



Love and Service to God since 1960!

The Plentiful Harvest

November/December 2018
Vol. 15, No. 6

ST. GEORGE'S SOCIETY BIMONTHLY NEWS BULLETIN

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

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

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plus...

**December and January
calendars of events**



In Blessed Repose

WE MOURN THE LOSS of two of our fellow members who have fallen asleep in the Lord. On Wednesday, November 7, †Richard Andrusky passed away peacefully at home surrounded by his three sons, and on Saturday, morning November 17, one of our two last surviving charter members, †Edward (Eddie) Fedori, also passed away peacefully at Southbridge Pinewood Court, where he lived with his wife Stella.

We will remember both gentlemen for spending countless hours selling admission cards at bingo, helping at many py-rohy makings, lending a hand at many other events and social gatherings, and as faithful St. George's members and Holy Cross parishioners. We send our deepest condolences to fellow member Grant Andrusky and family, and to fellow members Myron Warywoda, Mars Brescacin, Taras Dygun, Dr. Don Lysak, and Dr. Ron Hrychuk and families.

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

~ Вічна їм пам'ять ~

Byzantine Advent Traditions



THE NATIVITY FAST is upon us — it began on November 15 and ends on Christmas Day, December 25. During this time, we are encouraged to take forty days to prepare ourselves, and our families, to be spiritually ready to receive the

incarnate God Who comes to us in the glorious feast of His birth. We are encouraged to fast, to pray more and do more charity. Along with these Christian disciplines, families should strive to discover more deeply the true meaning of Christmas.

This ancient fast not only prepares us for the birth of Christ, but also prepares us for the Feast of the Theophany of our Lord. Unfortunately, this fast has fallen away due to the extreme commercialism of the Christmas season. Theologically, the birth and the public ministry of Christ are linked together. This fast was created to prepare us to receive Christ into the world and then begin His public ministry at His baptism at the River Jordan. At the Nativity on December 25, we begin to prepare for the Feast of the Theophany on January 6. Unlike the commercial world we live in, Christmas does not end on December 25, but moves forward to the Feast of the Theophany (which is, as the famous carol goes, “the twelfth day of Christmas”). It is during this feast that we experience the beginning of Christ’s revelation of the mysteries of God. This event also points out the Mystery of the Holy Trinity.

The time before Christmas is meant to be spent in quiet and prayerful expectation, not parties, frenzied shopping and a loss of the sense of the sacred time that this season represents. There is a proper time for parties, family and friends and gift giving, and that begins at Christmas and lasts for 12 days, until the Feast of the Theophany of our Lord.

Usher Schedule for DECEMBER and JANUARY

DECEMBER

Saturday Member needed
5:00 p.m.

Sunday Ted Trush
10:00 a.m.



(A few more members will be required for Christmas Eve services. Volunteers are appreciated.)

JANUARY

Saturday Dr. Larry Watral
5:00 p.m.

Sunday Nestor Baranyk
10:00 a.m.



Besides taking care of the collection, ushers should be present in the narthex at least 20 minutes before the liturgy to help distribute bulletins and other items, assist with the lift, and to help seat the faithful. And if, for any reason, you are not able to fulfill your obligation at the designated date and time, please find a suitable replacement.

The sign-up list for 2019 is in the narthex. Members are encouraged to volunteer their services for this important and necessary duty.

Thank you for your continued service and cooperation. ☺

Tentative Monthly Meeting Dates for 2019

Sunday, February 3

Annual Super Bowl Meeting and Social
4:30 p.m. (note the start time)
[in place of our January gathering]



Sunday, March 3 (Time TBA)



Sunday, March 31 (Time TBA)

[Due to the Easter Dinner, we will not hold a meeting in April.]

Sunday, May 26 7:00 p.m.

Thursday, June 20 (Venue TBD)

Annual Dinner Meeting
6:00 p.m. Symposium
6:45 p.m. Dinner



Greetings to all members!

PERHAPS one of the most unenviable tasks for the person in the role as President of our Society is to bring sad news of the passing of our fellow brothers in Christ. Our condolences go out to his son Grant Andrusky, his brothers and their families on the loss their father, †**Richard Andrusky** on November 7. He was a faithful member of St. George's and will be very much missed.

And we have just received news that †**Edward (Eddie) Fedori** passed away the morning of November 17. As one of our last two surviving charter members, Eddie was very active in St. George's and our parish, and his passing leaves another void in our hearts. Our condolences to his son-in-law Myron Warywoda, brother-in-law Mario Brescacin, and nephews Taras Dygun, Dr. Ron Hrychuk, and Dr. Don Lysak.

With their passing our regular membership is now below 50 members. I remember when we were well over 100 strong — how things change. It also reinforces the fact that we have to have things in place for the eventual demise of our Society. Young people today are just not joining organizations, and we see this all over unfortunately. We will be discussing and voting on the notice of motion (what to do on the dissolution of St. George's Society) at the November meeting, so it is important for as many members as possible to be at the meeting to voice their opinions and vote.

It is also important for members to remember that we will be closing the Trust Fund in June 2019, and to receive your share you must be a member in good standing. To be in good standing a member must have their dues paid as soon as possible and have attended at least 2 meetings between September 2018 and June 2019. It is not held against a member that due to work or health issues he is not able to attend the two meetings, but the membership fee must be paid.

