



Love and Service to God since 1960!



The Plentiful

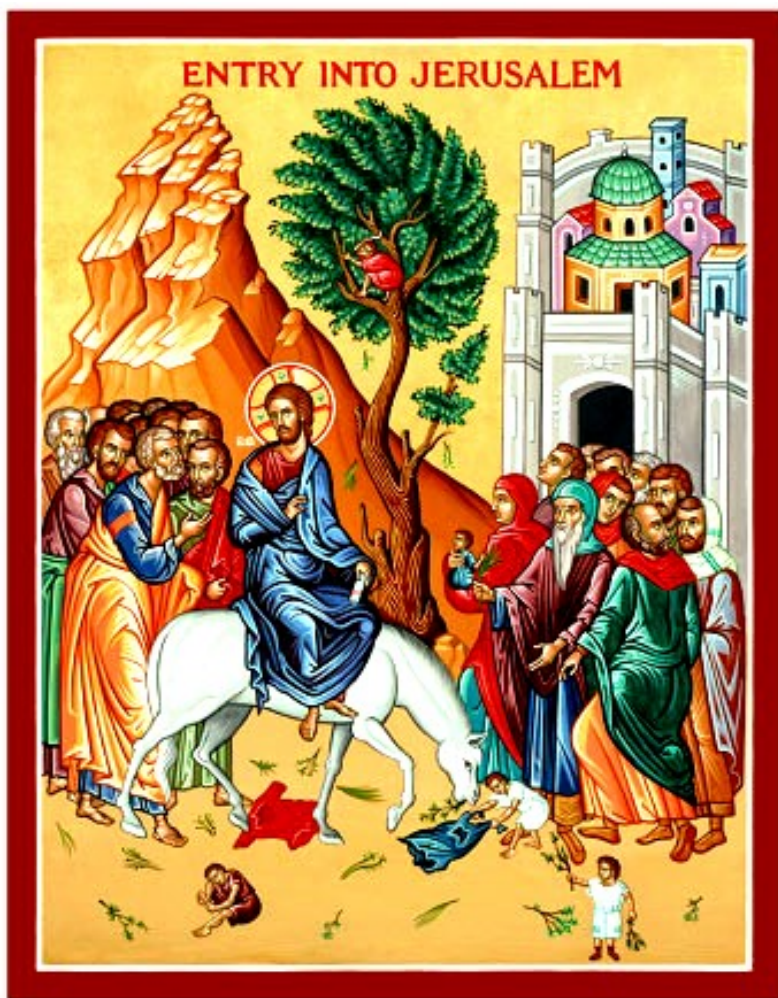
MARCH/APRIL 2018
VOL. 15, No. 2

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



Featured in this issue...

A Present and Future Fulfillment
The Beatitudes of Our Lord
p. 5

Ease Your Aches and Pains
with Garlic and Vinegar
What the experts have to say
p. 8

The President's Letter
Looks like we made it
p. 3

Important Dates to Remember
Another busy spring ahead
p. 12

The Works of Taras Shevchenko
Why They Still Matter Today
p. 7

*Blessed is He Who comes in the
name of the Lord, our Saviour!*

*plus April and May
calendars of events*

"The willow hits you, not I, for in a week it will be Easter" ~ "Лоза б'є, я не б'ю, за тиждень — Великдень!"

Prayer for the Spring

Dear God:

Spring is a metaphor for change. Some changes we eagerly await, and some we abhor. Some changes we plan and others arrive uninvited. To all these changes we ask the gift of Your perspective beckoning us to expectation, hope, and rebirth.

May the sunlight and the rain be reminders that You are at work renewing the earth. As a God of renewal, You are ever at work in our lives, too.

Open our eyes and ears to the needed changes in our lives this Spring. Awaken us to new life and perspective, for we pray in Jesus' name. Amen.

~ Rev. Mark Bekkedahl

Lent is over. Now what?

IN THE EASTERN CHURCH, Great Lent officially began on Clean Monday — the day after Cheesefare Sunday -- seven weeks before Pascha or Easter and ran 40 contiguous days, concluding with the Presanctified Liturgy on Friday of the Sixth Week. The next day is Lazarus Saturday, the day before Palm Sunday. Fasting, however, continues throughout the next week, known as Passion or Holy Week and does not end until Easter morning after the Matins of the Resurrection. (Editor's note: In the Roman Rite, Lent starts on Ash Wednesday and finishes on Holy Saturday; Sundays are not counted as they are in the Eastern Rite.)

So, as you are reading this, Great Lent has already concluded. Many 'gave up' things — chocolate, meat, social media, or cut down on their spending, watching TV (Netflix is a big one) or going to the movies regularly. However, there are some who are quick to jump back into what might be considered unhealthy habits. If we have learned something over these past forty days, it is how much our lives are consumed by these things. Why is it that even the best of us fall into these so-called addictions? Have we no self-control? What comes next?

First of all, we have to realize that Great Lent is not one big detox programme followed by a marathon of steak dinners, chocolate eggs, Netflix binges, bigger bar tabs, while the practice of daily prayer and self-sacrifice are neglected (again). Easter doesn't mean we stop growing. In fact, it's the exact opposite — it's Spring — a time of renewal, and we, as Catholics, shouldn't abandon good Lenten practices during the Easter Season, especially if those practices helped us to become better Catholics and were occasions that lessened sin. The forty days of Easter are for fostering those virtues that were planted during Great Lent and allowing them to grow. We put aside things that we were dependent upon like meat, social media, and entertainment. The key to the celebration of Easter and Pascha is the re-ordering of our life after the preparation during Great Lent, and to thank God for the gift of the Resurrection.



Whatever you gave up or cut back on (and hopefully it brought you closer to Jesus and His ultimate sacrifice for us), you gave it up for a reason. Don't fall back into bad habits or addictions. The time is now to continue your daily, heaven-bound journey — with our Risen Lord as your guide.



The Plentiful Harvester



Bulletin Editor: MICHAEL WATRAL

Published 6 times per year for members of **St. George's Society** of the Exaltation of the Holy Cross, Ukrainian Catholic Church, Thunder Bay, Ontario, Canada. All submissions become property of St. George's Society. Publication of submissions is not guaranteed. Back issues may be obtained by contacting the editor.

E-mail address: mawatral@tbaytel.net

Mailing address: St. George's Society
c/o Exaltation of the Holy Cross Church
415 W. Victoria Avenue
Thunder Bay, ON P7C 1G8

VOL. 15, NO. 2. Copyright © 2018 by St. George's Society
Reproduction in any manner in whole or in part without permission is prohibited. All rights reserved throughout the world.
Subscription is at no cost to current members only.

