

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

The Plentiful Harvester

Summer 2020
Volume 17, Number 3

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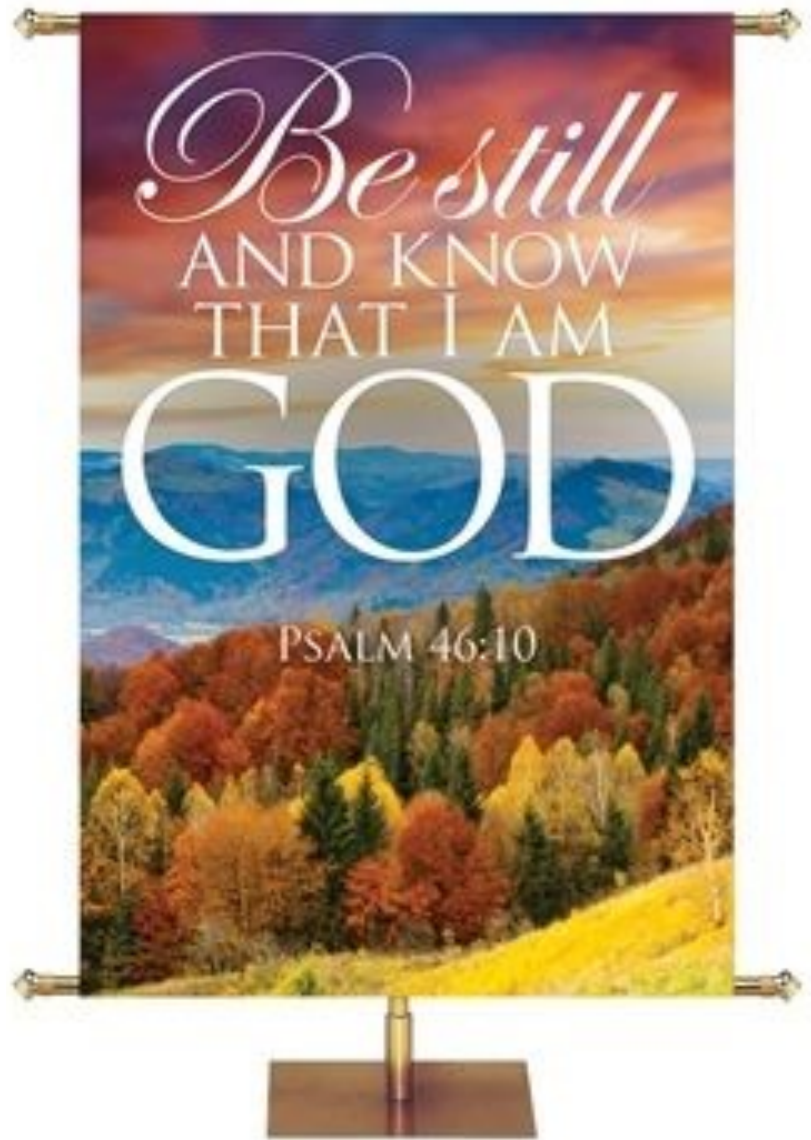
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plus...

August & September
calendars of events



Celebrating 60 years of Love and Service to God!

From Our President

GREETINGS TO ALL MEMBERS! I hope this finds everyone well and safe, and that you are enjoying the warm summer weather that we have been blessed with recently.

There is not very much to report. The Executive met this past month and discussed informally the way forward, and basically decided that we would play it one month at a time. As for our customary monthly meetings, personally, I think we should wait until the new year unless things vastly improve. We can stay in touch through this newsletter, the bi-weekly parish bulletin, our parish website and Facebook pages, and word of mouth. I strongly urge you to keep monitoring the media as changes are happening daily, *i.e.* masks must now be worn in all public places as of July 24 and this includes all places of worship.

