



Love and Service to God since 1960!

The Plentiful Harvester

Summer 2019
Vol. 16, No. 4

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...

Pastor's Corner

Keeping God in the Small Stuff
pg. 5

THE SPOTLIGHT

pg. 9

FROM THE BINGO BOOKS

Funds to be used for church maintenance and upkeep
pg. 4

Parish Picnic & Volunteer Appreciation Day

A nice afternoon of food and fellowship
pg. 7

All About Quinoa

A nutritional powerhouse
pg. 10

When Should You Go to the ER?

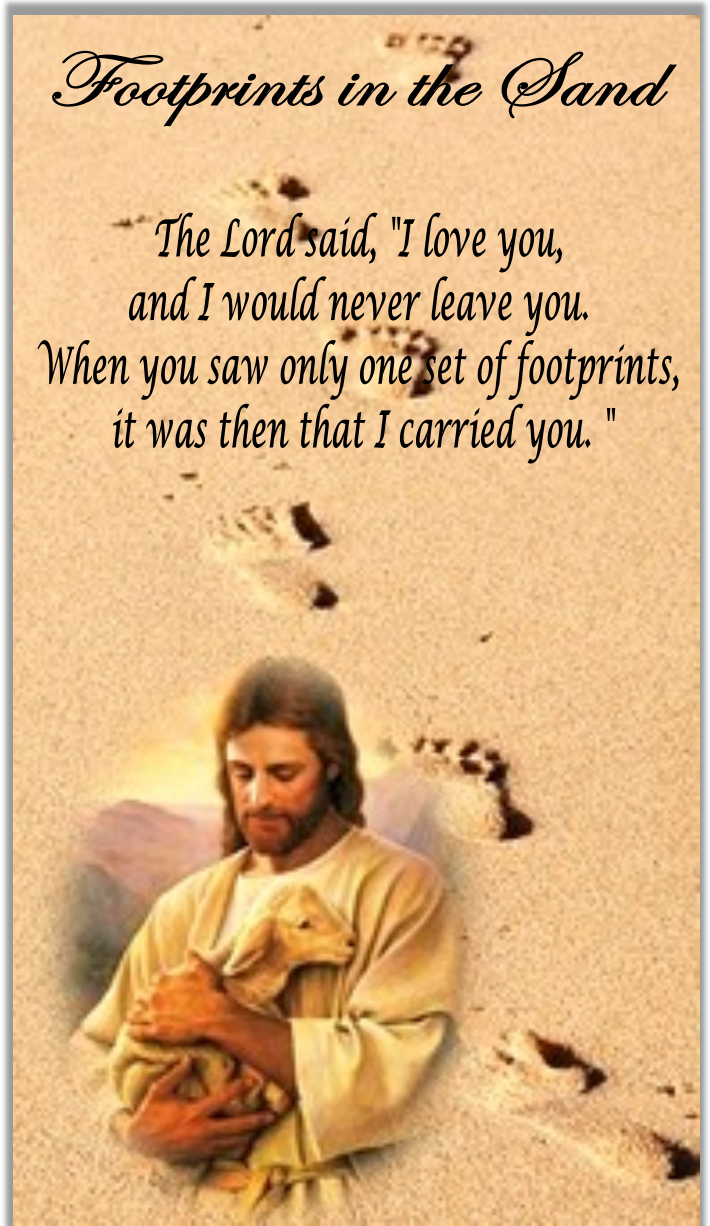
The Best and Worst Reasons
pg. 6

plus...

**August and September
calendars of events**

Footprints in the Sand

*The Lord said, "I love you,
and I would never leave you.
When you saw only one set of footprints,
it was then that I carried you."*



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St. George's Trust Fund: Assets Distributed to Members

BY NOW, all regular members have received their portion (\$750) from the accumulated Trust Fund assets of \$36,539.⁰⁷, (held at the Ukrainian Credit Union) that were officially closed in early June. Many thanks to Ken Boshcoff, Trust Fund chairman and committee members Fred Humeniuk and Walter Karachok for taking care of the paperwork.



We thought you might like to know a few things about the Trust Fund before we closed the books. First proposed as a “Charitable Fund” at a regular monthly meeting in November 1970, it was agreed that a committee of five (5) members plus the president take charge of its set-up. (The five members would be selected by the Executive.) Furthermore, that 10% of the weekly money raised at bingo be set aside for this purpose. According to the minutes from the membership meeting of March 28, 1971, a motion was made by Fred Humeniuk, seconded by Mike Zatulsky, that \$3000.⁰⁰ be transferred from St. George’s account to the Trust Fund account, which was unanimously accepted by the members present. Interestingly enough, at that same meeting, another motion made by Ernie Gurica, seconded by Dr. Lawrence Opaski, to discontinue the cheques of 10% from the bingo monies, which was carried. Also, at that same meeting, it named the five members in charge of the Fund: *Walter Halabecki, Peter Swerdlyk, David Graba, Dr. L. Opaski and Walter Wowk*. This is also the last major entry until the monthly meeting on September 24, 1972 at which Bill Lysak inquired “if money from the Trust Fund could be put into something to give us a higher return on interest” and where Dr. Lawrence Opaski suggested that “the Trust Fund Committee be re-activated to look into charitable donations outside of our parish.” Eventually, policy meetings were held to discuss how the monies were going to be dispersed and to which local causes.

So, when was it decided that a donation would be given to the family (spouse) of a deceased member? Again, according to the minutes, this was done (by the Committee itself) in January of 1973, and that the amount be \$500. This, of course, was ultimately raised to \$750 (\$500 was given to the estate of a member who was not married.)