As this is the last issue of The Plentiful Harvester for 2018, on behalf of myself and the Executive, we would like to wish all our members and their families a Very Merry Christmas and a Happy New Year. Have a joyous and safe holiday!

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

Annual Grey Cup Meeting & Social

OUR ANNUAL "GREY CUP" MEETING AND SOCIAL will take place on **Sunday, November 25, 2018** in our parish hall beginning at 4:30 p.m. (with the regular society business) followed by a super supper and of course, watching the game and cheering on your favourite team. On this occasion, we will also invite all men of the parish (especially sons, grandsons, friends, etc.) who are not current members to join in the festivities. Please encourage them to participate, as "the more, the merrier", and who knows, perhaps it may lead to a number of new faces for St. George's Society!

Annual Corporate Communion

"O my soul, extol the King, ruler of the universe."

ST. GEORGE'S SOCIETY members, once again, came together for the celebration of the Divine Liturgy on Sunday, October 28 at our annual Corporate Communion to commemorate Christ the King Sunday. It was another fitting display of fellowship and unity with those who participated receiving Holy Eucharist as one body. Father Stepan delivered an inspirational homily reminding all that Christ's Kingdom is one of truth, and to serve Him is to serve the true God.



After the service, 27 men were gathered in the Barcelona Room of the Airline Hotel where they enjoyed a delicious breakfast buffet that featured scrambled eggs, bacon, ham, sausages, potatoes, blueberry pancakes, assorted fruits, pastries, juices, and coffee, tea, and water. This was followed by the regular monthly meeting where the regular business of the society took place. Many thanks to all the members for their input and insight into the various topics that were discussed.

Love and Service to God since 1960!

Members: Our Most Important Resource

WE DON'T HAVE TO THINK TWICE

about what is St. George's Society's most important asset. It's our members. When you stop to think about it, there's a good reason why this is. When founded in 1960, our Society's main goals (according to our Constitution) are two-fold: 1) to assist in the development of the spiritual life of the men of the parish; and 2) to allow us men to participate more intimately in the life of the Church. So, basically like all other groups and associations like ours, we are in the relationship business - selling "association," belonging, camaraderie, peer approval and recognition.



And because we're in the relationship business, we all have to work a bit harder not only to show our value but also to build trust. This is where you, our members, come in as our most valuable resource. If we were to ask our members why they joined or chose to volunteer with a particular event, chances are they will respond it's because someone asked them or invited them — someone who was already a member or volunteer. Embedded in that ask or invitation are two very powerful and persuasive selling points: identity and trust. It takes a member to get, or keep, a member.

Not all members are going to attend monthly meetings — we know that, which is why we changed our Constitution — or a social or fundraising event. (We certainly hope that our members are regularly attending the Divine Liturgy and receiving the Holy Sacraments.) It's not the event that makes the member, but rather the other way around. It may be enough for a member to associate occasionally with one or two other members to maintain that feeling of belonging. We need to encourage those types of informal interactions among members, not just the formal, branded ones. Let's make the most of our most important resource!

LOTS OF HALLOWEEN FUN!



THANKS TO JACLYN AND CHRIS STREHLOW for taking the lead, our kids enjoyed another fun-filled Halloween party on Saturday, October 20 in our parish hall, assisted, of course, by parents, grandparents and other parishioners. This year, as you can see by the pictures at left and right, the kids were kept busy decorating wooden slices — something new and cool. Thanks to 'lumberjack' Stanley Myslicki for doing all the log cutting — it was impressive. The kids also had a chance to play a few games and win a few goodies, and as usual, run around to let off some energetic 'steam' after they feasted (and the grown-ups, too) on yummy chicken fingers and McCain potato 'smiles', and other tasty treats and desserts — mmmmm. The next kid-friendly event will be the annual visit from St. Nicholas on Sunday, December 9. Hope to see many young ones there!



7 Reasons Why Other People's Opinion of You Don't Matter

PEOPLE WILL TALK. They always have and they always will. No matter what you do or say, how you behave, the way you walk or dress, how you act, or the decisions you make, you will always be scrutinized by others. It's the nature of the masses. Like the herd of lions swooping in for the kill, they prey on the weak, looking for those they can taunt and torment.



And it gets to us. We allow other people's opinions to not only hurt us, but oftentimes, to define us. But it doesn't matter what other people think of you. It doesn't matter what other people say about you behind closed doors or even right in front of your face. Their opinions

have no basis in defining what you're all about. They aren't the truth. They have no purpose other than to hurt or harm you. There is no rhyme or reason beyond making the other person feel superior to you in some way or another.

The following are seven reasons why other people's opinion of you don't matter. Read on...

#1 — People will always find someone to talk about

They will always convey their opinions and cast out those who they feel are weak, misfits or simply don't "fit in" with others because they're too fat, too skinny, too dark, too white, too religious, too fanatical, too smart, too dumb, or whatever have you. At the end of the day, it doesn't matter. People will always find someone to talk about.