Deadline for submissions for the next issue:

FRIDAY, MAY 11, 2018



Gino Mascarin

610 Harold Crescent
Thunder Bay, ON, P7C 5H5
E. gino@mascarins.com

P. 807-623-0515
F. 807-623-2625
mascarins.com

Please help support our generous sponsors displayed throughout this publication.

Active Rehabilitation and Fitness

Autohome Paints

Blake Funeral Chapel Ltd.

Jess Corbett Photography

**Mascarin Collision
and Auto Care Centre**

Thank you very much! Успіхо дякую!

Mille grazie!

We graciously welcome

Perfect Cut Lawn Grooming

as our newest sponsor for *The Plentiful Harvester*.
See the ad on page 4 of this publication.



The President's Letter

GREETINGS TO ALL! As I write this message, allow me to begin by quoting a well-known song title from the 70s by Barry Manilow, *"Looks like we made it"*, and I'm referring to the fact that we've once again endured the cold and snowy winter, and now that spring is here and the season of Great Lent is complete, we are looking forward to Easter, the glorious celebration of the Resurrection. With that comes the rebirth of the land, the appearance of leaves on the trees, flowers in the garden, warmer and longer days, and the many opportunities to enjoy outside activities again. Soon we'll hear the drone of the lawnmower and rototiller, the sounds of construction crews and road workers (uggh), but the din will be balanced by the increase of birds singing, children playing, and the happy conversations about everyone's plans for the summer. And despite the fact that the actual lyrics of the song that I quoted earlier are somewhat contradictory to its title (the narrator is actually reflecting on the fact that he and his ex-lover have finally found happiness and fulfillment — though apart and not together), I know most of us are anticipating the time when we'll be able to travel more and visit loved ones beyond the borders of Thunder Bay.

Now, for the rest of the story... Since our last bulletin, we had, yet again, a fantastic feast and fun-filled function for the Super Bowl, had one bingo event and some training at Superior Shores, and had another successful pyrohy making. Thanks to all who made it so. Regarding the latter event, our treasurer Walter Warywoda has provided us with the financial statement of



Elsie and Mike Petryna at work at the pyrohy making last November.

that endeavour, and is pleased to report a net profit of just over \$2,151.⁰⁰, to which I say 'well done' not just to our members, but to the many individuals from our parish, the Golden Agers, and in special recognition to our 'friends' from our sister parish of St. Vladimir's Orthodox Church, who came out to help pinch and package. Speaking with them, not only were they impressed with the entire process, but they enjoyed the social aspect and the delicious lunch provided. With that said, I do encourage all members (and parishioners) to return the favour, if you have the time, and lend a hand at their weekly pyrohy makings every Wednesday and Thursday mornings at their parish hall on the corner of Frederica and Mountdale. Like our sessions, theirs are filled with the sight of ladies and men pinching, dough and varenytshi making, boiling and packaging, and with the sounds of conversation about the latest news and our daily lives. I'm sure they will (and do) appreciate our assistance as well. Just a warning: don't show up for the first two weeks of April as it is the Easter break and there'll be no one there (LOL).

I would also like to thank the members who came out to help at the recent cabbage roll making on March 19 and 20. Over 130 dozen were made, and with the help of our dedicated ladies of the parish, the job was completed on that Tuesday before 3 p.m. May God bless you in all your efforts as we continue to build His kingdom on earth.

The Easter Vigil list will be posted in the narthex and this year I had to cut back one hour as the number of members able and available to attend keeps getting less. Remember: you can bring family members with you, or even send them in your place if for some reason you are not able to fulfill your obligation. What I do emphasize and encourage you all to receive is Holy Eucharist at Easter — this is one of our Christian duties and the basis of our faith.

On April 8, the Sunday of St. Thomas, our parish will hold its annual Parish Easter Dinner (Sviachene). On board again as our kitchen lead is my brother, "chef" Dr. Larry Watral, who has already assembled his team of men for food preparation. Please check with him in advance if you have intentions of helping, so that the process and area will run smoothly. Ladies (and gentlemen) will be needed for hall service and clean-up afterwards. Let's all come together to have another successful meal!

And just so you are aware, the dedication ceremony for the 50th Anniversary Legacy Project (tree planting) originally planned for April 22 has to be deferred until June due to the deep ground frost level this year. More info as it comes in.

autohome

a complete selection
of paints & supplies to
suit every style of home

626-0123

- custom-matched colours and stains
- blinds, window coverings and draperies
- professional interior decorators on staff
- decorative finishes and design centre
- residential, commercial and marine coatings

NEW LOCATION! 1048 Balmoral St. • www.autohomepaints.com

Before I close, just a few more reminders. Our next monthly meeting (in our parish hall) is **Sunday, April 29 at 7 p.m.**, preceded by the Ontario Volunteer Service ceremony at the Valhalla Inn at **2 p.m.** and the annual Mother's Day Breakfast in our hall on **Sunday, May 13**. Hopefully all the snow will have melted by then!

I wish each member and his loved ones a Happy and Blessed Easter season filled with the joy of the risen Lord!



Fraternally in His service,
Michael Watral, President

In Blessed Repose

ST. GEORGE'S MEMBERS offer their sincerest condolences to their fellow brother **Michael Petryna** and family on the untimely passing of his brother †**Peter** on Monday, February 19 in Barrie, Ontario. A memorial service and interment will take place in the spring in Thunder Bay. In Peter's memory, donations may be made to the Dialysis Unit at Stevenson Memorial Hospital in Alliston, Ontario.



May Christ our true God, Who has power over the living and the dead, grant eternal rest to His servant †Peter in the bosom of Abraham, number him among the just, and may his memory be everlasting.

Зі святими упокой, Христе, вічна пам'ять.

Words of Wisdom

*"Nails did not hold God
to a cross, love did."*

*The sinless One took on the face
of a sinner so that we sinners
could take on the face of a saint."*

~ Max Lucado



Scholarship Opportunities

APPPLICATIONS for St. George's Scholarship will soon be available in the narthex. All potential high school graduates, who are parishioners of Holy Cross, are encouraged to apply. This year, the deadline is **Tuesday, May 1, 2018**. The completed application should be submitted to the Parish Office no later than that date. For more information or if you have any questions, please contact Dr. Patrick Opaski, Scholarship Chairman at 767-0253.

An opportunity for potential post-secondary graduates is again available. The Wasyl and Justyna Syroid Scholarship Committee is offering a \$1,500 scholarship to a final year university undergraduate or graduate student who is pursuing/continuing graduate or professional studies in September 2018. The applicant must be of Ukrainian heritage and had some involvement in Ukrainian cultural activities. The applicant must also be a principal resident of Northern Ontario and attending a recognized university. Please note that official university transcripts are required when submitting an application. The deadline is **June 29, 2018**. For more information, please contact Halyna Buba at 705-675-1648 or send her an email at haliabuba@hotmail.com.