Since then, the Trust Fund has served our society as a whole, individual members, and yes, even our parish in times of financial need (recall the Expansion and the new roof), and the majority of funds that were borrowed in excess of \$1000 were paid back in full. Many thanks to all members who, in the past, have chaired that committee and were members of the same. Yes, it’s an end to an era, but we can look back on the last 49½ years and be proud of how we took care of ourselves by wisely investing in our future.

More Trivia Tidbits

HOLDING HANDS appears to have more benefits than just the comfort it provides. According to a University of Colorado study, it may actually reduce physical pain. In this study, 22 women were subjected to mild pain, first when their male partner was holding their hand, and then when he was not. The women reported that holding hands reduced their pain’s intensity by 34 percent.

AS OF THE BEGINNING of 2019, over 51% of the world’s population — nearly 4 billion people — were online. Mobile connections have increased, too, with 96% of the world’s population now within reach of a cell network.

A RECENT GERMAN STUDY asked male subjects to put on a tie, using a Windsor knot, and then undergo their MRI scans: with their collar open and loose; with the tie tightened to the point of slight discomfort; and then with it loose again. The scans indicated tightly knotted neckties reduce blood flow to the brain by nearly 8 percent. Another point in favour of casual dress codes.

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

From Our President

I hope everyone is having a great summer!

I HAVE JUST A FEW REMARKS for this edition. First, I want to congratulate **Jim Glena**, who took home the annual Merit Award at the annual dinner meeting. His involvement has been extremely valuable. Next, I would like to thank Ralph Zaporzan for serving on the Executive this past year. It was nice for him to give of his time — thanks Ralph. Thirdly, I want to welcome Barry DeJardine to the Executive. We won't ask too much from him this first year so that he isn't scared off, as he is just as busy with his family and other activities in our community.

We held our first executive meeting in mid-July, primarily to fill the various positions of responsibility. There are no major changes — other than the fact that Barry is our newest director. Many thanks to the current slate of officers for continuing their positions for another year.

Our next function is the annual **Corn Roast** in the latter part of August. It will be a nice time to close off the summer and begin the new season. Tickets will be available the weekend of July 27/28. [Check out the report on page 10 for more information.]

In September, we, of course, have the “Parish Dinner”, which is set for **Sunday, September 15**, the Golf Tournament on **Saturday, September 21**, and then our first meeting of the new society year on **Sunday, September 29**. It'll be full steam ahead as we prepare to celebrate our 60th year in 2020.

In closing, I wish everyone an enjoyable rest of the summer!



Fraternally yours in Christ,

Joseph Z. Myslicki, *President*

Ontario Volunteer Service Awards Ceremony Planned for the Fall

ON JUNE 14, we received confirmation, via e-mail, from the Ontario Ministry of Tourism, Culture and Sport that the provincial government strongly believes in recognizing the efforts of Ontarians through a variety of awards and honours programmes, and as a result, Ontario's plan to celebrate the 2019 recipients of the Ontario Volunteer Service Awards are underway, and that the ceremonies will be taking place in the Fall.



Consequently, another e-mail was received on July 10 requesting us to review our list of nominees, and to let everyone with a vested interest know that more information about the ceremonies, including ceremony dates will be provided to all nominators and recipients during the month of August.

This is good news for everyone that offers his or her time, talent, and energy to perform a service freely and without regular remuneration in order to make a meaningful contribution to the community. This, in turn, according to many, makes each volunteer feel good about his or her actions and concern. For us, as Christians, it fulfills what our Lord stated so long ago: “*Whatsoever you do to the least of My brothers and sisters, that you do unto Me.*”

Many thanks to all our volunteers!

St. George's Annual Merit Award: Affirmation of Love and Service to God



SINCE OUR INAUGURATION in 1960, St. George's Society has recognized a member at the annual dinner meeting who has been actively involved in not only our club, but also has played a vital role in our parish family.

This year's recipient is **James (Jim) Glena**, pictured at left as he receives a commemorative plaque from last year's honoree, Murray Salomon, who highlighted Jim's extensive involvement during his past 32½ years in St. George's as follows:

- Served on many standing and special committees as chair/co chair *i.e.* Entertainment, Fish and Game, Golf Tournament, Parish Youth, Recreation, Valentine Tea and Ways and Means (Pyrohy making)
- Served on the Executive as secretary, vice-president, and president
- Provides kitchen help with many youth-sponsored and parish events (*i.e.* Pancake Breakfast, Post-Lenten Socials, Mother's Day Breakfast, Parish Easter Dinner, Parish Praznyk, Pyrohy and cabbage roll making)
- Usher at liturgies (Sunday morning)
- New bingo volunteer and worker

Jim, we salute you. May God grant you the strength and courage to continue your love and service to God with us, your fellow parishioners and members of St. George's Society, and help us to uphold the tradition of excellence for many more years to come!

**“The Best Way
To Find Yourself
Is To Lose Yourself
In The Service
Of Others.”**



Introducing "Adelaide Andrea Kathleen Gibbons"!

PRAISE THE LORD for He is good! The Opaski family is very happy to share this wonderful news with all of us. **Adelaide Andrea Kathleen Gibbons** was born to parents Monica (née North) and Mike Gibbons shortly before midnight on Wednesday, April 24, 2019 at Guelph General Hospital, weighing 7 lbs. 4 oz. and measuring 19 in. long. "Addie" is the first granddaughter for Andrea (née Opaski) and Bryan North, and great-granddaughter for Gramma Ann (G) Opaski.