#2 — Your self-worth isn't defined by an approval rating

No matter what the naysayers and the purveyors of negativity around you might say, your self-worth isn't defined by an approval rating. There's no objective rating scale that allows others to judge you. They don't know what you've been through. They don't know your story, your trials, your tribulations, or the path you've walked through the shadow of the valley of death. No, it simply doesn't work that way.

However, too often, we do define our self-worth by an approval rating. We do allow what others say or think about us to influence how we feel about ourselves. The happiness barometer

is often influenced by the he-said-she-said pipeline. That grapevine makes it to us in some way or another, whether electronically or verbally, and we feel the effects of that, similar to a ground-altering earthquake.

And because we allow it, we stoke the fire of feelings and angst. We help to spread the conflagration of negativity when people know that it's affecting us. They know that pressing that button is going to hurt. So they keep pressing it and pressing it. Don't allow it to upset you. Don't allow it to phase you. Forget what they think. Seriously, forget it.

#3 — They don't know your journey, where you've been or where you're heading

There's a story about a man who was on a subway. He sat on the train, watching as a father was completely neglecting his three children. Two small boys and a little girl were simply out of control, and he was oblivious to the fact. He looked at the man in disdain. How could he ignore his children? How could he allow them to disrupt the subway ride for other passengers? Passengers were too nice or too ambivalent to say anything.

Eventually, the man had stirred in his own thoughts enough. He came to the end of his proverbial rope. He had to say something. Gripped with anger, he approached the father, asking him why he wasn't controlling his children. The man, looking back at him with a sorry face, apologized profusely. 'I know. I'm sorry. I guess I should do something, shouldn't I?' he asked. He fell silent for a moment and looked out the window of the moving subway car, towards the blackness on the other side, his eyes glazing over.

After a pause, he told the man what had happened. His wife had just died of cancer. They were coming back from the hospital. He was wondering what he was going to tell his kids or how he was going to explain it to them that their mother was gone forever. A solitary tear fell down the side of his face as the other passengers looked on in sorrow. 'I'm sorry,' said the man to the father. 'I had no idea.'



(continued on page 9)

The Biker — A Modern Day Version of the Parable of the Good Samaritan

Story by Sharilee Swaity

LOVE YOUR NEIGHBOUR AS YOURSELF. A commandment of Scripture, but sometimes difficult to interpret. How far does our obligation go? After all, who is our neighbour? Many of us don't even know our neighbours! How can we love them? What do these words really mean, to love our neighbour? Listen to this tale, and decipher for yourself!

Early one evening, a successful young man took his new Nissan Maxima to the mall to buy his girlfriend a Christmas present. He had heard on the radio that his usual route was closed off, so he decided to chance it, and go through the crazy-dangerous area of Samaria, to get there. He figured it was a better choice than having to go all the way around the city, thus adding two hours to his journey. Well, the area he had to cut through was in the North End of the city, known for its gang warfare and biker bars, and he had chosen the completely wrong time to go through, too, as young punks started to gather for their nightly escapades, and certain young ladies went outside to claim their piece of the sidewalk for their nightly business of selling themselves.

At a red light, the young man stopped, and found himself in the middle of a gang war. The gang member from one group took a shot at his enemy, across the street, and the young man in the Maxima was the unfortunate barrier between them. The bullet barely grazed his shoulder, and he cried out in sharp pain, managing to pull over and stop the car.

He got out of the car, intending to go get help, but in his weakened state attracted the wrong kind of attention. A couple of kids looking for some quick drug money noticed his stupor, and decided it would be easier to give him a couple of punches, than try to break into a store. They also noticed his car keys and the car running close by, and put the two and two together. Soon, he was out of a car, a cell phone and a wallet.

By the time they were gone, he was in rough shape and lay smashed and dirty on the sidewalk. He lay there for what seemed like hours, but was only a few minutes. He was thrilled when he looked up and saw a pastor from his local church walk by. "Help, John!" he cried out feebly, but the leader crossed over the other side of the sidewalk and did not even look his way.

The minister did not usually walk this way, but he was on his way to a board meeting for all the churches in his district. Unfortunately, it was in one of the rougher areas of town, and John really wasn't used to this environment. He wished he had been able to find parking closer, but he had been forced to walk several blocks to his destination. He saw the man lying down from a few feet away, and felt nervous. Who knows what that man had been drinking in order to be that intoxicated? Often these people were dangerous, and unpredictable. Just for security's sake, he crossed over to the other side of the street. He was already late for the meeting, and he didn't want any complications. "I'm sure the police will deal with him," he thought. "I need to get going." A faint wave of guilt washed over him, hoping this man would be okay, but he quickly told himself that he wasn't responsible for saving the world. "They have people for that," he thought. "It's not my calling."

About a half hour later, a very frequent church-going lady walked by in a rush. She was carrying a Bible, and the injured young man thought for sure she would help him. He tried to call out to her, but she did not help. Instead, she put her nose in the air and quickly walked away in horror and disgust. The woman had lived on that street for years, and had seen everything decline in the last decade. What had once been a hard-working population had been overrun by hookers, pimps and drug addicts. Every day, she heard of more horrors on the nightly news, and it made her sick. She had once been proud to live here, but now she lived in fear. When she heard the young man call out to her, she was sure he would be begging for money to buy some more booze. She was tired of being lambasted by these welfare-dependent bums. She looked at him in disgust, anger at the way the country was going, and hurried home to her little apartment, safe with bars on the windows and a good security system. She knew she shouldn't have gone out so late in the afternoon.