ANNUAL EASTER VIGIL Staying Watch at Our Lord's Tomb

IT WAS AGAIN DECIDED by those present at last month's regular meeting that St. George's members would "stand watch" at our Lord's tomb on **Good Friday (March 30)** and **Holy Saturday (March 31)**. Most wanted to continue with this timely and honoured tradition, and therefore, we will.

With Easter being earlier this year, the notice for members to approach Michael Watral with special requests was very short. (In fact, he was approached by less than five gentlemen.) So, the schedule had to be completed sooner than expected. It is now posted in the narthex, along with a few copies for members to take home.

You are reminded that if you wish to switch with another member, please do so, but make sure your replacement is going to be present in church as there must be someone there at all prescribed times. You may send one or more of your family members in your place if necessary, and they can accompany you as well — it's the perfect time for prayer, meditation, and personal reflection.

"Were you there when they laid Him in the tomb?"

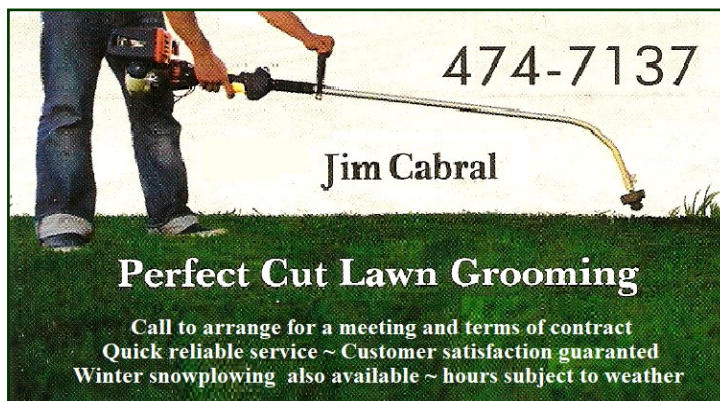
Expressions of Faith

WHILE BYZANTINE SPIRITUALITY is distinct in some ways from that of the Latin or Western Church, both are firmly rooted in the Christian faith, informed by the Scriptures, and centred in the Eucharist. The truth that the life of prayer is based on the life of faith is expressed clearly by the spirituality of the Byzantine rite.

The constant effort to remain true to the fullness of faith is shown in Byzantine prayers and hymns: a strong reaction against heresy and error leads to the frequent use of formulas which express the Christian faith. This is particularly true in regard to three basic truths of faith:

- The holy Trinity: there are three divine persons in one God;
- The two natures of Christ: Jesus is human and divine, the Son of God who became the Son of Man;
- Mary is the Mother of God (Bohorodytsia). Devotion to Mary is strong in the Eastern rites, and is always joined to her role as the mother of the Lord Jesus.

Constant profession of these truths of the Christian faith over many centuries of persecution has endowed Byzantine spirituality with strength and a full range of emotional emphasis.



474-7137

Jim Cabral

Perfect Cut Lawn Grooming

Call to arrange for a meeting and terms of contract
Quick reliable service ~ Customer satisfaction guaranteed
Winter snowplowing also available ~ hours subject to weather

The Beatitudes: A Present and Future Fulfillment



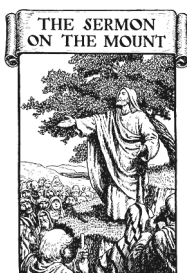
DEAR FELLOW BRETHREN IN CHRIST, during the forty days of Great Lent, you were encouraged to draw yourselves nearer to God — and there's still time. A good way to do this is to read a daily devotional, and you have a great source in the Bible and in particular the New Testament. Not sure what to read? I'd like to offer a suggestion. The "Sermon of the Mount" from the Gospel of St. Matthew (Chapters 5-7), which includes some of the best known teachings of Jesus, can help you on your journey closer to the Father.

I'd like to focus on *The Beatitudes*, which comprise the first section of this well-known sermon (Matthew 5: 3-12), and together present a new set of ideals that focus on love and humility rather than force and intimidation, and echo the highest ideals of Jesus' teachings on spirituality and compassion. I'm sure you know most of them by heart (having recited or sung them during the Divine Liturgy — see page 27 of our prayer missals); "*Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. Blessed are the merciful, for they will be shown mercy, etc.*". Our Lord taught this path of holiness by repeating the word *blessed*, or *happy*, to introduce each principle of this method of imitating Him. The Beatitudes are the highest peak of perfection to which we are called...the practice of high virtue, and are due to the joyful effect they produce in the soul, both now and forever. The list also defines the heroism at which the virtues, the grace and gifts of the Holy Spirit must arrive, in order to make us Saints now and then blessed in paradise.

So, how can we become Saints and remain *blessed* or *happy*? Let us examine the following questions and responses related to the Beatitudes.

Do I want and seek...

- ...the kingdom of heaven?
- ...to be comforted?
- ...God's reign?
- ...to be satisfied?
- ...to receive mercy?
- ...to see the Lord?
- ...to be a child of God?
- ...to have perfect joy and happiness?



Then I need...

- ...to be poor in spirit
- ...to be compassionate to oneself and others
- ...to be meek and forgiving
- ...to be hungry and thirsty for God
- ...to be merciful
- ...to have a pure heart
- ...to bring peace whenever I am
- ...to allow to be insulted and humiliated for my values and ideals

It would seem that the answers (above on the right) to most of the questions are easily accomplished except for the last one, for it is rare that we, as human beings, would allow ourselves to be insulted, humiliated, and persecuted for our (Christian) values and ideals. Here, Jesus gives us an invitation to put these spiritual precepts of the New Covenant Law into practice — a sort of 'new and improved Ten Commandments' — ones that, despite what some may think are impossible to keep, are not grievous or give us an excuse to give up. For though the standards of the Beatitudes are higher than that required of the Jews in the Old Testament, God offers us greater spiritual power through the Holy Spirit to assist us in obeying Him.

His Holiness Pope Francis, at a Mass celebrating the Feast of All Saints in Sweden in October 2016, offered a new list of Beatitudes at which he stated that "new situations require new energy and a new commitment." Here is his list...

Blessed are those who remain faithful while enduring evils inflicted on them by others and forgive them from their heart.

Blessed are those who look into the eyes of the abandoned and marginalized and show them their closeness.

Blessed are those who see God in every person and strive to make others also discover him/her.

Blessed are those who protect and care for our common home.

Blessed are those who renounce their own comfort in order to help others.

Blessed are those who pray and work for full communion between Christians.

All these are messengers of God's mercy and tenderness. Surely they will receive from Him their merited reward.