Pictured at left with Ann (as she holds Addie) are her two big brothers, (far left) Evan, who is 4 years old, and Isaac who is almost 6 years old. The family lives in Guelph, Ontario, where Monica is a Library Supervisor and Mike is an engineer, specializing in wind technology.

Gramma Ann and Chocha Gloria Sherban recently returned from a visit to Guelph and wanted to share these family photos. May God grant many happy and blessed years to the Opaski/North/Gibbons clan!



Little children were being brought to Jesus in order that He might lay His hands on them and pray. The disciples spoke sternly to those who brought them; but Jesus said, "Let the little children come to Me, and do not stop them; for it is to such as these that the kingdom of heaven belongs." And He laid His hands on them and went on His way. (Matthew 19: 13-15)



The Plentiful Harvester



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Deadline for submissions for the next issue:

FRIDAY, SEPTEMBER 13, 2019

FROM THE BINGO BOOKS

AS PREVIOUSLY REPORTED, now that the payment for the kitchen air conditioning loan is complete, we are currently using the funds from our bingo pooling cheques to cover parish maintenance and upkeep. A sizeable invoice for vigil candles and sacramental wine was recently taken care of — thanks to the time and efforts of our volunteers.

And speaking of volunteers, although we have enough "on paper" to be in compliance with the Alcohol and Gaming Commission (AGCO), there is always a need for more members (and parishioners) to take the training just in case of an emergency. The next training session takes place **Saturday, August 17** at 10:00 a.m. sharp at Superior Shores Gaming Centre. Our next two scheduled bingos (both are matinées) are: **Wednesday, August 14** and **Tuesday, September 3**. As usual, Gerry Bullcock will be asking for volunteers for those two events.



This summer, we have chosen not to serve at any external events (CLE, Ribfest, or Hymers Fall Fair) as most of the dates conflict with our previously scheduled activities. However, we are still required to do so at various times throughout the year to remain in compliance. These opportunities will be communicated to us at the appropriate time in the future.

Thank you from your Bingo Committee

"Whatever is in your heart determines what you say."

Pastor's Corner

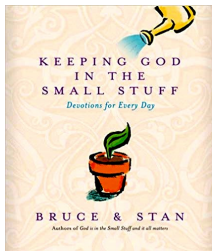
DEAR ST. GEORGE'S MEMBERS, fellow brethren in Christ, I hope you are enjoying the warm summer weather and in turn, giving thanks to God for all His blessings that you are receiving.

I came across a book entitled, **"Keeping God in the Small Stuff"** and wanted to share a very brief passage from it with you — one that echoes the many messages of the recent Sunday Gospels. Please continue to read...

"If you want to know what's in your heart, listen to your mouth."

No one wants to admit being hypocritical, but most of us suffer from that malady from time to time. We often put on a façade of being spiritual, but it is just a show. If we do this too long and too often, we begin to fool ourselves into thinking we are spiritual when we really aren't. How can you tell what's really in your heart?

There is a way to check your true spiritual condition, but it doesn't involve looking at your heart. That's too subjective. Instead of looking at your heart, start your examination about ten inches higher. Listen to the words that come out of your mouth. If you hear lying, gossip, criticism, or bitterness, then you have a serious heart problem. But if you're speaking words of truth, kindness, and encouragement, then your heart is in great spiritual shape.



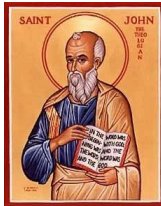
In their book, the authors, Bruce (Bickel) and Stan (Jantz), who by the way have co-written more than sixty works about the Christian faith, conclude this with a quote from the Gospel of St. Luke, Chapter 6, verse 45: *"Whatever is in your heart determines what you say."* As your pastor and spiritual director, I encourage you to think deeply about those words uttered by our Lord and Saviour Jesus Christ, making the necessary changes in your life as to fulfill His statutes.

Father Stepan Didur

Editor's note: For more books by authors Bruce (Bickel) and Stan (Jantz), check out www.amazon.ca.

THE GOSPEL OF JOHN: Union with Jesus and the Father

MORE THAN ANY OTHER GOSPEL, St. John brings us to prayer. To become one with Jesus is the disciple's entire hope, entire desire. That can happen only as you receive Him in prayer as you let Him communicate His life to you. The Prologue, Chapters 1: 1-18, (the beginning which is heard on Easter Sunday), and Jesus' discourses are excellent springboards for prayer. Through them you are invited to touch him heart to heart. The discourses often seem to move in circles. They give the impression of someone trying to describe a collage, and suggest meditation and reflection, rather than exposition of ideas. John's composition springs from years of meditative experience with Jesus. That why the discourses are so conducive to depth in our own prayer.



John is different from the other three Gospels, which are referred to as "synoptic" meaning "taking a common view and similar in content order and statement." Its order of events is different, it puts several long sermons on Jesus' lips, its pattern of composition is unique, and the proportion (about half of it) given to the Passion is longer. Because of these differences, scholars believe that John presents another body of tradition than that of the Synoptics. It supplies a special picture of Jesus as well as of the Christian community.

St. John's Gospel is the brilliant work of an excellent mind and, more importantly, the result of a vibrant spiritual life grounded in a personal relationship with Jesus Christ. Perhaps in no other book of the Bible can we see more clearly that Scripture demands our very best thought as well as our deepest prayer.