Just as he was almost passing into unconsciousness, the young man caught a glimpse of another man in a jean vest covered with patches, and tight pants. He would have been afraid of this biker-looking man under different circumstances, but he had no fear left, only vacuous curiosity. "I wonder what kind of bike he drives," he pondered. The man, who was dressed like a biker, parked his Harley-Davidson, and decided to hoof it to the bar where he was going to relax for a few hours. He had had a hard week at the mill and was looking forward to forgetting his troubles with some good friends. Later, he would grab a cab and pick up his bike in the morning. No one on the street would dare to touch it.

Just as he neared his destination, he noticed a young man who looked like he'd been beat up pretty badly. Feeling sorry for him, he went over and gently felt his wrist. Yes, he was still breathing. "Are you okay?" he whispered, not wanting to startle him. "Not really," the young man replied. Let me call you an ambulance you look like you're in pretty bad shape. He used his cell phone to call 911, waited with the young man until they arrived, and paid the ambulance driver the \$500 fee. "Take my cell," he told the young man, "and use it to call your Mom and Dad and girlfriend about where you are. And here's a couple hundred to tide you over until you get all your I.D. straightened out. Sorry for what happened to you, man. Those guys were jerks."

The young man left in the ambulance and went to the hospital, used the cell phone to call his family and friends, and afterwards called the biker to give him back his cell phone. "How can I repay you," he asked. "Don't worry about it," the biker told him. "There are still a few good guys left in this world."

Dear members of St. George's Society: May you always heed the words of our Lord: "You shall love your neighbour as yourself" (Matthew 22-39), and be among the 'good guys' of this world, and even more so, during this time of the Nativity Fast.