Pope Francis also stated that "as Christian saints have done throughout the ages, Christ's followers today are called 'to confront the troubles and anxieties of our age with the spirit and love of Jesus.'" He closed by saying that "the call to holiness is directed to everyone and must be received from the Lord in a spirit of faith." The Saints "spur us on by their lives and their intercession before God," he added and "we ourselves need one another if we are to become Saints."

In closing, dear brethren in Christ, I encourage you to take the time during this Great Lent, if you have not done so already, to make your Easter preparations complete, and this means getting rid of those things that continue to weigh you down by going to confession and receiving the Sacrament of Reconciliation. "*Nothing you confess could make Me love you less,*" says our Lord, so come before Him and trust in His mercy.

Your humble servant,

Father Stepan Didur



RECONCILIATION



For the months of April and May

APRIL

Saturday Member needed
5:00 p.m.

Sunday Maurice Zakrewski
10:00 a.m.

(Four men will be needed for Easter Sunday)

MAY

Saturday Gerry Bullock
5:00 p.m.

Sunday Jim Glena
10:00 a.m.

Ushers are reminded to be present at least 20 to 30 minutes before the service. And remember to find a suitable replacement if, for any reason, you are not able to fulfill your obligation at the designated Divine Liturgy. *Thank you to all!*

ONTARIO VOLUNTEER SERVICE

Awards

ANNOUNCING this year's list of St. George's members nominated for a 2018 Ontario Volunteer Service Award and pin....

Grant Andrusky
Gerry Bullock
Barry DeJardine
Brett Glena
Russell Romanick

For 5+ years
of service

and

Jim Petrunka

For 50 years
of service

We have received word and confirmed it with the local Ministry of Citizenship office that the annual ceremony is on **Sunday, April 29** at the Valhalla Inn Ballroom beginning at 2 p.m. Personal invitations will be sent to each nominee by regular mail and hopefully arrive within the next few weeks. Michael Watral will coordinate our presence there with the nominees.

Let us all join together and congratulate these six members and thank them for their past and continued service.



FROM THE BINGO BOOKS

Our last bingo, a matinée on Tuesday, March 13, went very well, thanks to our member volunteers. We have received the schedule for the next quarter and unfortunately, due to a misunderstanding which was not cleared up before the schedule was confirmed, we were not given a bingo in April. However, we are on a cancellation list if another group cannot fulfill its commitment. Steps have been taken to make sure we do not 'miss' any more months while we are still paying off the loan for the air conditioning.

With that said, the next two confirmed bingos in May and June are as follows: **Wednesday, May 23**, and **Wednesday, June 13**, both matinées. Our volunteer coordinator, Gerry Bullock, will be approaching trained volunteers to work either or both of those sessions. And just to let you know, we are now required to have a minimum of three (3) volunteers on duty — two circulating the floor at all times, and one at the Volunteer Awareness Station for the first hour and during intermission to help promote the hosting charity (that's our society), and explain for what causes we are currently raising funds. And on the same line, each charity group is required to have at least 10 trained volunteer members in place, which currently we do not have, so we are again asking members (and parishioners) to take the training and help at bingo or we may run the risk of receiving more infractions and/or not being granted future sessions. The next training session for new volunteers will take place on **Sunday, April 15** from 4-5 p.m. at Superior Shores, and the refresher training will be on the following **Sunday, April 22** at the same time.



Superior Shores Gaming Association's annual meeting is set for **Tuesday, May 15 at 7:00 p.m.** in our parish hall. Trained volunteers are certainly welcome to attend. More information will be forthcoming at our regular monthly meeting on April 29. And as usual, we thank the members who are trained for volunteering their time and effort at bingos — you are appreciated.