~ from *How to Read and Pray the Gospels* by Marilyn Norquist

Summer is for Seeing and Showing Christ

IN THE WINTER in northwestern Ontario, we are all surviving, trying to stay warm as we run from one place to another. However, in the summer, we try to get outside more often. It is a different world from January, and it is Christ's world, Christ's summer. Psalm 74, verse 17 says, *"The heavens tell the glory of God and the firmament declares the work of His hands."* We witness the longer days, the warmer temperatures, the rich green of the grass and trees, the many colours of fragrant flowers, and the lakes mirroring the clouds. All these things, and a thousand more, are telling of the glory of God, and declaring the work of His hands.

For God, summer is for showing His glory, whom we know to be Jesus Christ, "by Whom all things were made, and through Whom all things hold together, and for Whom all things exist." (Colossians 1: 16-17) This is what we should focus on all summer long: seeing and showing Christ.

Source: www.desiringgod.org

CHURCH SIGNS



When Should You Go to the ER?

Canadian emergency-room professionals reveal the best — and worst — reasons for a trip to the hospital



SOMETHING'S WRONG. You're sick, and you need medical attention. But urgently? Maybe the pain in your chest will go away. Maybe your finger will stop bleeding. Maybe if you went to the your local emergency room, you'd end up waiting for hours. Then again, things might get worse if you stay home.

We all face this choice at one time or another. And the decision is complicated by the fact that most of us, no matter how sick we feel, would rather stay home than visit a hospital.

The reason many ERs are congested isn't that they're overflowing with patients awaiting treatment for minor illnesses. Most of the congestion, says Dr. Douglas Sinclair, one of the past presidents of the Canadian Association of Emergency Physicians, is a result of beds not being available.

The most important factor in deciding whether or not to call an ambulance or to crawl into bed is your health. You know yourself — and your family — best. So, trust your instincts.

BEST FIVE REASONS TO GO

Err on the side of caution if the patient (you or your loved one) is elderly or a child. With some older people, even a minor infection, cold or fall can turn serious quickly. But, says Dr. David Bond, medical direction of the Department of Emergency Medicine at Grey Nuns Hospital in Edmonton, "older people don't necessarily get a high fever or other obvious symptoms when they're sick." Warning signs are confusion, weakness and general feeling of illness.

As for children, Bond says, watch for fever about 101° F, lethargy, unusual behaviour and a general look of illness. Seek care for subtle health changes in babies under three months. "Children are not little adults," he says. "They don't have the same tolerance to illness that adults do." A few hours of vomiting for a child or infant can lead to dehydration, and a persistent high fever can have serious repercussions. Parents should also consider their own peace of mind. "If you're sitting at home wondering 'Should he be seen?', then go to the ER," says Bond.

Besides the above, here are five "must go" scenarios.

1. You suddenly feel severe pain. A stab of pain in your chest, abdomen, head or elsewhere often signals something serious. If it's your chest, it could mean a heart attack, especially if you're over 35. Emergency experts want to see most people with chest pain — especially if it persists past five minutes and is coupled with shortness of breath, sweateness, and nausea or vomiting — because they might be able to prevent damage. Even younger people with chest pains should come in because they could be experiencing a collapsed lung or a blood clot in a lung. A brutal headache — may be a symptom of a brain aneurysm. Powerful abdominal pain is also very serious — it can signal an appendix attack or an abdominal aneurysm.

Answers to the WHO AM I

Member Trivia Quiz



IN OUR LAST ISSUE, the editor omitted to include the solutions for this feature, for which he apologizes. Here now are the correct responses.

1. The youngest member of our club is **Brett Glena**.
2. The "first lady of Canadian Country Music", Myrna Lorrie (born *Myrna Lorraine Petrunka*), is sister to **Jim Petrunka**.
3. **Barry DeJardine** is our classic automobile enthusiast.
4. "Wolf" in Ukrainian is "vovk" - so that's **Walter Wowk**.
5. Everyone should know by now that our 'leap year' member is **Gordon Ibey**.
6. The list of family members including himself that have served as President belongs to **Dr. Patrick Opaski**.
7. At age 99+, **Mario Brescacin** is our oldest member.
8. **Peter Swerdlyk** is our last surviving charter member.

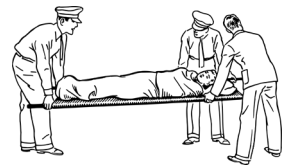
Look for another Who am I quiz in a future issue. ☺

2. You feel numbness, weakness or lack of mobility, especially on one side of your body. These, along with temporary vision loss and a powerful headache, are the main warning signs of a stroke.

"But many people with these signs stay home because the symptoms often come and go," says Janet MacDonald, former nurse manager at the Montreal General Hospital ER. Signs of a stroke can crop up for one hour and disappear for the next 23 only to return, mainly because strokes happen when oxygen can't get to the brain due to a blocked blood vessel, and that blood vessel often isn't fully blocked. If any of these problems arise in a family member or friend, get help, collecting from them as many details as possible about their condition before you arrive at the hospital.

3. You've had a physical injury.

If you're badly hurt in a car accident, an ambulance on the scene will automatically take you to the ER. But if you're injured on the slopes, at the lake or by falling down the stairs, you should get care if you have hit your head hard or lost consciousness; have a deep or large cut; are bleeding a great deal; are experiencing swelling that comes on quickly; or are unable to put weight on an injured limb. These injuries may need immediate attention to prevent infections or other complications.



But even if you can walk away from an accident, be aware that you could be in shock — therefore feeling less pain — or your symptoms might show up until later. This often happens, according to MacDonald, after car accidents. People feel shortness of breath, assume they're just upset, and a few days later end up in the ER with a broken rib that's started to affect their breathing; they may even have a punctured lung.