Father Stepan Didur



~~~~ Fishing Lines ~~~~

Tournament Winners and Annual Banquet News

ABOUT TWO DOZEN members and guests gathered together in our parish hall on Saturday evening, November 4 for the annual *Fish and Game Banquet*, and as always, it was an enjoyable event. The meal consisted of shrimp appetizers, delicious beef-on-a-bun, fried cabbage, pyrohy, salted herring, salads, desserts, coffee and tea, and of course, plenty of cold liquid refreshments. Many thanks to Pat Zakrewski for arranging for the pyrohy and Ann Tarnawsky for supplying the delicious "smazhena kapusta". As an added treat, Michael Watral put together a few jellied salads which rounded out the buffet — it was an excellent feast for the low price of \$5 per person!

Following supper, the awards and prize presentations took place. And again, for the third year in a row, the Master Angler Award went to **Maurice Zakrewski** — this time for his bass and lake trout catches. Here he is, pictured at the right, accepting the John Iwasenko Sr. Memorial Award from John Iwasenko (Jr).



Here are the rest of the results from this year's Tournament:

Lake Trout	Maurice Zakrewski	8 lb. 8 oz.
Rainbow Trout	Dr. Pat Opaski	5 lb. 6 oz.
Pickrel	Eugene Zdebiak	6 lb. 3 oz.
Pike	Dr. Pat Opaski	11 lb. 4 oz.
Bass	Maurice Zakrewski	4 lb. 2 oz.
Salmon	Walter Warywoda	7 lb. 5 oz.

(There were no entries in the Speckled Trout category this year.)

Our thanks to Committee Chair Maurice Zakrewski and the Fish and Game Committee members Morris Tarnawsky, Myron Warywoda, and Eugene Zdebiak for putting on a fun-filled banquet, Bill Belbas for engraving the plaques, the many food and prize donors, and of course, our members and guests who came out to celebrate the end of another year of fishing. We look forward to what names and catches will appear in 2019!



First Place Category Recipients & Presenters

- 1) Maurice Zakrewski presents the largest rainbow trout award to Dr. Pat Opaski;
- 2) Walter Warywoda accepts the largest bass award from Maurice Z.;
- 3) Honourary member Frank Wenzell bestows the largest pickerel award to Eugene Zdebiak;
- 4) Dr. Pat O. receives the largest pike award from Maurice Z.;
- 5) Returning the favour, Dr. Pat O. presents the largest lake trout award to Maurice Z.;
- 6) Maurice Z. collects the largest bass award from Eugene Z.

Congratulations once again to those who placed in the top three standings in each category. Good luck in 2019, and as always, stay safe on the water, and keep your line tight and your tip up. Until next year!

IMPORTANT DATES TO REMEMBER

NOVEMBER 17-19

Pyrohy Making (usual schedule to be followed)

SUNDAY, NOVEMBER 25

4:30 p.m. - Annual 'Grey Cup' Meeting and Social

WEDNESDAY, DECEMBER 5

10:00 a.m. - Cabbage roll making session
Help needed for rolling and clean-up

THURSDAY, DECEMBER 6

Feast of St. Nicholas, the Wonder-worker

FRIDAY, DECEMBER 7

5:45 p.m. - Evening Bingo at Superior Shores

SUNDAY, DECEMBER 9

Feast of the Conception of St. Anna when she conceived the Mother of God

St. Nicholas will visit to our parish after the Divine Liturgy. All children and their parents/grandparents are invited to welcome him. Lunch will be served. Please phone Jaclyn Strehlow (252-1789) to confirm your attendance

MONDAY, DECEMBER 24 - VIGIL EVE OF THE NATIVITY

TUESDAY, DECEMBER 25 - THE NATIVITY OF OUR LORD
Please see the insert in future parish bulletins for times of services during the Christmas season

TUESDAY, JANUARY 1 - FEAST OF THE CIRCUMCISION AND ST. BASIL THE GREAT

SATURDAY, JANUARY 5 - VIGIL EVE OF THEOPHANY
4:00 p.m. - Great Complines and Blessing of Water

SUNDAY, JANUARY 6 - THE THEOPHANY OF OUR LORD
10:00 a.m. - Solemn Divine Liturgy

FRIDAY, JANUARY 19

Deadline for bulletin submissions

SUNDAY, FEBRUARY 3

4:30 p.m. - Annual 'Super Bowl' 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.

Merry Christmas to All!

Веселих Різдв'яних Свят!

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

Parish Cabbage Roll Sale

OUR PARISH will be making cabbage rolls for sale on **Wednesday, December 5** and is currently taking orders (frozen only) up until Friday, November 30. If you are interested or know someone who is, please sign the list in the narthex, indicating how many dozen you would like and how you would like them packaged. The cost remains at \$10/dozen.

To this end, we will require help on that morning to prepare and mix the rice, make and package the cabbage rolls, and clean-up the roasters, bowls, and utensils. Last year at this time, we had close to 140 dozen orders and were able to fill them. As you read this, we are already close to 50 dozen, so don't wait until the last minute to order yours. Our product is always top quality and we have received many compliments and positive reviews on a regular basis as far away as Ignace!

So, if you want some delicious 'holubtsi' for Christmas Day, don't forget to sign the list in the narthex before November 30.

Thank you for your continued support of our parish!




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This Christmas

To your enemy... forgiveness.
To your opponent... tolerance.
To a friend... your heart.
To a customer... service.
To all men... charity.
To every child... a good example.
To yourself... respect.



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

Recycling is important to both the natural environment and us.

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

PLEASE HELP KEEP OUR WORLD

CLEAN and GREEN!

TO YOUR HEALTH: A Tasty Stew and Side Dish

WHAT'S THIS — you've never heard of, or tasted "ratatouille"? Then you're in for a treat. Ratatouille (pronounced "rat-a-TOO-ee") is a French Provençal stewed vegetable dish, originating in the city of Nice, (originally an Italian city called Nizza until the Treaty of Turin was signed in 1860 by the Sardinian king and Napoleon III), and sometimes referred to as *ratatouille niçoise* (nee-SWAHZ).

The modern ratatouille uses tomatoes as a foundation for sautéed garlic, onions, zucchini, eggplant, bell peppers, marjoram, fennel and basil, or bay leaf and thyme, or a mix of green herbs, such as *herbes de Provence*.

The following recipe is accompanied by polenta (which we Ukrainians refer to as "kolesha" or "kuleesh") and perfect "comfort food" for those cold winter months. Don't be afraid to add some of the more traditional vegetables as mentioned above for a heartier stew. Enjoy this simple and tasty meal!