The Executive did decide that should the Golf Committee feel that it would like to proceed with the annual tournament, it would be quite safe to do so. Contact has been made with the Jim Glena and Jim Petrunka, co-conveners, and a tentative date has been set (*see the Golf Tournament Report on page 10*). The same goes for the Fish Tournament. I heard that some have been enjoying getting out on the water, and Maurice Zakrewski (to no surprise) has been out on the lake a number of times, and encourages all anglers to get out to try their luck this summer or early fall. Don't forget to submit your weigh-in slips so that he can update the board regularly.

Masses have resumed, but only on Sunday for now, with a limited number of parishioners allowed and much work being done to keep everyone safe. Should you have any concerns or questions, contact Father Stepan or Cheryl Bain, Parish Council Chair, and either of them will gladly respond to you. We must follow the mandated safety protocols for now.

One last item: I would like to thank Michael Watral for all of the work he does to keep everyone informed. His work is greatly appreciated — thank you Michael. Personally, I don't know what we would do without you.



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

~ *Love and Service to God since 1960!* ~

Authentic Words of Wisdom

*The ultimate measure of a man
is not where he stands in moments
of comfort and convenience
but where he stands in times
of challenge and controversy.*

~ Dr. Martin Luther King, Jr. ~



The Plentiful Harvester



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Deadline for submissions for the next issue:
FRIDAY, SEPTEMBER 11, 2020



Just How BIG Are They?

IT'S TIME TO TEST your geographical knowledge of our beautiful country. Match the following Canadian provinces and territories from smallest to largest in **Column A** with their total areas (km² of land and water) from **Column B**. Try to resist using the Internet; however, maps/atlas are allowed. Place the correct corresponding numbers into the blanks provided. Answers appear on page 16. Good luck to all, eh!

Column A

Column B

- | | | |
|----------------------------|-------|---------------------------|
| 1. Alberta | _____ | 5, 660 km ² |
| 2. British Columbia | _____ | 55, 284 km ² |
| 3. Manitoba | _____ | 72, 908 km ² |
| 4. Newfoundland & Labrador | _____ | 405, 212 km ² |
| 5. New Brunswick | _____ | 482,443 km ² |
| 6. Northwest Territories | _____ | 647,979 km ² |
| 7. Nova Scotia | _____ | 651,036 km ² |
| 8. Nunavut | _____ | 661,848 km ² |
| 9. Ontario | _____ | 944,735 km ² |
| 10. Québec | _____ | 1,076,395 km ² |
| 11. Prince Edward Island | _____ | 1,346,106 km ² |
| 12. Saskatchewan | _____ | 1,542,056 km ² |
| 13. Yukon Territory | _____ | 2,093,190 km ² |

St. George's Society Presidents' Roll Call

1960-61 ~ † Dr. Lawrence Opaski	1990-91 ~ † Russell Swardlyk
1962-63 ~ † Robert Babin	1992-93 ~ Joseph Z. Myslicki
1964-65 ~ † Micheal W. Zatulsky	1994-95 ~ Larry Opaski
1966-67 ~ † Leon Hrehorowycz	1996-97 ~ Michael Watral
1968-69 ~ † Michael Praymak	1998 ~ † John (Jackie) Kosheluk
1970-71 ~ † Samuel Rudyk	1998-99 ~ Fred Humeniuk
1972-73 ~ † Stanley Kosheluk	2000-01 ~ Joseph Z. Myslicki
1974-75 ~ † Gene Opaski	2002-03 ~ James Glena
1976-77 ~ † Peter Zimak	2004-05 ~ Gordon Ibey
1978-79 ~ James Petrunka	2006-07 ~ Dr. Donald Lysak
1980-81 ~ Myron Warywoda	2008-09 ~ Walter Karachok
1982-83 ~ † Walter Swardlyk	2010-11 ~ Dr. Lawrence D. Watral
1984-85 ~ Walter Karachok	2012-13 ~ Murray Salomon
1986-87 ~ Fred Humeniuk	2014-17 ~ Michael Watral
1988-89 ~ Dr. Patrick Opaski	2018- ~ Joseph Z. Myslicki

Club Presidential Trivia

(Just the facts — not a quiz this time!)

Our youngest president (and our first) was Dr. Lawrence Opaski, serving at 30-32 years old.