(continued on page 11)

Memories from Our Storied Past



Pictured above are St. George's members (and a few male family members) as they pose for the camera at the **1974 Fish Derby** held at Scotch Lake (just past English River). Looks like a pretty happy bunch of guys. How many of them can you recognize from 45 years ago??

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~~~ Fishing Lines ~~~

HAVE YOU CAUGHT that big one yet, or more importantly, have you done any fishing lately? Remember: submit your weigh-in slips as soon as possible so that the Board can be updated. Fish can be weighed at The Commissary (on Christie at McLeod in the East End — open until 8 p.m. daily), or you can give Maurice Zakrewski a call (577-5611) as our scale is located at his place (532 W. Victoria Avenue).

Best of luck to all fishermen, and remember to be safe on the lakes. Wear a regulation lifejacket, use a hat and sunscreen if needed, limit your consumption of alcohol, take a fully-charged phone with you, and make sure you have enough food and potable water. *Tight lines to all!*



TUESDAY, AUGUST 6

Transfiguration of Our Lord God and Saviour

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

WEDNESDAY, AUGUST 14

11:45 a.m. - Bingo at Superior Shores Gaming Centre

THURSDAY, AUGUST 15

Dormition of the Mother of God and Ever-Virgin Mary

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

SATURDAY, AUGUST 17

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

SATURDAY, AUGUST 24

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

MONDAY, SEPTEMBER 2

Labour Day

TUESDAY, SEPTEMBER 3

11:45 a.m. - Bingo at Superior Shores Gaming Centre

FRIDAY, SEPTEMBER 13

Deadline for bulletin submissions

SUNDAY, SEPTEMBER 15

10 a.m. - Parish Praznyk Liturgy and Dinner

SATURDAY, SEPTEMBER 21

3:00 p.m. - Annual Golf Tournament at Chapples GC

SUNDAY, SEPTEMBER 29

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

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

**Stay healthy and safe,
and enjoy the warm weather!**

Annual Parish Picnic and Volunteer Appreciation Day

IT MAY HAVE TAKEN PLACE inside once again, but many will admit that our Parish Picnic and Volunteer Appreciation Day went very well — and judging by the pictures included [at the right and below], it was a successful event. Many thanks to Picnic Chairman **Murray Salomon**, and his Committee members for preparing and serving the food (excellent burgers, sausages and hotdogs, salad, watermelon and yummy ice cream), and others who lent a hand with the afternoon's festivities — the kids were kept busy, and later on, the adults enjoyed some games of bingo. All in all, it was a nice way to begin the summer and give thanks to all of our wonderful volunteers who help to keep our parish alive and thriving. Let's hope next year's picnic is bigger and better!



Stockpiles of Smiles, and Loads of Laughter

A GOLF CLUB walks into a bar, sits down on a stool and orders a pint of beer.

"No can do, man," the bartender says.

"Why not?" the club asks.

"Because," he explains, "you'll be driving later."



IT WAS NEARING the end of August when Bonnie was speaking with her five-year-old grandson, Dominic, the week before he would be starting kindergarten. To her surprise, he did not like the idea of going to school. She told him he needed to go so he could learn how to read, write, and so on.

With tears in his eyes, he said, "Okay, Nanny. I will go to kindergarten, but I am not going to college! I just want to be a regular guy, like Poppy."

HAROLD was finally a groom and was very excited about his upcoming marriage. He was on his way out of the office when his boss came over to him with an outstretched hand, "Congratulations Harold, I just wanted to tell you I've been married for twenty-two years, and I am sure that you will always remember this day with the fondest of memories as the happiest day of your life."

"But sir", said Harold, a little bit confused, "I'm not getting married until tomorrow!" "Yeah, I know", said his boss.

A MAN rushes into a drugstore and asks the pharmacist for something guaranteed to stop hiccups. The pharmacist slowly poured a glass of water and when it was full he picked it up, suddenly screamed at the top of his lungs, and threw the water into the man's face.

"Why did you do that?" the man yelled angrily.

"Well, you don't have hiccups now do you?" replied the pharmacist.

"NO!" shouted the man. "But my wife in the car still does!"

DID YOU HEAR about the baby ghost who applied to join the football team? He heard the manager say that they were in need of a little team spirit.

AFTER YEARS of raising donkeys, an old farmer discovered an usually intelligent animal. He remembered stories of horses learning to add and subtract by stomping their hooves. Thinking his donkey was smarter than any horse, he went a step further and taught him to multiply and divide.

The farmer was sure the public would pay to see his amazing donkey, so he sold his farm and went on the road, renting booths at fairs to show off the animal's mental prowess.

Unfortunately, he could never find customers who wanted to see his donkey perform. It seems he learned the hard way that nobody likes a smart a**. 😊

THE SPOTLIGHT

HE'S PART OF A TRIO of family members (along with his father Tony and son Brett) that we are blessed to call friends and fellow brethren. A member of our club for more than 32 years, **JIM GLENA**, who rose up the ranks of St. George's and became president within just six years, values the knowledge and experience gained from what he calls 'a very helpful and encouraging group of men.' Employed for 31 years with the Thunder Bay Police Association (now retired), as well as being involved with many local causes, he is 'no stranger' to sharing his time, talents, and concern to better our community at large. As he approaches his 55th birthday (August 20), he and I sat down to talk about his connection to our society and the parish, which, no doubt, led him, to be considered for (among many of his fellow members), and receiving, the annual Award of Merit this year.



MW: Jim, in the fall of 2011, your son Brett and I met to do his Spotlight interview. It's hard to believe it's eight years later (wow!), and now, it's your turn. (*I show Jim his application card from 1996 when I was president for the first time.*) You've been a member of St. George's for nearly 33 years. How did it all begin for you?

