmon, almonds

Nuts are satisfying proteins that fill you up, although try to find the 'no-salt' option. They have heart-healthy unsaturated fats and omega-3 fatty acids, vitamin E, and fibre.

Eggs pack a punch, too. More than half the protein is found in the egg white, along with vitamin B2, and whites are lower in fat and cholesterol than the yolk. Egg white are also rich sources of selenium, vitamin D, B6, B12, and minerals, like zinc, iron, and copper.

If you are into fish, it's one of the healthiest foods you can eat. Like nuts, fish is plentiful in omega-3 fatty acids and vitamin D, a nutrient that most people are deficient in. It functions like a steroid hormone in the body. (Of the many unhealthy options at McDonald's®, the Filet-O-Fish contains a rather modest 380 calories.)

Healthy options are always out there, and although the pace of life can sometimes be faster than we want it to be, fast food and eating on-the-run shouldn't be what keeps us from making wise choices.

THE SPOTLIGHT



HE'S ONLY BEEN A MEMBER of St. George's Society for less than six years which places him among the 'youngest' in our brotherhood. However, **BARRY DeJARDINE** is no stranger to devoting his time and energy to, in his own words, "help out and give back to the community" whenever he can. Just like his brother-in-law, the late John M. Baryluk (†2010), he is a good worker, and his concerns about the livelihood and survival of both St. George's and Holy Cross Parish are genuine. Barry kindly agreed to be interviewed, so he and I sat down recently on his and his wife Teresa's beautiful backyard patio to talk about things, and wouldn't you know it, we had one of those "it's a small world" moments....

MW: First of all, thank you for agreeing to be our featured member for this issue. It's something that I rarely do in the summer, but felt it was opportune, as our readers will find out later on. Let's start...the date on your St. George's membership card is January 18, 2013, just over 5½ years ago. What prompted you to join our ranks?

BD: Well, as I remember, the call for help — at potato peeling and pierogi making, volunteering at bingo, etc. — was the hook that brought me in. I've always interacted well with others and still enjoy doing charity work. Being part of a group is important because as you know "you can't do it on your own" and it's vital to keep established organizations alive. St. George's is just that, and basically what I thought it would be.

MW: That's so true, and we'll come back to the idea of "keeping the group alive" in a bit. Barry, since you joined in 2013 and never had the chance to fill out the 2010 Membership Survey, let's look at it now. Where did 'it' all begin?

BD: I was born in Port Arthur and raised in the Current River area. My family — parents Calvin and Rita (née Methot), sisters Paulette and Denise, and brother †Brian — lived on Strathcona Avenue. I'm second in the pecking order. I first attended St. Theresa's School (K-1), then St. Paul's (Grades 2-8), and then Lakeview High School for Grades 9 & 10.

MW: So, I'm assuming that you left high school to enter the work force at 16 like so many did back then?

BD: That's right. I got a job at Turcotte Painting for a few months, but soon after Abitibi Provincial Papers called, and that's where I stayed for 25 years, working in the Finishing Room and eventually becoming Management Foreman. (Barry and I talked about a few mutual coworkers and friends who also worked there including one of our charter members, Peter Gacuk.) After the mill was shut down, I took a job with LaFarge Cement Company as a truck driver (something he said he always wanted to do) and batch mixer. I liked working there as well, as it took me to many places in northwestern Ontario — Nipigon, Lac des Iles mine, Lake of the Woods — and I also did mechanical welding and ran the batch plant. I was, as I like to call it, 'a jack of trades and master of none.' I stayed there for around ten years before I retired permanently.

MW: Very good — and being versatile in the workplace goes a long way these days, especially when there's a cry for help. Barry, let's talk about some of your involvement in our community. Many have heard of and witnessed your 'singing' talent as a part of the Thunder Bay Ukulele Group or TBUGs at homes for the aged and other events. How did that start?

BD: Well, I wanted to improve my guitar playing and saw an ad for guitar lessons by local musician John Olynick. I went for a session with him, and at one point he said, "We know how to play the song now, so let's sing along." I started to sing and John looked at me, stopped, took the guitar away from me, put it aside and said that singing was my calling rather than guitar playing. So for the last three years, I've been singing lead with the TBUGs — a group of about 15 ukulele players. We do standards, country (Johnny Cash), gospels and spirituals, and the classics. (Barry showed me one of their song set lists — it was a varied list of tunes.) It's a lot to learn sometimes, but I really enjoy it, and we have a lot of fun.

MW: Nice — and let's not forget about your love of vintage vehicles. Tell us about that if you don't mind.