Thank you from the Bingo Committee

~~~Fishing Lines~~~

A REMINDER TO ALL FISHERMEN now that spring is finally here, please be careful when venturing onto any inland lake as the ice will be starting to melt soon enough. If you are not sure, do **not** take any chances. Try to avoid driving on ice at this time of the year, but if you must drive a vehicle, be prepared to leave it in a hurry. Keep windows down and have a simple emergency plan of action you have discussed with your passengers.

The **2018 St. George's Fish and Game Rules and Regulations** will be available on hard copy soon should you wish them; highlights will appear in the next issue of this bulletin. Fish must be caught according to the **2018 Ontario Recreational Fishing Regulations Summary** (available now on-line) including the closed and opened seasons for each species. The closing date to enter fish for the St. George's Fish Tournament will be **Sunday, October 28**, so you have plenty of time to land that 'big one'. If you have any questions, concerns, or wish to be a member of the Fish and Game Committee, please speak with chairman Maurice Zakrewski.

Good luck to all anglers, and remember to be safe on the ice and water. Tight lines to all and keep your tip up!



Members**hip** Matters

HERE ARE A FEW ONGOING ITEMS to bring to your attention.

① The **Usher Schedule for 2018** is now posted, but there are a lot of empty spaces, especially for Sunday. Please volunteer your services. It's nice to have St. George's presence at Divine Liturgy, and it's not a difficult task at all. Four ushers will be needed for Easter Sunday.

② Please continue to remember in your prayers our members (and parishioners) who are ill, at home, hospital, or care homes, those shut-in or who are not able to join us actively. Sometimes they get missed due to our busy daily lives. And if you would like a hospital or home visit, or know someone who might like one, please call **Father Stepan (577-7721)** and let him know.

③ A Constitution meeting was held on March 19 focussing primarily on the definition of a member and the requirements to remain a member in good standing. Another meeting will be held (TBA) once the Executive has been consulted and before the proposed amendments will be filed and read at an upcoming monthly meeting.

"Where Your Confidence is Well Placed"



Blake
Funeral Chapel Limited

TEL: (807) 623-6446
FAX: (807) 623-1427
TOLL FREE: 1-888-548-4444

200 SOUTH MAY STREET
THUNDER BAY, ONTARIO
P7E 1B4

E-MAIL: blakes@blakefuneralchapel.com



Joseph Salini
Funeral Director /
President



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

Please help keep our world
CLEAN AND GREEN
Recycle on a daily basis.

Taras Shevchenko: Why His Works Still Matter Today



IT'S BEEN MORE THAN TWO CENTURIES since the birth of Taras Shevchenko, but he has been widely known in the world for more than 140 years. His all-embracing humanism, deep and genuine folk character, and revolutionary ardour make him comprehensible and close to the hearts of the people of all nations. His major works have been, and continue to be, translated into many languages. His "Testament" (*Zapovit*, 1845) has been translated into as many as 150 foreign tongues and set to music in the 1870s by H. Hladky. The poem enjoys a status second only to Ukraine's national anthem.

Probably the first English-language account on Shevchenko was presented by British author Charles Dickens who, in 1877, published a biography of the Ukrainian poet and found inspiration in his poems. He pointed out that "some of Taras' saddest poems... would apply almost word for word to our land."

One year earlier, in 1876, only fourteen years after Shevchenko's passing, E. Durant, whose article about Shevchenko was written under the influence of the Russian writer Ivan Turgenev, noted that Frenchmen have extolled Shevchenko as a bard of social protest and the enunciator of revolutionary ideas.

William Richard Morfill, British Professor of Russian and the other Slavonic languages at the University of Oxford from 1900 until his death in 1909, called Shevchenko "one of those children of the sun in whose veins flowed fire instead of blood." Around the same time, Swedish critic Alfred Jensen wrote that Shevchenko's struggle against serfdom was of international importance and that Shevchenko's protest against all social, political, and religious oppression — a protest that ennobles his poetry — is of universal significance. One German critic declared that there is not a poet in world literature who personified the spirit and historical fate of his people as much as did Shevchenko.

At the centenary of his death, on March 25, 1961, American President John F. Kennedy stated, "I am pleased to add my voice to those honouring the great Ukrainian poet Taras Shevchenko. We honour him for his rich contribution to the culture not only of Ukraine, which he loved so well and described so eloquently, but of the world. His work is a noble part of our historical heritage."

In April of the same year, Canadian Prime Minister John Diefenbaker declared, "A century has passed since the death of Taras Shevchenko, the great Ukrainian poet, and it is most fitting that a monument in his honour is to be erected on the grounds of the Manitoba Legislature. As a poet, he not only enriched the literature of his people but inspired them with a new hope for freedom. What he sought for them he sought no less for the oppressed everywhere in the world."

Shevchenko is widely known in the countries of Europe, beyond Europe — as far as India and the Far East. Several years ago, a landmark series of art exchanges took place between Ukraine and China. It culminated with the opening of the Taras Shevchenko Museum in Beijing in September 2016, the first institution of its kind to be funded fully by a foreign government and not the Ukrainian state or diaspora. This joint Chinese-Ukrainian initiative united the Chinese Academy of Painting and Calligraphy, the National Taras Shevchenko Museum and its fraternal organizations, and the National Academy of Fine Arts and Architecture of Ukraine, as well as both Embassies. It has challenged professionals and laymen alike to reconsider the symbolic and transformative role that Taras Shevchenko's work continues to play in Ukrainian society today.

Today, as citizens of Ukraine continue to rise up in the name of democracy, freedom and their right to self-determination, the words of Taras Shevchenko, their most outstanding poet and national bard, remain close to their hearts. ■

50th Anniversary Legacy Project Dedication Ceremony to be re-scheduled in late spring

PLAN TO HAVE THE DEDICATION CEREMONY of the Legacy Project arranged by our parish's 50th Anniversary Committee, originally set for Sunday, April 22 (Earth Day), have to be deferred until June (mostly likely on the day of the Parish Picnic or Father's Day) as the frost levels are very deep this year, and according to our contact and supplier at Landale Gardens, the earliest a tree would be able to be planted would be around the second week of May. As a result, the Committee has decided to wait until June for this occasion. The actual date will be published in the parish bulletin — stay informed.

In the meantime [as mentioned last fall], parishioners are still welcome to donate to this worthwhile cause through the weekly collection by inserting your donation in a spare envelope with your name and current envelope number and marking it "Legacy Project". Thank you for your continued support for this "once-in-a-parish-lifetime" event!

 *Jess Corbett*
PHOTOGRAPHY

Weddings, Events, Lifestyle Photography + more
Bookings/ Inquiries: jesscorbett7@hotmail.com
Tel: 807 621-3026 • www.jesscorbettphotography.ca

Веселий Куток

ДІВЧИНА й Римо-католицький священик сидять поруч ду літаку. Літак заходить на посадку й дівчина каже до священика:

“Падре! Мені незручно вас просити, але чи не могли б ви допомогти мені? Річ у тім, що я купила собі нову дорогу бритву для жінок, яку треба задекларувати. Але я не маю грошей! Ви не були б ласкаві сховати цю бритву під своєю сутанною, митники нічого не помітять!”