JG: Well, my father (Tony) was already a member, and I'd been a member of the parish since 1987. I knew a lot of the guys, and so, I felt it was time to join.

MW: And what can you tell us about that first year, your initial impression, and what it meant to belong?

JG: I remember getting to work right away. It was November and preparations for the Valentine Tea were the main focus. We worked hard to make it a great event and did so (for many years). It was a lot of fun. It was an honour to belong to St. George's Society back then, and it still is.

MW: That's great. And what do you say is your favourite aspect of the club?

JG: That would have to be the camaraderie — how the members all get along together. You see it at pyrohy making, the many social events, and after meetings, where we can catch up on the latest sports news, and basically talk about anything.

MW: Quite so! Now before we continue to go into depth with St. George's Society, let's give our readers a little more personal information if you don't mind. According to your application card and the 2011 membership survey, you were born in Fort William. We, of course, know your parents Tony and Lucy, and many have met your sister older sister Doreen (White). A few members may not know that you also had a brother named †Johnnie (who passed away in New Westminster, B.C. in 2005). Please tell us about your formative years. Do you remember what schools you attended?

JG: Yes, I started at the old Francis Street School (the current site of the George Jeffrey Children Centre), followed by Green Acres School (which is now an apartment building), Westmount School, and then Westgate Collegiate — the latter where both my children Brett and Tori attended.

MW: And what were your main interests?

JG: I was always into sports, and in high school I played football, I got into curling, and was even a wrestler — having had the privilege of being coached by former 1972 Olympian George Saunders, who taught at Westgate. I also danced with the Vesnyanka Dancers (Prosvita) and then with the Veselka Dancers (Robertson Hall), who were eventually renamed the Chaban Ukrainian Dancers.

MW: And after high school?

JG: I enrolled in the Law and Security program at Confederation College where I received my diploma and then took a few law courses at L.U. In 1987, I attended the Ontario Police College in Aylmer, Ontario for 15 weeks to receive my Basic Constable Diploma and returned to Thunder Bay whereupon I became part of our local police association in May 1987.

MW: More on your career as a police officer later. Let's now go back to St. George's Society. According to the Committee Lists, you rose up the ranks pretty quickly. Let's see — secretary from 1998-2000, VP from 2000-2002, and then president from 2002-2004. For a new member, that's impressive. [*Editor's note: Jim has never served as society treasurer.*]

JG: Yes, and I remember back then how we were having troubles getting other members to fill the executive positions. So, I made the decision to 'step up to the plate.'

MW: Lucky for us you did. What can you tell us about your time on the Executive and particularly, as President?

JG: Well, first of all, we were all caught off guard with the sudden passing of †Jackie Kosheluk and determined to not let our society fall apart. I served as secretary under Fred Humeniuk, as vice-president to Joe Myslicki (Jr.) and then did my two years as president and two as past president with Gord Ibey as president. I remember everyone being very helpful and encouraging, and I recommend to others to become involved if they haven't yet been — it's not as demanding as one may think.

(continued on page 11)

All About Quinoa

IF YOU HAVEN'T yet added quinoa (pronounced "keen-wah") to your grocery list, then "keen-what" are you waiting for? This very nutritious, nutty-tasting South American ancient grain cooks just like rice, but quicker, and is used much the same way. It has twice the protein of brown rice and contains all nine essential amino acids (nutritional building blocks that help form proteins and muscle and other tissue) — which is rare in the plant kingdom. A low glycemic index food, quinoa makes a good choice for those at risk for, or living with, diabetes. It is also gluten-free, ideal for those with Celiac disease and other grain sensitivities, and can even help vegetarians meet their protein needs. The tiny seeds can boost energy and also contain lots of magnesium that can help prevent high blood pressure and osteoporosis. No wonder quinoa is a nutritional powerhouse — keen-WOW!

Garden Quinoa Salad

Ingredients

- 1½ cups quinoa, rinsed and well drained
- 3 cups water
- 1 lb. fresh asparagus, cut into 2-inch pieces
- ½ lb. fresh sugar snap peas
- ½ lb. fresh green beans, trimmed
- 2 tbsp olive oil
- 2 tbsp. lemon juice
- 2 tbsp. minced fresh parsley
- 1 tsp. grated lemon zest
- ¾ tsp. salt
- 1 cup cherry tomatoes, halved
- 3 tbsp. salted pumpkin seeds or raw pepitas

Source: www.tasteofhome.com

Directions

In a large saucepan, cook and stir quinoa over medium-high heat 3-5 minutes or until toasted. Add water; bring to a boil. Reduce heat; simmer, covered, 12-15 minutes or until liquid is absorbed. Transfer to a large bowl.

Meanwhile, in a large saucepan, bring 4 cups water to a boil. Add asparagus and snap peas; cook, uncovered, 2-4 minutes or just until crisp-tender. Remove vegetables and immediately drop into ice water.

Return water to a boil. Add green beans; cook 3-4 minutes or until crisp-tender. Remove beans and drop into ice water. Drain vegetables; pat dry.

In a small bowl, whisk oil, lemon juice, parsley, lemon zest and salt. Add tomatoes and blanched vegetables to quinoa; drizzle with dressing and toss to combine. Top with pumpkin seeds.

Usher Schedule for August and September



NO MEMBER has signed his name to serve as an usher during the months of August and September this year. So, as this has been the case for sometime now, members are requested to volunteer their services at their discretion. Please do not hesitate to in-

clude your own family members in the task of ushering (or greeting) as it shows others that we are united in our love and service to God not just within our club, but as a parish as well.