BD: Of course. I have always been interested in antique cars and nostalgic stock car racing. I restored a 1932 Essex a number of years ago, and raced it, only to have it stall after the first lap. (Editor's note: You can go on the Internet and Google "Essex" automobiles to find more about this company from the 1920s and 30s.) I also organize and run the Da Vinci Centre "Cruise Night", a fun and family-oriented car show every Tuesday evening from 5 to 9 p.m. in the north parking lot. It's open to all owners of antique, muscle, and classic vehicles, and anyone and everyone can come by and see the different cars on display. There's also food and beverages available for purchase, music, contests, and on-site fundraisers such as the popular 50/50 draw. This event is in support of the Thunder Bay Regional Health Science Foundation's Northern Cardiac Fund, ensuring that members of our community get the best possible cardiac care. It's also a great way to have fun with family and friends while raising funds for an important cause in our community, and well worth the effort.

(continued on page 10)

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See his ad on page 2 of this publication.

Giggles & Guffaws

A CUBAN NAMED JOSE came to Miami and wanted to attend a big-league baseball game. To his dismay he found that all the seats were sold out. However, the management gave him a high seat by the flagpole.

When he returned to his home country his friends asked him, "What kind of people are those Americans?"

He said, "Fine people, they gave me a special seat at the ball game and just before it started, they all stood up and sang 'Jose can you see.'"

* * * * *

IN A CERTAIN TOWN, no one could catch any fish except this one man. The game warden asked him how he did it, so the man told the game warden that he would take him fishing the next day.

Once they got to the middle of the lake the man took out a stick of dynamite, lit it, and threw it in the water. After the explosion, fish started floating to the top of the water. The man took out a net and started picking up the fish.

The game warden told him that this was illegal. The man took out another stick of dynamite and lit it. He then handed it to the game warden and said, "Are you going to fish or talk?"

* * * * *

A GUY ON VACATION finishes his round of golf and goes into the clubhouse. The head pro says, "Did you have a good time out there?"

The man replied "Fabulous, thank you."

"You're welcome," said the pro. "How did you find the greens?"

Said the man: "Easy. I just walked to the end of the fairways and there they were!"

THE SPOTLIGHT (continued from page 9)

MW: For sure! Barry, let's not forget about your immediate family. You and your wife Teresa (née Baryluk) have been married for nearly 47 years and have raised two children: a son David, and a daughter Dianna (Chalat), both of whom are married with their own families. As a father and grandfather, you probably helped in some of their community activities, right?

BD: Yes, I have coached hockey, baseball, T-ball, and helped to organize a girls' softball league with other parents. I taught my grandchildren how to skate (*Barry shows me pictures of his hockey-playing grandsons Nathan, Nolan, and Jack*), and when I was younger, I was a boy scout myself, so I love fishing and camping, and just being outdoors enjoying nature.

MW: That's great — all of the good things in life. Barry, I think we are just about finished. But before we wrap things up, you mentioned earlier that you are concerned in "keeping groups alive" and still wish to do that. It's no secret that both the membership of St. George's and Holy Cross Church have decreased significantly, while our sister organization, the Ladies of St. Anne's Society, sadly folded two years ago. In your opinion, how can we as a club and parish survive?

BD: As many have already stated here, it's all about numbers, and specifically the younger generation. We need them to come in, to come back to the church. And when I say church, I don't necessarily mean upstairs or at Mass, but to the building itself. If we can get them in socially first, then we can work on 'saving their souls' afterward. We need to brainstorm ideas and strategies before it's too late. Some may find what I'm suggesting controversial; however, we need to be more 'attractive' in that vein, as I have read that millennials often refer their friends when their experiences are positive and in a lively atmosphere. I have a few ideas that we could explore and I'm willing to help. It's not going to be easy, but it's a start.

MW: I understand fully and I'm sure our members (and parishioners) do, too. Barry, thank you (and Teresa) for your time and hospitality — the butter tart and date squares were delicious — and it was nice to chat outside under the canopy enjoying the cool breeze as well. On behalf of all of your fellow St. George's members, I wish you a very happy 70th birthday this coming August 18, and we all look forward to provide "love and service to God" and His kingdom here on earth with you for many more years to come ~ Mnohaya lita!



(above) Barry DeJardine stands beside his 1947 Mercury "Businessman's" Coupe that he rebuilt and refurbished

The Transfiguration of Jesus Christ: What Does It Mean for Us Right Now?