The second youngest president was his son, Dr. Patrick Opaski, serving at 31-33 years old. (Not counting the fact that Gordon Ibey was born in a leap year which by the calendar made him only 12 years old while in office!)

Peter Zimak served as St. George's president (1976-'77) at the same time his wife Lily was the president of the Ladies of St. Anne's Society (1977-'78), and their son Gary was the president of the Youth Club. (No kidding!)

Out of the 25 total presidents, 13 are still living while 12 have passed away.

The family that produced the most presidents is the Opaski-Zatulsky clan: Dr. Lawrence Opaski ('60-'61), his two sons Larry Opaski ('94-'95) and Dr. Patrick Opaski ('88-'89); his brother Gene Opaski ('74-'75), and their uncle/great-uncle Micheal W. Zatulsky ('64-'65).

The only member to serve as president and then later resign from the club was Leon Hrehorowycz ('66-'67).

Two-term presidents (but not consecutively) are: Fred Humeniuk ('86-'87 & '98-'99), Walter Karachok ('84-'85 & 2008-09), and Michael Watral ('96-'97 and 2014-17) — his second tenure lasting four years.

The oldest serving president is Walter Karachok (at 74).

Joseph Myslicki is currently serving as president for the third time, and is the second oldest serving president (at 72 years of age).

The only president to die while in office was †John (Jackie) Kosheluk (1998).

We offer our eternal gratitude to those courageous men who have served in the position of president (and continue to do so) in order to keep our club strong and stable while maintaining our proud tradition of excellence.

You Grew Up Ukrainian If...

YOU THOUGHT that the barrel of fermenting kapusta each year was absolutely normal.

YOU BELIEVED everyone's last name ended in a vowel (or a "k").

YOUR FAMILY DOG understood Ukrainian.

YOU EXPERIENCED the phenomena of 150 people fitting into 50 square feet of dining room during a family gathering.

THERE WAS a crucifix in every room of the house adorned with palms or pussy willows.

YOUR MOTHER incorporated fried onions into every meal.

YOU HAD at least one relative who came over "on the boat."

YOU RELATED on some level to Taras Shevchenko or Bohdan Khmelnytsky (admit it!).

YOU GREW UP in a house with a yard that didn't have one patch of dirt without a flower or a vegetable growing out of it.

YOU HAD at least six relatives named Anne, Lesia, Mary, Olga, Nadia, or Stella.

(For the girls) **YOU COULDN'T DATE** a boy without getting approval from your father. (Oh, and he had to be Ukrainian).

YOU MAY HAVE HAD the urge to eat rye bread and garlic sausage at 3 a.m.

YOU COULDN'T IMAGINE life without sour cream. (*Pyrohy without smetana? Come on!*)

YOUR KNEES were shot by the age of 25 due to Ukrainian folk dancing.

YOU WERE ALLOWED to hit someone with a pussy willow after Palm Sunday "Sluzhba Bozha" — that lasted two hours!

YOU USED swear words that translated to different diseases.

YOU SCOFFED at (or envied) your close friends when you heard they didn't have a 12-course meatless supper on Christmas Eve.

YOU UNDERSTOOD Ukrainian but couldn't speak it (except for the swears).

EVERY SUNDAY AFTERNOON was spent visiting grandparents and extended family.

YOU REMEMBER hanging out at a cemetery with 400 other people on Zeleni Sviata to catch up on the latest news on the side of the road.

YOU HAD a nickname because your regular one is the same as 40 other people in your immediate community.

EVERY MEDICAL CONDITION, ailment, misfortune, memory loss and accident were attributed to the fact that you didn't eat something (*like borshch or horseradish*).

From the Internet

"Children Are a Gift from The Lord" ~ Psalm 127: 3

HELLO EVERYONE! I'm **Gwen Lily Heikkila** born on **Saturday, July 18** at 5:24 p.m. at Thunder Bay Regional Health Sciences Centre. I weighed 8 lbs. 4 oz. and measured 21.4 inches long at birth. My mommy Kristen (née Ibey), daddy Kelly and big sister Freya were so excited to see me enter the world!