WINTER RATATOUILLE AND CREAMY POLENTA

Prep time: 25 minutes Total time: 45 minutes

Serves: 4

Ingredients:

- 5 tbsp butter, divided
- 3 carrots, finely chopped
- 3 parsnips, finely chopped
- 3 turnips, finely chopped
- 1 garlic clove, minced
- 2 tsp fresh thyme
- 4 cups sodium-reduced chicken broth, divided
- 1 cup fine cornmeal
- ½ cup milk
- ¼ cup grated Parmesan cheese



Method:

1. Melt 3 Tbsp butter in a large frying pan over medium heat. Add carrots, parsnips and turnips. Cook until golden brown, but not mushy, about 10-15 minutes. Stir in garlic and thyme. Add ½ cup broth. Bring to a boil, then reduce heat to medium-low and simmer until no liquid remains, 2 to 3 minutes.
2. Boil remaining 3½ cups of broth in a large pot. Reduce heat to medium-low, then whisk in cornmeal. Cook, whisking constantly until thickened, about 1 minute. Remove from heat. Add remaining 2 tbsp butter and let stand until melted. Stir in milk and Parmesan cheese. Transfer to a platter and top with the vegetable mixture.

Not into polenta or can't eat corn? Rice, quinoa (or another supergrain) or your favourite pasta can be used in place of it.

NUTRITIONAL FACTS PER SERVING

497 calories, 15 g protein, 67 g carbohydrates, 20 g fat, 9 g fibre, 935 mg sodium. Excellent source of Vitamin C.

(continued from page 4)

#4 — Trust your intuition and who you are deep down inside

One reason why you absolutely shouldn't listen to the opinion of other people is because you should trust *your* intuition. You should trust who you are and why you're doing the things that you're doing. The most successful people in the world were ridiculed and shamed the most times for their dreams. How much do you think they were made fun of and scoffed at after failing over and over again?

Keep light of the fact that many before you were judged, and many after you will continue to be judged. It will likely always be this way. That's the nature of a diverse society. We aren't all the same. And considering that fact, you shouldn't allow those opinions to affect you. At the end of the day, when we come to the end of this life, none of that will matter. What will matter will be our experiences and what value we brought to this world, not other people's opinions of us.

#5 — You will never please everyone with your decisions so don't try

It's literally impossible to please everyone. No matter what decision you make, someone is going to be upset. Someone is going to have an opinion of which path you follow or which direction you choose. They will judge you on what you do for your children, what you do for your career, what you do for your education, who your friends are, the places you spend your time, what you do for a living, and everything else in between.

How can you expect to please them all? How can you expect to appease and cater to the opinions of all those people out there who differ so widely from your views? It's quite literally impossible. However, for one reason or another, we allow other people's opinions of us to dictate how we feel. When we make a decision, and people judge us negatively for it, we question whether or not we did the right thing.

#6 — What's good for someone else might not be good for you

We are all so different. Everything about our lives is different. We're the product of different experiences, different upbringing, different values and beliefs, and so on. So, doesn't that mean that what's good for someone else might not be good for you? Does it mean that there's some neat little box that all decisions go in? Does it mean that the opinion of the masses are correct and that they're justified in judging you? Of course not.

Yet, we base our sanity on those same opinions of others. We allow that to dictate how we feel at any given moment. As long as we continue to give people the power and allow it to negatively affect us, they will continue to judge. They will continue to say things to hurt us or make us feel unworthy of being in our own skins. That's not fair whatsoever. You should never do that to someone else and don't allow them to do it to you. You have to ignore that negativity. Chase your dreams and make your decisions based on what's good for you, not them.

#7 — Because taking the high road is always a better choice

God put us all here on the earth to thrive, not just to survive. Human beings were made to thrive. We were made to uplift others and make them feel good about themselves. Especially when they're trying to do the right thing in life and help their families, and add value to the world. No matter what anyone else says or thinks about you, taking the high road is always a better choice. Turn the other cheek, even if they spite you on both sides of the face. At the end of the day, you'll be glad you did. You'll be glad you stayed in the realm of positivity rather than flinging yourself into the ring of negativity.



Source: www.wanderlustworker.com



Membership Matters

Here are a few reminders and requests for our members.

- 1) Yearly dues (\$25) are payable to our Treasurer, Walter Warywoda, as soon as possible (cash or cheque acceptable).
- 2) If your personal contact information (home address, phone number, email address) has changed, please inform Michael Watral at your earliest convenience so that our records and roster can be updated.
- 3) Many thanks to those members who let their names stand as Committee chairmen and members, as well as those who added their names to the Standing Committee List. Copies will be available at the next monthly meeting.
- 4) We would like to see more members taking an active part in visiting those who are ill, shut-in, in the hospital, or dealing with a personal crisis. The power of a visit, phone call, showing concern, and just 'being there' is priceless, indeed.
- 5) More help in the future with clean-up after funerals in the hall and the kitchen is still needed. Please plan your day so that you can attend and remain to assist, especially with washing and drying dishes. The ladies take care of organizing and serving the luncheon; the least we can do is the 'heavier work' involved, and with more hands, it will make the time go much faster. ☺

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

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СМІХОВИНКИ

СТОЯТЬ ПРОРУЧ три магазини. Господар лівого повісив вивіску: “У нас найнижчі ціни”. Господар правого повісив вивіску: “У нас найякісніші товари”. А господар середнього, подумавши, повісув вивіску: “Головний вхід”.