THE FEAST OF THE TRANSFIGURATION of our Lord God and Saviour Jesus Christ is a very ancient one. Its meaning is profoundly important for each one of us. The early Christians viewed its implications in their own lives much differently than we contemporary Christians often do. We Christians of the Eastern Church - Catholic and Orthodox - not only celebrate the importance of this Feast liturgically, but we have held on to the ancient Christian understanding of its significance in our own lives.

This is an extraordinary Feast of hope which can help us to live differently, right now. We are invited, by reflecting on this significant event in the life and ministry of Jesus Christ, to focus us on the *end* of the Christian life. *End* in the philosophical and theological sense means purpose or goal. The Transfiguration helps to explain the very meaning and purpose of life.

We will all be transfigured, as the Lord Himself was transfigured, when our redemption is complete in the Resurrection of the Body. Then, we will live in the new heaven and new earth, in a transformed cosmos. This reality is meant to affect the way we live our lives beginning right now. However, many Christians have never even considered it. Many do not even know it is the teaching of the Gospel and the teaching of the Church.

Jesus was doing so much more than simply encouraging His disciples. He was showing them who He was - and who they would become in Him. He was revealing to them what had already begun; and giving them a vision that would forever change the way they viewed themselves, their daily lives and their mission, after He would return to the Father.

The Christian life is meant to be a real participation in the Divine Nature, every day. We are being transfigured in Christ, even now, as actively we follow Him. This transfiguration will only be complete when the entire person, including the body, is fully redeemed and transformed. In fact, the effects of the Transfiguration also will involve the entire created order; it too will finally be reconstituted in Jesus Christ and handed back to the Father. The followers of Jesus, the Transfigured One - all of us - now walk in His Way and are being transformed into His likeness.

We are all invited to join with Peter, James and John and cry out: "It is good for us to be here."

Ways to Get the Gunk Out - Part 2 of 3

4. Do sweat it! Skin is the largest organ in the body and is responsible for one-fourth of the body's detoxification each day. Skin is also known as the "3rd kidney." That's why exercise is so important to our health — we need to sweat! If you have access to a sauna, take advantage of its amazing detoxifying effects. "Far infrared saunas" are popular nowadays. They're great for your health and when you're in one you don't get that suffocatingly hot feeling you get in a regular sauna. Some health clubs offer them now.

5. Make like a kangaroo! That is, buy a rebounder. Bouncing up and down on a mini-trampoline for only seven to ten minutes a day is one of the best ways to stimulate your lymphatic system (your body's sewer) to release wastes. It also tones and trims your legs and butt like you wouldn't believe. You'll find rebounders at most fitness stores.

6. Eat detoxifying foods! Onions, garlic, artichoke, avocado, cabbage, celery, beets, kale, spinach and other leafy greens are just a few of the potent foods that help your body purge the garbage. Actually, just about any fruit or veggie will do the trick. (Organic is even better, if you can afford it.) Herbs like cilantro and dill draw heavy metals like mercury and lead out of your system, and watermelon contains a compound that's a good liver detoxifier.

(Part 3 will be featured in the September/October issue)

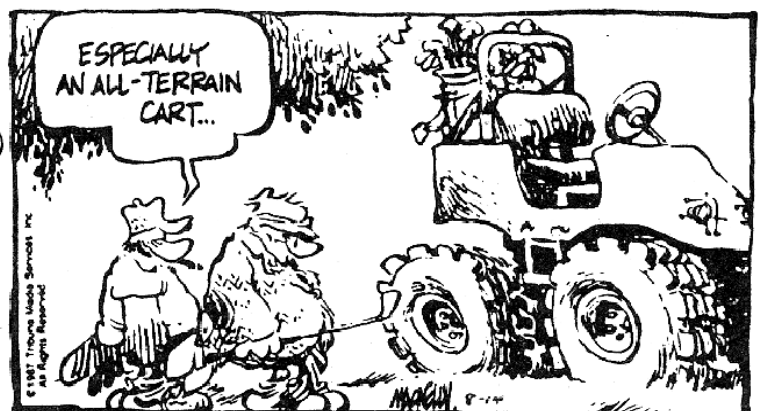
Golden Agers September Pyrohy Making



YES, WE KNOW it's the middle of summer, but advance orders can still be placed for pyrohy which the Holy Cross Golden Agers will be making on **Tuesday, September 25**. You may contact either Ann Kozlowski (622-3006) or Ann Opaski (577-2805) at any time to do so. Your support is sincerely appreciated.

And further down the road...orders can also be placed for St. George's late fall pyrohy making on **Monday, November 19** by contacting Walter Warywoda at 475-3757 or sending him an e-mail at warywodaw@gmail.com anytime as well.