Of course, you already know my 'Baba and Gigi' Susan (nee Halabecki) and Gordon Ibey (pictured holding me) who were also waiting my arrival and glad that I got here safe and sound. And there's my uncle Eric in Montreal and aunt Dr. Robyn in Waterloo who are also thrilled along with my many Halabecki and Ibey relatives (I'm going have to learn to count really fast). Oh, and I can't forget my other grandma Shirley and grandpa Ken Heikkila, who are just ecstatic that they now have a fourth grandchild to dote on, and of course, my uncle Jeff, aunt Taina, and my cousins Carter and Aliina.

May our Lord Jesus, Who we know loves all His children, bless me, my entire family and all my friends in St. George's and at Holy Cross, and may we all be granted many happy and blessed years ~ *многая і благая літа! Tyttölapsen syntymästä, Onnittelut!*



MEMBER OUTREACH

THE PURPOSE OF THIS NEWSLETTER

FOR FIFTY OF ITS SIXTY YEARS, St. George's Society has been reaching out to members via a regularly published bulletin. Years ago, it was printed on a monthly basis and distributed to members at meetings, in church, or by mail. With the advent of computers and in particular e-mail, it can now be viewed online and shared with former members (those who have departed the city but still wish to remain in contact), as well as those honorary members who are not 'formally' parishioners of Holy Cross, but have connections with our club and parish nevertheless.



The purpose of this newsletter is basically no different from many others: to give (our) members updates pertaining to society business, club (and parish) activities, and services provided to members. In recent years, it has also been a way for the widows of our deceased members to stay linked to an association to which their husbands were proud to belong, and to which they themselves also assisted in its success and longevity through good works and support (*remember the wonderful baking they did for our Valentine Teas, and served us breakfast after the October Corporate Communion in the past*).

However, it is not limited to simply staying in touch. Newsletters like this one are also used to motivate members (and parishioners) to take action, *e.g.* like attending bingo training and becoming a volunteer, suggesting and running a fundraising campaign (the Authentic Ukrainian Take-out comes to mind), helping at established events (pyrohy and holubtsi making, pancake breakfasts, and the annual Corn Roast), supporting our youth via scholarship gifts, bringing news of a member (and family) contributing to a local cause that benefits the entire city, giving thanks to God and rejoicing at the birth of another one of His children, and currently, reminding all to stay safe and practice proper hygiene and social distancing amid the serious threat of COVID-19.

In addition, since the fall of 2011, this bulletin seeks to celebrate, in a humble and unpretentious manner, the life and achievements of not only the society in general, but of its members (The Spotlight feature) who have not only made and kept St. George's strong and thriving, but the parish and local community as well. And this is why it is important for members to accept the invitation to be interviewed, for it is never done as a means of self-promotion, but rather, to let others learn about their unique experiences and opportunities which can be encouraging for others, especially potential new members we so desperately need.

So hopefully now, you understand more fully the importance of **The Plentiful Harvester** and how vital a tool it is for St. George's Society, and, to a large extent, Holy Cross Parish. Your support and kind words are always appreciated. However, let us always remember as St. Paul wrote in his letter to the Galatians, "*May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world.*" (Gal. 6:14)

Humbly I remain, Michael Watral, Bulletin Editor

More Milestone Anniversaries

SUMMER IS THE TRADITIONAL SEASON for weddings, so it's not surprising that there are some more special anniversaries to announce. Thus, we again send best wishes and congratulations to the following members and their wives, and join with them in toasting these significant events of their wedded lives.



Walter and Pamela Wowk
70 years ~ married July 8, 1950

Fred and Alice Humeniuk
60 years ~ married August 6, 1960

Walter and Marika Warywoda
30 years ~ married August 11, 1990

We pray that these couples find utmost joy and satisfaction in their marriages, and that their earnest desire is always the riches awaiting them in the life to come.

May Christ our God continue to abide in their homes, aid them in ministering to others as He Himself ministered to all, mark them as living signs of His own saving love, and grant them many more happy and blessed years together!