ПІСЛЯ ВІДСПІВУВАННЯ на кладовищі зустрічаються два старих знайомих: лікар і священник.

Піп каже, “Як ваші справи, брате мій?”

Лікар відповідає, “Вашими молитвами, отче! А як ваші, святий отець?”

“Вашими стараннями, брат мій,” відповідь прийшла.

У СЕРЕДИНІ ДНЯ, і раптом, шеф кричить секретарці: “Ти звільнена!”

“За що?” дивується та. “Я все добра робила і ніколи не спізнювалася.”

Явно засмучений, тоді він її запитує, “Пил зі столу витирала?”

Вона відповідає, “Так, звичайно, і пил столу витирала.”

Він кричить, “А у мене важливі телефони були записані!”

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FROM THE BINGO BOOKS



SINCE OUR LAST REPORT, we have had a bingo on October 11, one just recently on November 14 (both matinees), and our final session for 2018 is scheduled for the evening of December 7. Thanks again to those members who are trained and volunteer to work at bingo as the funds raised are always put to good use.

And speaking of being put to good use, it is time for us (and the parish) to consider what items will be quoted on the new licence once the air conditioning loan has been paid off at RBC — which should be sometime this spring. As our church building itself is now more than 50 years old, there are more structural repairs and upgrades that will be needed. Parish Council will deliberate and, in conjunction with our Parish Property Chairman, Custodian and our Bingo Committee, a short list will be devised. All the more reason why we need to continue to run bingos and be a part of the charities that make up Superior Shores Gaming Association. It's that simple, and quite frankly, it's easy money for four hours of time and minimal effort per month.

With that said, we are still encouraging more members (and parishioners) to attend an upcoming training session — November 18 or November 25 from 4-5 p.m. at Superior Shores, and we have recently purchased more volunteer vests (a number of XL, 2XL and 3XL are available), so all is ready for you to do so.

The availability form for the next quarter (January to March) is due on December 1 and is currently being reviewed by members of the Bingo Committee. New dates will be published in the weekly church bulletin when we receive them sometime in mid-December. And just to let everyone know, per the regulations set out by the Ontario Charitable Gaming Association, each charity is required to promote the bingo hall to which it belongs in as many ways as possible. That is why Superior Shores' logo frequently appears in the weekly parish bulletin, in this publication, as well as on our parish website, where there is a link to Superior Shores website on the bottom of our homepage. And don't forget positive 'word of mouth' which is the best free advertising around!

Thank you from your Bingo Committee

Give Your Metabolism A Youth Boost!



YOUR BODY'S ABILITY to burn calories can slow with age — a reason most of us put on one to two pounds every year after age 30! Fortunately, you can easily rejuvenate your metabolism and stave off middle-aged spread by doing the following...

1 Piling on the protein! The protein in lean turkey, chicken and beef is used to build muscle, “which is a metabolic powerhouse,” says Dr. John Salerno, author of *Fight Fat with Fat*. Each pound of muscle burns seven to thirteen calories a day, even while you're asleep! “Protein also takes longer to digest and evens out blood sugar curbing hunger.” In one study, dieters who ate eggs in the morning lost twice as much as those who ate a bagel!

2 Loading up on peanuts, avocados and coconut! They're chock full of healthy mono- and poly-unsaturated fats, which 'feed' your body's cells, helping them torch calories faster, says Dr. Salerno. “That increases your metabolic rate, allowing you to lose weight and keep it off.” *Bonus:* Like protein, fat tames your appetite by slowing digestion.

3 Chugging water! “Without proper hydration, your body's core functions — including your metabolism — operate sluggishly,” Dr. Salerno notes. What's more, a new Army study shows that even mild dehydration can leave you feeling unfocused, tired and more apt to choose junk food over healthy snacks!

FACTS ABOUT 2018

AS WE APPROACH the end of another year, let's see how much you remember about it. Here are a few questions to test your memory. Try not to use the calendar while taking it. Answers appear below — no peeking!

1. How many 'Friday the 13ths' occurred in 2018?
a) 1 b) 2 c) 3
2. Which two months, that contain the same number of days, started and ended on the same week day?
a) January and October
b) March and August
c) April and September
3. Which two months contain(ed) five (5) weekends (both Saturday and Sunday included)?
a) March and June
b) May and August
c) September and December
4. How many months begin/began on Friday?
a) 1 b) 2 c) 3
5. Three months begin/began on Thursday. Name them.
a) January, April, and October
b) February, March, and November
c) May, August, and December
6. February 14, St. Valentine's Day, fell on which special day in the Roman Catholic rite, as well as the Anglican and Lutheran churches? Hint: the first day of their Lent.
7. According to the perpetual calendar, what's the next year to exactly parallel 2018?
a) 2029 b) 2035 c) 2046

Answers:

1. b) Two — April and July (there can actually be a maximum of three Friday the 13ths per year — yikes!) The longest one can go without seeing a Friday the 13th is 14 months.
2. a) January and October, which both began on Monday and ended on Wednesday — remember Hallowe'en last month?
3. c) September and the coming December have 5 weekends.
4. a) Only one — June.
5. b) February, March & November all started on Thursday.
6. That was Ash Wednesday, a sort of bittersweet coincidence, as some accounts say that St. Valentine was a Roman priest and physician who suffered martyrdom at the hands of Emperor Claudius II in 270, and who, according to legend, signed a letter "from your Valentine" to his jailer's daughter, whom he had befriended and healed from blindness.
7. A trick question — the answer is all 3 of them. And Easter Sunday will occur on April 1 in 2029 once again, but not in 2035 or 2046, at which time Easter will fall on the same day as the Feast of the Annunciation — March 25. Easter Sunday will, however, fall on April 1 in 2040 as well, but then not again until the year 2108 — 68 years later.