Thanks once again to those members who have volunteered to fill the empty spots. We ask that you continue your service, especially during the summer months when our parish experiences visiting family members or guests passing through — it makes them feel welcomed and engaged.

Corn Roast 2019

PLAN FOR THIS YEAR'S CORN ROAST are well underway. The date is **Saturday, August 24** and it all begins at 6:00 p.m. in our parish hall. Tickets are now available in the narthex for \$10/person; children ages 10 and under are free.

The usual menu will be featured — corn-on-the-cob, sausages/wieners, a selection of salads, and desserts. Of course, there'll be plenty of coffee, tea, and juice, and the bar will be open with a selection of liquid refreshments for purchase.



Prizes for the "blind auction" are currently being collected and accepted, so if you have any to donate, please see Michael Watral before August 19. A special bingo twist will take place during the evening with the regular session to follow afterwards — you don't want to miss it.

Finally, just a reminder to all members that we will need your assistance to put this event on, so regardless if you buy tickets for yourself, you will be asked to help during the evening.

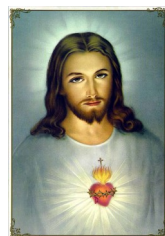


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Undeniable Words of Wisdom



*Blessed be the one
who trusts in the Lord,
whose confidence is in Him.*

~ Jeremiah 17: 7 ~

MW: You were also involved (and still are) in many committees: Entertainment, Fish and Game, Golf Tournament, Parish Youth, Recreation, Valentine Tea, and Ways and Means (Pyrohy making). Besides that, you have assisted in the kitchen at many pancake breakfasts, Mother's Day breakfasts, parish dinners, Youth-sponsored spaghetti dinners and Post-Lenten Socials, and with cabbage roll making. You are an usher at liturgy, and have become a volunteer for bingo, serving your first one this past June 28. All of which tipped the scales in your favour to receive our Annual Merit Award. By the way, what was your reaction?

JG: Truthfully, I was surprised and did not expect to be named this year. However, I am grateful and privileged to have received this honour in the presence of my father and son.

MW: Looking back, are there any specific memories or moments that make you proud to be a St. George's member?

JG: Yes. Putting our St. George name to a room at the new Thunder Bay Regional Health Sciences Centre was very profound for me. I remember going to the hospital with Peter Gacuk for a tour. We found the room whereupon Peter laid down in one of the beds and I in the other. There's a picture of it somewhere. It felt good to do something so important for our community. Otherwise, I have also enjoyed the many social gatherings and the camaraderie that goes with them.

MW: Now, what about your community involvement? I'm also betting, like many of our fellow members, you (together with your wife Trish) supported your kids' many activities, as well as other involvement in our groups?

JG: Absolutely! I coached baseball, girls' softball, minor football, and am a defensive coach for the Westgate Tigers football teams (along with Brett). I have been a director on the CLE Board since 2013, and a board member on Thunder Bay Regional's Cardiovascular Campaign Team since June 2018. Professionally, while an officer, I served for 22 years on the Thunder Bay Police Association (VP for 8 years), was a director on the Police Association of Ontario from 2014-2018. And last December, I became a contract trainer with the Public Services Health and Safety Association which has taken me to Kenora, London, Smiths Falls, just to name a few.



MW: Busy guy — and what about your hobbies and personal interests?

JG: I've always enjoyed deer and moose hunting in the fall, and fishing anytime (*his parents have a camp at Whitefish and his father-in-law on Pike Lake*) and I still am involved in the local curling scene during the winter. Then, of course, there's golfing. It's been a part of my life for many years.

MW: I'm not surprised. Well, we are nearing the end of the interview. Any thoughts about the future of our club and parish?

JG: Like many, I'm concerned that our numbers are declining. I know it's tough to attract new members — all churches and groups are experiencing this — but we have to address the issue of sustainability. What can we do and how can we do it? Let's not wait for it to happen; rather let's hear from members and parishioners and consider all suggestions.

MW: Well said Jim. Thank you for your time this evening (and the refreshments). On behalf of our entire membership, we wish you a very Happy 55th Birthday and enjoy the rest of the summer. *Mnohaya i blahaya lita!*

(continued from page 6)

4. You have a chronic condition that worsens such as asthma, diabetes, epilepsy, kidney disease, emphysema or a serious allergy. People with such conditions should always know the difference between a mild worsening of their condition, which may warrant a trip to their GP, and something that needs urgent attention. An asthma attack, very low blood sugar, a severe seizure or a bee sting when you're allergic merit the rapid help you can get at an ER.

5. Mental illness is involved. If a person has a history of mental illness such as schizophrenia, depression or manic depression and has become frightening in some way, or dangerous to himself or others, an ER is the place to go. Also, if someone is using drugs and his behaviour radically changes or he looks unwell, he may need emergency care. ER staff are trained to deal with crises, calm people and prevent suicides. Consider calling the police to help you get a person in this situation safely to the hospital.

BEST FIVE REASONS ~~NOT~~ TO GO

1. You have a cold, infection or minor injury. Even if you feel terrible, an ER isn't necessary unless you're having trouble breathing or swallowing. But keep in mind that you should take a cold very seriously if you have chronic condition that affects your respiratory or immune system, or you've recently had surgery or chemotherapy.

2. You're in pain that is familiar to you. Although you may be uncomfortable with a backache, headache or arthritis pain, emergency room professionals will just give you painkillers unless the pain is severe and lasts a long time. Being in the waiting room may even exacerbate your discomfort. Most over-the-counter painkillers should see you through it.