♥ *Многая і благая літа!* ♥

~~~ Fishing Lines ~~~

by Maurice Zakrewski, Fish and Game Chairman

IN OUR LAST ISSUE, I encouraged all of you to get out there and try your luck fishing this year, and to submit your weigh-in slips as you went along so the Committee and I can decide whether to go forward with this year's contest. So far, I haven't received many.



However, there is good news. Through the grapevine, I have heard that some members (including myself) have ventured out on the lakes to enjoy all that fishing has to offer — I know I don't have to list the benefits — and to take our minds off the current global pandemic with some sense of normalcy despite the circumstances.

We have enjoyed some very hospitable weather this past few months which hopefully will continue into August. Be that as it may, we know there are times when fishing can be an unsuccessful outing, but when it's good, it's very satisfying indeed, and a great way to bond with family and friends — 2 metres apart of course!

As we near end of July, a reminder that there are approximately three months left until our annual Fish Tournament officially closes on **Sunday, October 25, 2020**. Traditionally, the annual banquet takes place on the following Saturday evening. This year, due to COVID-19 and the restrictions the government has imposed regarding the number of people allowed to gather in an enclosed space, it may not take place. We will continue to monitor the news and daily announcements, and hopefully by early November, the actual number will have increased.

Until then, remember to stay safe on the lakes/ivers, practicing social distancing and good hygiene. 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!*

FROM THE PASTOR'S DESK



ASKING GOD FOR HELP IN TIME OF TEMPTATION

Glory be to Jesus Christ! Glory forever!

DEAR MEMBERS of St. George's Society, once again I would like to share with you a wonderful source of inspiration from Christian pastor Rick Warren. In his book *The Purpose Driven Life* (from 2002), it offers the reader a 40-day personal journey and presents what Warren says are God's five purposes for human life on earth. Here is a passage regarding temptation.

Heaven has a twenty-four-hour emergency hot line. God wants you to ask Him for assistance in overcoming temptation. He says, *"Call on me in times of trouble. I will rescue you, and you will honour Me."* (Psalm 50:15)

I call this a "microwave" prayer because it is quick and to the point: Help! SOS! Mayday! When temptation strikes, you don't have time for a long conversation with God; you simply cry out. David, Daniel, Peter, Paul, and millions of others have prayed this kind of instant prayer for help in trouble.

The Bible guarantees that our cry for help will be heard because Jesus is sympathetic to our struggle. He faced the same temptations we do. He *"understands our weaknesses, for He faced all of the same temptations we do, yet He did not sin."* (Hebrews 4: 15)

If God is waiting to help us defeat temptation, why don't we turn to Him more often? Honestly, sometimes we don't *want* to be helped! We *want* to give in to temptation even though we think we know what's best for us more than God does.

At other times we're embarrassed to ask God for help because we keep giving in to the same temptation over and over. But God never gets irritated, bored, or impatient when we keep coming back to Him. The Bible says, *"Let us have confidence, then, and approach God's throne, where there is grace. There we will receive mercy and find grace to help us just when we need it."* (Hebrews 4: 16)

God's love is everlasting, and His patience endures forever. If you have to cry out for God's help two hundred times a day to defeat a particular temptation, He will still be eager to give mercy and grace, so come boldly. Ask Him for the power to do the right thing and then expect Him to provide it.

Your "padre", Father Stepan

In Blessed Repose

WE EXTEND our sincerest condolences to fellow members **Joseph** and **Stanley Myslicki** and families on the passing of their sister **†Holly (Tuck)** who fell asleep on Wednesday, June 17, 2020 at the Thunder Bay Regional Health Sciences Centre.