“Донько моя!” — відповідає священик. “Брехати — грішно! Але мій обов’язок — допомагати людям, тож я спробую щось придумати.”

Літак приземлився, пасажери проходять через смугу митного контролю. Митник запитує священика: “Отче, чи маєте ви щось під сутанною, що потрібно задекларувати?”

“Вище пояса ні, сину мій.”

“А нижче пояса?”

“А нижче пояса я маю прилад для жінок, яким іще ніхто не користувався.”

“Зрозуміло, проходите. Наступний!”

Ease your aches and pains with... **GARLIC & VINEGAR** Here's what the experts say

By Lynn Allison

GARLIC AND VINEGAR — the tried-and-true ingredients in traditional salad dressing — can banish backaches, headaches and even soothe the pain of crippling arthritis, say experts.

“Vinegar is a great detoxifier. Very often we find patients with too much calcium buildup in their bones, but drinking vinegar can help dissolve the buildup that leads to arthritis and joint pain,” says Dr. David Perlmutter, noted author and head of the Perlmutter Health Centre in Sarasota, Florida.”

“And garlic,” he goes on to say, “is one of the most powerful antioxidants we have. It helps balance and nourish the body so immune-related diseases like arthritis and chronic back pain are held at bay.”

Dr. Earl Mindell, Canadian-American nutritionist and leading author on natural nutrients calls the garlic and vinegar combo a “powerhouse” of anti-aging properties. The combination, he says, boosts the brain, keeps arteries clear and preserves your bones. “These three factors can prevent headaches, backaches and arthritis pain due to poor circulation into the brain and extremities,” says Mindell.

British researcher Margot Hellmiss, author of *Natural Healing with Cider Vinegar* has a perfect, all-natural remedy for banishing headaches. “Most headaches are the result of nervous tension or stress. A hot steam bath with apple cider vinegar can provide immediate relief. The vinegar invigorates and stimulates blood circulation to the brain. If the headache comes late at night after eating too much food, a glass of apple cider vinegar can help you digest the food and prevent intestinal and bowel problems.”

Arthritis sufferers spend a staggering \$8 billion to \$10 billion a year searching for pain-relief remedies. But Hellmiss says that all it takes is the simple vinegar cocktail (see the end of this article) to help reduce the swelling and painful inflammation of joints. “I recommend three glasses a day to regulate the calcium and sodium levels in the system,” she says. “When you notice an improvement, take one glass daily.”

Dr. Patricia Bragg, author of the Bragg Miracle Health System, advises soaking in a warm bath with 1 cup of apple cider vinegar added to relieve sore back muscles and aching joints. “Gently massage the whole body, starting at the feet, always massaging toward the heart,” she says. “Work your back muscles with your thumbs, gently easing away tension as the apple cider vinegar helps loosen stiff muscles.”

(continued on page 11)

THE SPOTLIGHT



AS A NUMBER of members before him, he shares our patron saint's name. But the similarities do not stop there. He, like St. George did for many years, has served God and his fellow man, and his resolve has never weakened. Listening to **GEORGE RUSNICK** speak of his involvement in the local labour force and his passion for practically everything he does in life, is truly inspirational. Although he's only been a member since April 2001, his positive attitude and outlook regarding our society and parish are reminiscent of a gloried past — one that he feels can be resurrected, despite what some might call, uncertain odds. Read on....

MW: George, I first must thank you for consenting to this interview. It's been a whole year since this feature was seen within these pages and I've wanted to include it again.

GR: I know, and I've looked forward to each issue of our bulletin, having saved them in preparation for this occasion.

MW: Wow — that's very nice of you. So, let's start 'as they say' at the very beginning. You indicated on the 2011 Membership Survey that you were born in Fort William (*George points out here that it was actually Rosslyn Village*). Do you have any siblings?

GR: Yes, I have a brother, Nick, who's four years older than I. It was just the two of us boys — no sisters — and our parents. Nick and I attended Rosslyn SS#5 Paipoonge school; I went as far as Grade 8 and then left to pick-up some badly needed work as those were pretty harsh times in the '30s. Back then, I had jobs at a model mink farm, Municipal Golf Course, and Rosslyn Brick and Tile Company — not all at once, of course.

MW: Naturally, and I'm sure many of our members understand how tough times were, especially here in Thunder Bay. What turned things around?

GR: Well, I was eventually hired on at Canadian Car and Foundry (Fort William), more familiarly known as "Can Car" in September 1944 when I was 16 years old. It was during the time of World War II when employment there peaked at 7000, half of the workers being women from the west. We worked on the Curtiss Helldiver, a carrier-based dive bomber produced for the United States Navy, building a total of 894.

MW: Impressive, and I understand you spent many years there and in more than one capacity — but we'll touch on that later. So, after the war ended, what was the focus of the plant?

GR: In 1945, production focussed mainly on diesel buses (trolley coaches), and then four years later, streetcars for all Canadian cities. In 1951, we produced pre-fab arctic huts for the U.S. Navy; in 1956, various types of highway trailers were part of the assembly line, and in 1960 prototype transportable type homes for domestic/industrial use were built followed by four-wheel drive tree farmer skidders (throughout the country). It wasn't until 1963 that the first contract for 164 rapid transit cars (subway trains) were built for the TTC. This led to the long-standing relationship with the TTC eventually supplying them with the "Toronto Rocket", built by Bombardier to replace the last remaining H-series trains.

MW: That's certainly a concise list. And speaking of list, let's not forget the various names throughout the years which you probably can tell us. Go ahead, we're listening.

GR: There's the original name from 1937 — Canadian Car and Foundry, then the first name change in 1957 to Hawker-Siddeley Canada, in 1984 Urban Transportation Development Corporation (UTDC) which was eventually purchased by Lavalin of Quebec, in 1986 Thunder Bay Can-Car Rail and finally in 1992, to Bombardier Transportation Canada, Inc.

MW: Gee (*chuckles*), that's similar to the number of name changes the Great Lakes Paper Company (started in 1924), now known as Resolute, went through. So what was your specific job there?

GR: Oh, I worked throughout the plant, eventually winding up as an attendant tool crib when I finally retired in January 1993.

MW: And I understand that you were heavily involved in the CAW Local 1075 union. Tell us a bit about that.

GR: Well, in 1980, I was elected president of the union and let me tell you, they were interesting times. We were in trouble with contracts and at one point there were only 17 workers on the floor. It was so bad that we formed the "Save Can Car Committee" with the City of Thunder Bay Chamber of Commerce, various dignitaries, MPs and MPPs, and even clergy from local churches. Shall we say, by the grace of God, we were successful in securing new contracts. This helped boost moral helping to renew the faith of the workers. In 1988, we convinced management to let us work a four-hour overtime shift on Saturday, May 25 in order to donate our salary to the McKellar Hospital Catscan Fund, which UTDC matched for a combined total of \$79,593.⁹⁸. And in the spirit of this occasion, Robin's Donuts provided complimentary donuts, Twin City Refreshments offered free coffee, and The Wayland Hotel set up a free after-work buffet for all Can Car workers. Also, that same year was the break-thru for the bi-level cars as the plant received an order for 63 commuters for GO (Government of Ontario), 18 for Florida, followed by another contract for 60 more GO bi-level trains. And the rest is history, and quite honestly, it makes me very happy to have been involved with those projects. I'd also like to say that during my time there, we were successful in getting structural and cosmetic work inside and out done, as the plant was in deplorable condition.