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Giggles & Guffaws

SITTING IN THE WAITING ROOM of the hospital after their wives had gone into labour, several men anticipated the arrival of their newborns. The nurse walked out and approached one of them, announcing, "Congratulations sir, you're the new father of twins!"

The man replied, "How about that, I work for the Doublemint Chewing Gum Company." The man then followed the nurse to his wife's room.

About an hour later, the same nurse re-entered the waiting room and announced that Mr. Smith's wife has just had triplets.

Mr. Smith stood up and said, "Well, how do ya like that, I work for the 3M Company."

At that point, one of the men quickly got up and started to head out the door. When asked why he was leaving, he remarked, "I think I need a breath of fresh air. I work for 7-UP."

IRVING IS TALKING to his good friend Benny one day and says, "My wife wants a divorce because she thinks I'm obsessed with football."

"Wow!" says Benny. "You must be really upset about that."

"Sure," replies Irving. "We've been married for 20 seasons."

JIM MATTIS, the current U.S. Secretary of Defense is briefing Donald Trump in the Oval Office.

"Oh and finally, sir, three Brazilian soldiers were killed in Iraq today."

Trump goes pale, his jaw hanging open in stunned disbelief. He buries his face in his hands, muttering "My God...My God".

"Mr. President," says VP Mike Pence, "we lose soldiers all the time, and it's terrible. But I've never seen you so upset. What's the matter?"

Trump looks up and says..."How many is a Brazilian?"

AN ATHEIST complained to his Christian friend, "You Christians have your special holidays, such as Christmas and Easter. Jews celebrate their national holidays, such as Passover and Yom Kippur. But we atheists have no recognized national holidays. It's unfair discrimination."

His friend replied, "Why? Don't you celebrate on April 1st?"



The Plentiful Harvester



Bulletin Editor: MICHAEL WATRAL

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Deadline for submissions for the next issue:

FRIDAY, JANUARY 18, 2019



Looking Ahead

Future meeting dates and events

- Sunday, February 3 ~ Annual Super Bowl meeting
- Sunday, February 24 ~ Annual General Parish Meeting
- Sunday, March 3 ~ Regular monthly meeting
- March 11-15 ~ March Break
- Sunday, March 31 ~ Regular monthly meeting
- April 6,7 & 8 ~ Spring Pyrohy Making
- April 19 & 20 (Fri-Sat) ~ Easter Vigil
- Sunday, April 21 ~ Easter Sunday
- Sunday, April 28 ~ Parish Easter Dinner
- Sunday, May 12 ~ Mother's Day Breakfast
- Sunday, May 26 ~ Regular monthly meeting
- Sunday, June 9 ~ Parish Picnic
- Thursday, June 20 ~ Annual Dinner Meeting

Please note that dates and times of the some events listed above are tentative only and are subject to change without notice.

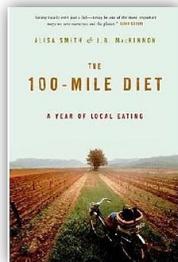
How to Celebrate a Green Christmas

Remembering the Less Fortunate

There are single parents who can't afford gifts for their children, homeless people who sleep on the streets (yes, even in Thunder Bay), and lonely people in hospitals and homes for the aged. Like everyone, they yearn for love, warmth and the company of friends at this time of the year, so remember to include them in your giving. At the end of the day, kindness is the gift that gives the most. For more information, visit raisingtheroof.org and unitedway.ca.

Greener Greetings

If every Canadian mails ten cards, that's 330 million cards. Imagine how many trees must be cut down! To help stem the timber slaughter and loss of habitat, use cards made from 100%-recycled paper. Better yet, send e-cards. Check out sites such as bluegreenplanet.org and care2.com/ecards.



The 100-mile Christmas Dinner

With food imported from around the world, the ingredients of a typical Christmas dinner may have travelled thousands of kilometres before reaching your mouth — racking up a big carbon footprint. This year, shop at our local farmers' market and stores that sell local produce, and try some recipes from the book *The 100-Mile Diet*.

Green Gifts

First, aim for nonmaterial gifts such as tickets to a concert, museum or sporting event, membership in a green organization, a spa weekend, homemade certificates that promise a day's special outing, or a donation in your loved one's name. Next, think about handmade gifts such as photo albums. Finally, you can buy material gifts from second-hand and antique stores, green gifts that support a more sustainable lifestyle, and locally-made gifts from craft fairs and nearby stores. Try treehugger.com/buygreen; or go to ec.gc.ca and follow these links: **What You Can Do > At home > Buying green products**.

Parting Sentiments

by Michael Watral, Bulletin Editor

IT'S BEEN A CRAZY FALL, and although winter does not officially begin until December 21, it sure feels like January to me. However, since the weather is something which we cannot control (yet!), it's best just to try and cope rather than complaining.

Our Canadian Thanksgiving celebrations took place six weeks ago and soon our American neighbours will do the same this coming week. So as we approach Christmas, I think we need to reflect upon and be thankful for all that we have, for many around the world are not as fortunate. As for our own church community at Holy Cross, it is indeed getting smaller — that's a reality — but it is no reason to slow down for there is still much to do.

During the season of the Nativity Fast or Advent (Pylypivka in Ukrainian), we 'light' candles on the banner in church to add meaning and a sense of preparation to the fast. They represent *faith, hope, love, peace, repentance, and the Holy Eucharist* and surround the centre candle which signifies Christ, "Emmanuel — God is with us." It is through these different ways that we can also justify continuing our work, our love and service to God. We believe God is taking care of us, we hope that our community and society keep thriving, we respect and love our fellow man, we desire peace and reject war and conflict, we recognize our failings and ask for forgiveness and strength, and we receive Christ in the great Sacrament of His presence, the Holy Eucharist — a word from the Greek meaning "thanksgiving."

Let us never forget to give thanks, "for all good giving and every perfect gift is from above, coming down from the Father of Lights." A Blessed Christmas Season to all! *MW*