Remember: there is no longer an October pyrohy making session. However, the Parish Fundraising Subcommittee is planning another cabbage roll making session and sale in early October. Watch for it!



TROPARION AND KONTAKION FROM THE FEAST OF THE DORMITION OF THE MOTHER OF GOD

*In giving birth you retained your virginity, in falling asleep
you did not abandon the world, O Mother of God.
You passed into life, for you are the Mother of Life,
and by your prayers you deliver our souls from death.*

*The tomb and death could not hold the Mother of God,
unceasing in her intercession and unfailing hope of patronage,
for, as the Mother of Life, she was transferred to life by Him
Who had dwelt in her ever-virgin womb.*

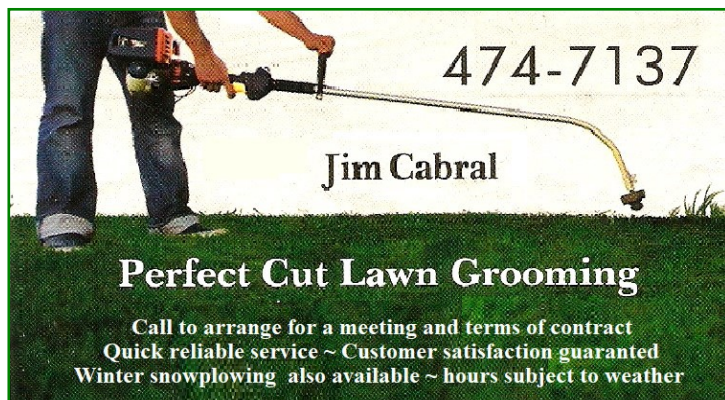
P.arting S.entiments

by Michael Watral, Bulletin Editor

WE'VE ALL HEARD the saying, "All it takes is one phone call", and thankfully it is still a worthwhile course of action when it comes to making contact these days. Despite the fact that many of the younger generation use their cell phones (as more and more landlines are being given up) to send text messages rather than actually talk to the people they are corresponding with, one phone call can (and forgive me for using another cliché) "start the ball rolling" and get things done.

Why do I bring this up? Well, during July and August, there is a decrease in society and parish activities, and many times, other than the weekend liturgy, members and parishioners do not interact as much as during the regular part of the year. Sure, the bi-weekly parish bulletin and now this newsletter are aimed to keep us up-to-date, but sometimes the message does not reach everyone in a timely fashion.

Thank goodness for the phone! Yes, it is true, as one member put it a few years ago that "the current generation has become so attached to their 'handheld devices' that it's difficult for individuals to separate themselves from technology", but in this busy and ever-changing world, we need to keep the lines of communication open. All it took was that one phone call to obtain a special picture included in this issue, all it took was one phone call to ask a member to be in The Spotlight, all it took was one phone call to make sure the church colour photocopier was back and up and running, all it took was one phone call (a few times of course) to arrange that delightful after-service luncheon on July 22. All it takes is one phone call — let's all remember that! *MW*



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**Congratulations to Jim Petrunka who hit
his 17th "Hole-in-one" on Friday, July 6
at Fort William Country Club!
May your 18th follow sooner than later!**



5 Tips to Make Recycling A Part of Your Everyday Life

WE ALL KNOW THAT RECYCLING is good for the environment, but did you know it can also be good for you and your community? Recycling creates jobs, saves precious resources, provides extra income to some, and can even help support deserving charities. Here are just a few tips on how you can make recycling a part of your everyday life.

1. **Make recycling a habit.** Just like you brush your teeth each day or throw out your trash, recycle. Curbside recycling in our city makes it easy for you.
2. **Get bigger bins.** Many of you are already recycling, but what do you do if your small bin fills up on Tuesday? Do you get another one or do you just start throwing things away? Studies show that households with larger bins will recycle 30-50 percent more.
3. **Think green with all your trash.** Cans, paper, and plastics aren't the only things that can be recycled. Things like your old TV, an old iPhone, and even your non-stick pans are suitable for recycling.
4. **Involve the kids.** Make it a 'fun' chore for them or even a contest to see who can recycle the most and make the rewards appropriate and 'green' also.
5. **Recycle at work.** Still on the job? Well, if you're sitting at your desk and in need of a caffeine jolt, do you grab a soda? Don't let those cans build up in a dump; allow them to be reused infinitely. Put them in the nearest blue bin.



The Plentiful Harvester

Bulletin Editor: MICHAEL WATRAL

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