MW: Most impressive indeed! Now, George, let's talk about St. George's Society. You've been a member since April 15, 2001 — almost 17 years. What prompted you to join?

GR: I had several friends/co-workers who belonged to the club who encouraged me (Danny Zanewycz was my sponsor), and I was very happy to join. I remember that I believed in the agenda, men working together, and my first impression was favourable, especially when I saw the work done at the Teas — they were top notch, and I was sad to see them go. Another thing I was impressed with was the honour guard at funerals — you see very few clubs do that, and it looks and feels professional. Since then I have enjoyed the fellowship and camaraderie, and it's good to participate in the various social and fundraising functions. It's been that way for me since I joined. And of course, I try to help out as much as I can at society and parish events, especially when it means helping to pay off the church's debts. And thanks to Peter Swerdlyk and others, I've gotten to know more about the pyrohy making process.

MW: Yes, Peter sure knows his stuff and is always willing to show you 'the ropes.' And we also must thank you for your time volunteering at bingo (George is among the only 8 members who regularly do so) as we raise funds to pay for the bank loan for the kitchen air conditioning.

GR: Well, bingo is getting harder for me to do, but I will stick it out until the loan is paid off. I'm not a happy camper with all the new rules and regulations that OLG and AGCO is enforcing — those who attended the last monthly meeting heard me speak — but we are committed so we should follow through. I encourage more members to take the training and help at bingo and let's get this debt paid off as quickly as we can.

MW: Well said, George. Now, I know you've been associated with other local groups, such as the local Prosvita Societies (Port Arthur and Westfort) and the Slovak Legion. What are your other affiliations?

The Central Teaching of Christianity

W E CELEBRATE EASTER because it commemorates the *Resurrection* of Jesus Christ. We Christians believe that Jesus was killed by crucifixion on a Friday and then actually came back to life on the following Sunday. Some may ask, "So what?" Why is it important that Jesus rose from the dead? There are many answers to that question, including the fact that Jesus predicted this miracle ahead of time as proof that He is the Son of God.

Saint Paul explains why the resurrection is important to believers in a very practical way in 1 Corinthians 15...

"But if it is preached that Christ has been raised from the dead, how can some of you say that there is no resurrection of the dead? If there is no resurrection of the dead, then not even Christ has been raised. And if Christ has not been raised, our preaching is useless and so is your faith. More than that, we are then found to be false witnesses about God, for we have testified about God that He raised Christ from the dead. But He did not raise Him if in fact the dead are not raised. For if the dead are not raised, then Christ has not been raised either. And if Christ has not been raised, your faith is futile; you are still in your sins. Then those also who have fallen asleep in Christ are lost. If only for this life we have hope in Christ, we are to be pitied more than all men." (1 Cor. 15:12-19)

Christ's resurrection is the central teaching of Christianity. According to Paul, if He wasn't resurrected, then Christianity is a complete sham; all who believe in Christ for salvation are still in their sins and to be pitied if Christ was not raised. For those of us who are believers, the resurrection is extremely important. If Christ was not raised, we have no hope. But Paul does not leave us hanging. In verse 20, he makes clear what really occurred: "But Christ has indeed been raised from the dead, the first fruits of those who have fallen asleep" (1 Cor. 15:20). Paul concludes his treatment of the resurrection with these words: "Death has been swallowed up in victory" (1 Cor. 15:54). The resurrection of Christ is the ultimate reassurance to all believers that death has finally been defeated. *We will all be resurrected, just as Christ.* Once the unbelievers understand that Easter is a celebration of the *defeat of death*, they will finally understand why we celebrate this most blessed and holy day.

GR: I was president of the Rosslyn Athletic Association, and president of the Thunder Bay Regional Hockey League. I've also played hockey for many years (since I was in my 20s) and even participated in the Old Timers Tournament in 1990 when I was 62 years old. I've been involved with the United Way, Cystic Fibrosis Telethon, Elks 82 A.N.A.F., and the Kidney Foundation. I was also president of the Bombardier Quarter Century Club and the CAW Retirees, Chapter #44. And I was honoured to be one of the recipients of the 125th Anniversary of the Confederation of Canada Medal at a ceremony on May 21, 1993, who "have made Canada the country it is today."

MW: And I bet there is a lot more that you have accomplished and been a part of for which we'd need another page (*George points to a large folder of newspaper clippings and another box of memorabilia and awards.*) and I'd need to arrange another interview. And we haven't even mentioned your 3 children, 2 grandchildren, 2 great-grandchildren, and those of Joan's!

GR: Yes, and we're going to visit her daughter Jackie and family in Lowbanks, ON (it's on Lake Erie and part of the town of Dunnville, located west of the Welland Canal) for Easter, and that's where we'll celebrate my 90th birthday.

MW: Terrific! George, before we finish, I must ask you the 'tough' question — what do you think the future holds for St. George's and Holy Cross?

GR: Well, it's obvious, as many point out, that St. George's has an aging membership and that we should make a better effort in trying to get some younger blood. And that leads to the parish — I'd like to know where all the children are. When we first started attending Holy Cross, there were so many of them, and now, you hardly see them around. Maybe we need to consider having more regular socials — parish dinners and activities — and I sure wish we could do Teas again. We certainly had a good thing at Christmas and around Valentine's Day, and were quite the envy of the community.

MW: I agree. Perhaps the new parish Fundraising Subcommittee could look into that. Maybe a Holy Cross Tea, where everyone helps out, could help revitalize our church and keep it vibrant (it seems to be the direction that most of the eparchies are taking), and even generate interest in attending. It's worth a try for sure, but we'll need the volunteers and commitments.

George (and Joan) thank you for your time this afternoon, and for your generous hospitality. Have a pleasant trip down to Lowbanks, and a blessed Easter. And George, on behalf of the members of St. George's Society, **Happy 90th Birthday!** ■



Giggles & Guffaws

THE MANAGER of a small business and his secretary decided to go over to her place for some "gymnastics". Afterwards, they both fall asleep. When the manager wakes up and looks at his watch, he discovers that it is just after 8:00 p.m. He jumps up in a panic wondering what he's going to say to his wife. He tells the secretary to quickly take his shoes out into the yard and rub them around in the grass. Then he finishes dressing and goes home.

When the man opens the door to the house, his wife is standing in the doorway fuming and asks him where the hell he's been until 8:30 in the evening? The man calmly replies that he and his secretary are having an affair and that they had fallen asleep after going to her place this afternoon.

His wife looked at him very carefully and when she saw the state of his shoes, she exclaimed: "You liar, you've been FISHING!"