After completing high school Holly joined the Canadian Armed Forces (CAF) and honourably served her country for 28 years. Holly now joins her parents Joseph (Sr.) and Sophie and infant brother William in the arms of the Lord.

May Christ our God, Who has power over the living and the dead, accept His ever-to-be-remembered servant **†Holly** into His heavenly kingdom, number her among the just, and may her memory be eternal ~ вічна її пам'ять.

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Prayer to Mary during the Coronavirus

Our Lady, Queen of Peace,
pray for us.

Our Lady, Comforter of the Afflicted,
pray for us.

Our Lady, Help of Christians,
pray for us.

Our Lady, Health of the Sick,
pray for us.

Our Lady, Seat of Wisdom,
pray for us.

Our Lady, Queen of Heaven and Earth,
pray for us. Amen.





PHOTOGRAPHY

Weddings & Lifestyle Photography
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Baking Through the Coronavirus Pandemic: Helping Many to Cope

AS MORE CANADIANS continue to work from home and practice self-distancing due to COVID-19, there's been an increasing interest in turning on the oven and baking. Baking-related search terms are up on Google, grocery stores have experienced an increase in flour purchases, and sugar and flour manufacturers are working overtime to keep up with a spike in demand. And it's even been difficult to find yeast as well. In other words, it seems as if everyone has been using the quarantine to audition for the *Great Canadian Baking Show*.

Why? With hours indoors, especially for our seniors, baking is one way people are combatting boredom. It's also a way to make use of food supplies, including overripe bananas, and vegetables like sweet potato and zucchini. Plus, experts say that baking might help reduce stress and that making food can be a form of therapy.

For parents (and grandparents) with kids at home, baking is also a way to keep them occupied while learning a new skill, and helps teach them math and science. Stephanie Wise, the creator behind the baking site *Girl Versus Dough*, said her two daughters, ages 2 and 5, love preparing baked goods with her, whether it's adding the flour to the bowl, whisking ingredients together, or scooping dough onto a baking sheet – and they love the end result the most.

Here's a recipe (courtesy of Father Anton Szymychalski) for a scrumptious seasonal dessert ~ **Rhubarb Meringue Torte**, originally from *Mennonite Girls Can Cook*, with a press-in-the pan shortbread crust that makes it "easier than pie." ☺

Crust:

- 1 cup cold butter
- 2 cups flour
- 2 Tbsp. sugar

Combine flour and sugar; cut in butter until crumbly. Pat into an ungreased 9 x 13 in. pan and bake in 350° F oven for 10 minutes. Cool slightly.

Custard:

- 6 egg yolks
- 1 cup whipping cream *or* half and half
- 2 cups sugar
- 4 Tbsp. flour
- ½ tsp. salt
- 5-6 cups rhubarb, cut into small pieces



1. Beat egg yolks, cream, sugar, flour and salt together.
2. Fold in rhubarb and pour over baked crust.
3. Bake at 350° F for 45-55 minutes, until custard is set.

Meringue:

- 6 egg whites
- Pinch of salt
- ¾ cup sugar
- 1 tsp. vanilla



1. Beat egg whites with salt and vanilla until foamy.
2. Add sugar gradually and beat until stiff.
3. Spread over custard and bake at 350° F until golden (about 10 min). Cool and cut into squares when ready to serve.

Source: www.mennonitegirlscancook.ca

St. George's Scholarship Recipient

CONGRATULATIONS are extended to **Olena Hamar**, daughter of Holy Cross parishioners Andriy and Oksana Hamar, who was the successful applicant and recipient of St. George's annual scholarship. Olena will receive the maximum prize of \$500.



A class of 2020 graduate of St. Patrick High School, Olena has been accepted into the Nursing Program at Lakehead University this fall. We wish her best of luck in her future studies, and may the Lord bless her in all of her endeavours. *Бажаємо успіху!*

“CARING” WORDSEARCH