3. You're experiencing digestive problems. While diarrhea, vomiting and constipation are unpleasant and even painful, they usually don't require ER assistance. Unless your digestive problem is coupled with bleeding, is sudden and is associated with bloating and vomiting, try increasing your fluid and fibre (bran, fruits and vegetables) intake, and book an appointment with your doctor. Unless you have a high fever, staying hydrated and waiting it out in the comfort of your own home is often the best treatment.

4. Your prescription ran out. Unless it's a life-or-death situation, ER staff are not there to fill prescriptions. Few things can't wait a day or two. Except for certain heart-disease and epilepsy medications, you should be able to wait until you see your doctor or visit a walk-in clinic.

5. You want to fast-track your health care. If you've been waiting weeks or months for an important diagnostic test or a special treatment, showing up at an ER won't usher you in the back door. That's not their mandate. Emergency rooms have access to special tests and diagnostics on an emergency basis only. Similarly, people sometimes use ERs to get second opinions. Emergency doctors will offer quick assessments and treatments for immediate problems, not a full diagnosis. Call your family physician or the hospital for contact information for medical associations or special clinics.

Ultimately, it's up to you whether you go to the ER. "The patient defines the emergency, not us," says one doctor. "If you're worried about something, come." And if you're polite, patient and not out to take advantage of the system, you'll be treated with dignity and respect. ■

God Won't Ask...

1. God won't ask what kind of car you drove; He'll ask how many people you drove who didn't have transportation.
2. God won't ask the square footage of your house; He'll ask how many people you welcomed into your home.
3. God won't ask about the clothes you had in your closet; He'll ask how many you helped to clothe.
4. God won't ask what your highest salary was; He'll ask if you compromised your character to obtain it.
5. God won't ask what your job title was; He'll ask if you performed your job to the best of our ability.
6. God won't ask how many friends you had; He'll ask how many people to whom you were a friend.
7. God won't ask in what neighbourhood you lived; He'll ask how you treated your neighbours.
8. God won't ask about the colour of your skin; He'll ask about the content of your character.
9. God won't ask why it took you so long to seek salvation; He'll lovingly take you to your mansion in heaven.



Annual Golf Tournament Date Confirmed

GOLF TOURNAMENT co-chair Jim Glena has received word from the management of Chapples Golf Course that our annual event is confirmed for **Saturday, September 21, 2019**. A sign-up sheet will be posted on the narthex bulletin board in late August for those who are interested in joining us on the links. Of course, any member who wishes to attend the steak dinner at the parish hall afterwards is also invited. The cost will remain at \$10/member (plus greens fees), and all members are invited.

Prize donations are being accepted and can be given to any Golf Tournament Committee member before September 18. And if you need a letter of solicitation, you may obtain one from co-chair Jim Petrunka at anytime.

We encourage all members to join us for this yearly tradition of fun and fellowship!



Веселий Куток

МОЛОДИЙ РОМАН: “Дякую, дідусю! Скрипка, яку ти подарував мені на день народження, дійсно приносить мені купу грошей!”

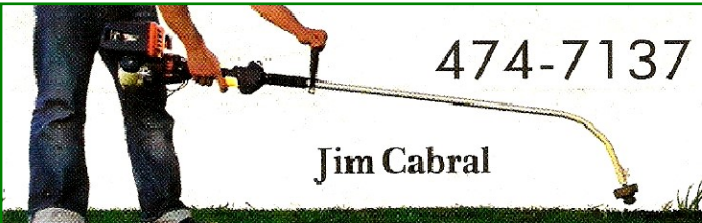
Дід: “Тобто ти вже так добре граєш?”

Роман: “Ні, просто мені все рідні і сусіди платять, щоб я не грав.”

ПРИЙШОВ ДО ЛІКАРЯ мужик зі скаргою на забій від падіння зі сходів. Лікар прописав мазь і велів втирати в це місце.

Незабаром приходить інший мужик зі скаргою на забій від падіння зі сходів, яку хтось намазав маззю.

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P.arting S.entiments

by Michael Watral, Bulletin Editor

IT SHOULD BE OBVIOUS to everyone that when I prepare this newsletter, I make use of the Internet. Whether it be for graphics (that's a big one) or for articles and other information, I do rely on the Internet as an important source when necessary. And these days, because of the software used and the constant updates that many programs must go through, I would probably have a hard time without Internet access.

Now, those who know me, I was born at the end of the baby boom (yes, I'm a 'baby boomer'), and because of my profession as a teacher, I had no choice but to get on board the 'computer-train' when it became mandated by the Board of Education. However, when computers (remember the Commodore 64) were all the rage in the early/mid-1980s, I can remember many of my older colleagues who insisted that marks calculations, attendance taking, and other processes of reporting were best done by hand. Eventually, however, but not as quick as one might think, those aforementioned tasks had to be done electronically, and thank goodness, because it saved a lot of time (although some might argue that point).

But I digress. What I really want to say here is that despite the ongoing debate of whether the Internet is good or evil, I can attest to the fact that it has made the world more global and accessible to many. I have found some truly interesting and provocative articles about Christian faith and education, about our Ukrainian Catholic Church throughout Canada, the U.S. and in Ukraine, and have used many throughout the years in this newsletter and for the weekly parish bulletin. I expect to continue to do so as long as I have the capability and privilege.

In the end, the question is: could I get by without the Internet? I am not prepared to answer that at the moment, because like many, I am caught up in this technology for now. Ask me when I'm no longer a bulletin editor. *MW*