IT WAS PALM SUNDAY, and because of a sore throat, seven-year-old Johnny stayed home from church with a sitter. When the rest of the family members came home, they were carrying several palm branches. Having forgotten what happened the previous year, Little Johnny asked what the palms were for.

"People held them over Jesus' head as He walked by," said his mother.

"Wouldn't you know it," Johnny fumed. "the one Sunday I don't go, Jesus shows up!"

YOU KNOW you're getting old when...everything hurts, and what doesn't hurt doesn't work...you don't remember being absent-minded...the only time the world beats a path to your door is when you're in the bathroom. ☺

Garlic & Vinegar (continued from page 8)

For headaches, Bragg likes to steam apple cider vinegar in a pan of water and inhale the fumes. "Within 30 minutes your headache is gone," she says.

Dr. Gilles Fillion, of the Pasteur Institute in Paris, France, reports that garlic helps modulate the brains serotonin levels, relieving symptoms of depression and fatigue that often trigger headaches.

"Garlic can target certain areas of the brain and enhance their performance," he adds. "I suspect garlic is anti-stress, anti-anxiety and acts as a sort of anti-depressant like Prozac but with a much milder effect."

Says Perlmutter: "The combination of garlic and vinegar is extremely beneficial to the body."

The Miracle Cocktail

- Eating two or three cloves of garlic daily or taking a 1,200- to 1,800-milligram supplement will give you the garlic protection you need. And mixing 2 Tablespoons of vinegar — apple cider is best — in a glass of water every morning and night is what you need for protection against disease.

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

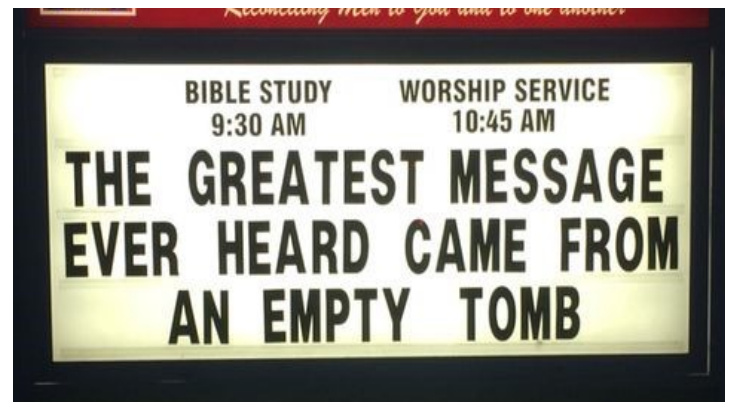
ACTIVE
REHABILITATION
& FITNESS

PROACTIVE RESULTS ORIENTED SERVICE

Unit A-2, 717 Hewitson St.
Thunder Bay, Ontario P7B-6B5

Tel: 807-623-1972
Fax: 807-623-1978
activerhab.ca

Modern Church Signs



Wake Up and Smell the Coffee

A GROUP OF ALUMNI, highly established in their careers, got together to visit one of their favourite university professors at his home. The conversation soon turned into complaints about stress in work and life. Offering his guests coffee, the professor went to the kitchen and returned with a large pot of coffee and an assortment of cups, porcelain, plastic, crystal, some plain looking, some expensive, some exquisite — telling them to help themselves to coffee.

When all of the students had a cup of coffee in hand, the professor said: "If you noticed, all the nice looking expensive cups have been taken up, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, this is the source of your problems and stress. Be assured that the cup itself adds no quality to the coffee. In most cases it is just more expensive and even hides what we drink. What all of you really wanted was the coffee, not the cup, but you consciously went for the best cups and then you began eyeing each other's cups."

Life is the coffee. The jobs, money and position in society are the cups. They are just tools to hold and contain life. The type of cup we have does not define, nor change the quality of life we live. Sometimes by concentrating only on the cup, we fail to enjoy the coffee. Savour the coffee.

The happiest people don't have the best of everything — they just make the best of everything!

An Annual Tradition Continues

AT THIS TIME OF THE YEAR all of our focus is on Easter, the actual day and season. "Christ is risen!" will soon be heard and continue well in the first week of May. Soon thereafter, another special occasion will occur and we already have it, although distantly, in view ~ **Mother's Day**.

For many years, St. George's Society has sponsored the annual 'Mother's Day Breakfast' in our parish hall and this year is no exception. The date is **Sunday, May 13**. As usual, preparations will take place the Saturday evening prior, following the Divine Liturgy, to complete the usual list of duties, *i.e.* arranging and setting tables, peeling potatoes, cracking and mixing the eggs, placing the bacon onto sheet pans, etc. Next morning, prior to the meal, we will need help again (hopefully some different faces) in more food preparation and service for our well-deserving mothers (grandmothers and godmothers, too) of the parish. A sign-up list will be circulated at our monthly meeting on April 29. Hope to see many out to help!



Parting Sentiments

by Michael Watral, Bulletin Editor

I'M VERY DELIGHTED AND PLEASED, and hope the feeling is mutual with all of you, to see the return [after a full year] of *The Spotlight* in this bulletin. A week and a half ago, when I approached our featured member and asked him to consider this honour, I did so ensuring him that he had the choice to decline the offer. You can imagine my reaction when I received his email of acceptance this past Monday that even included the date and time to conduct the interview — it made my day. The timelines were going to be tight, but with proper organization and time management, I was able to plan and complete the rest of the layout so that my meeting with him would be one of the last items to undertake and for which to prepare.

Those members who have previously been 'in the spotlight' can tell you that the interview is very informal — sometimes we are seated in the living room, other times in the kitchen, and a few of them have even taken place in our parish hall on the long tables. I have developed a number of questions that I typically ask each member, to which he responds to (and many times may receive help from his significant other) and in no particular order. In fact, we often bounce back and forth as many items overlap. What should take about an hour can end up being two or three, as we not only talk about the member's time with St. George's (and parish), but cover a considerable amount of material from his humble beginnings to his present status. I can tell you that many times my jaw has dropped as I learn many 'cool' things about our fellow members that I never would have known. And what is truly important is how upfront every one has been since I started this feature way back in 2011. I've seen many pictures and awards, and shared many common memories of the past.

I'd like to thank George and Joan for inviting me into their home and for their wonderful hospitality and cooperation — I enjoyed myself thoroughly. And I hope *The Spotlight* can resume its regular appearance in this newsletter as we continue to learn and pay tribute to our proud members who, with their 'whole heart, soul and mind' unconditionally love and serve God. *MW*

IMPORTANT DATES TO REMEMBER

SUNDAY, MARCH 25 - HOLY DAY OF OBLIGATION

The Annunciation of Our Lady, the Mother of God and Palm Sunday - The Lord's Entrance into Jerusalem

FRIDAY, MARCH 30 & SATURDAY, MARCH 31

Easter Vigil - members to guard the tomb of Our Lord

SUNDAY, APRIL 1

Resurrection of Our Lord - Easter Sunday



FRIDAY, APRIL 6

12 noon - Cabbage roll making for Easter Dinner

SUNDAY, APRIL 8 (following the Divine Liturgy)

Parish Easter Dinner (Sviachene)

SUNDAY, APRIL 15

Opening date of St. George's Fish Tournament

4:00 p.m. - Bingo training for new volunteers at Superior Shores Gaming Centre

SUNDAY, APRIL 22

2:00 p.m. - Children of Chernobyl Panakhyda & reception

4:00 p.m. - Current volunteer refresher training at Superior Shores Gaming Centre

SUNDAY, APRIL 29

2:00 p.m. - Ontario Volunteer Service Award Ceremony at the Valhalla Inn

7:00 p.m. - Regular monthly meeting

FRIDAY, MAY 11

Deadline for bulletin submissions



SATURDAY, MAY 12

6:00 p.m. - Preparations for Mother's Day Breakfast

SUNDAY, MAY 13 (following the Divine Liturgy)

Annual Mother's Day Breakfast in our parish hall

TUESDAY, MAY 15

7:00 p.m. - Superior Shores AGM in our parish hall

SUNDAY, MAY 20

Pentecost Sunday - see parish bulletin for service times at the cemeteries

WEDNESDAY, MAY 23

12 noon - Bingo at Superior Shores Gaming Centre

SUNDAY, MAY 27

7:00 p.m. - Last regular monthly meeting

TUESDAY, MAY 29

9:00 a.m. - Golden Agers Pyrohy Making

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.

SPRING HAS SPRUNG!
А ВЖЕ БЕЧА КРЕСЛЯ!