STUDIES SHOW that caring for others is good for us; it's beneficial to our well-being. It also leads to reduced stress, increased happiness, and an increased sense of social connectedness. The message in this puzzle says it all. Search horizontally, vertically, or diagonally for the following words that are associated with caring. The remaining letters will spell out an important philosophy that is much needed in the world today. Solution is on page 16. Happy hunting!

BELOVED	INTEREST	REWARD
CHERISH	KIND	SHARE
COMFORT	LISTEN	SOOTHE
CONCERN	LOVING	SUPPORT
CUDDLE	MAINTAIN	TEND
ENCOURAGE	OVERSEE	VALUE
FAMILY	PATIENT	VOLUNTEER
FEEL	PRECIOUS	WARMTH
GENTLE	PROTECTION	WATCHFUL
HOPEFUL	REPAIR	

W	E	A	R	E	D	V	O	L	U	N	T	E	E	R
L	O	V	I	N	G	A	C	O	M	F	O	R	T	L
L	U	F	E	P	O	H	L	C	R	E	E	A	H	T
N	E	T	S	I	L	E	R	T	E	G	N	S	D	E
S	E	R	A	H	S	E	S	L	A	Q	I	U	A	L
U	A	N	N	O	P	E	T	R	D	R	A	W	E	R
O	D	S	O	A	R	N	U	H	E	O	T	U	L	L
I	D	T	I	E	E	O	D	H	E	K	N	A	C	U
C	H	R	T	G	C	L	C	W	V	I	I	T	U	F
E	H	N	C	N	O	T	H	E	A	R	A	N	D	H
R	I	L	E	E	F	A	M	I	L	Y	M	S	D	C
P	P	A	T	I	E	N	T	R	U	E	S	P	L	T
E	C	T	O	B	E	L	O	V	E	D	F	U	E	A
E	E	S	R	E	V	O	L	L	H	T	M	R	A	W
S	U	P	P	O	R	T	C	O	N	C	E	R	N	Y

A Guide To The Unity We Seek

THE GOAL OF THE CHRISTIAN spiritual life is articulated in the Gospels quite briefly and simply, “Love the Lord, your God, with all your mind, heart, might and soul and your neighbour as yourself.” These words are often called the double commandment of love. When the emphasis is put on commandment, we hear the words as imperatives to the will. However, they are best understood as adjustments to our vision. They express the true condition of creation, which we only glimpse in our estranged state. We are in union with God and neighbour, but the “scales” need to fall from our eyes.



The One who knows how to make this happen is Jesus. According to the great tradition of the Church, His reality is to be one in being with God and one in being with us. Therefore, the One who lives at the end of the journey — the realization of union — is a good guide for those who are still on the path. The One who is wide awake knows how to shake others from their sleep.

Updated Constitution Ready Near the End of September

FORTUNATELY, there are advantages to being in self-isolation and practicing social distancing, and one of them is the fact that many tasks that were inadvertently put aside because of other regular activities can now be taken care of — and one of them is producing updated copies our society Constitution and By-Laws. And what better time to be doing this during our 60th year! We apologize for the delay (it's been on the agenda for quite some time now), but if all goes well, hard copies will be ready in late September. Our sincere thanks to those members who sat down to work out the kinks and check the minutes for the many amendments that were made and adopted since the last update, and of course, our membership which ratified all of them last year. It has been a longer-than-expected process but one which, in the long run, benefitted from being thorough and gradual. Let's hope there will no further amendments for a while.

Don't Avoid **THIS** Germ!

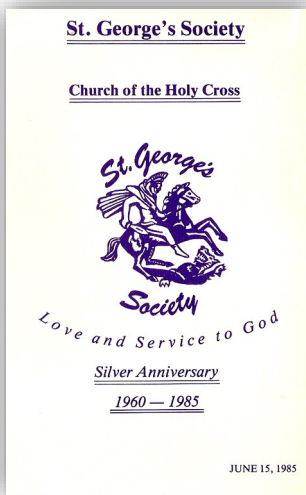
EVERY DAY, about half the world's population gets as many as half its daily calories from rice. In fact, in some Asian languages, the words meaning “to eat” and “to eat rice” are the same. Too bad most of that rice is the white stuff, which is mostly fluff! Sure, white rice does have some protein, but its most precious parts — the bran and the germ — have been polished away in the processing plant. Enter brown rice, white rice's “totally together” cousin. Because its bran and germ are intact, it's a true whole grain that can help you look and feel great. In fact, just about every nutrition expert will tell you to sub the brown variety for white rice every time. Here's why: Brown rice's germ gives you the antioxidant vitamin E, as well as cholesterol-lowering phytosterols. Its bran is loaded with mood-boosting B vitamins and about five times as much fibre as white rice. All that fabulous fibre makes brown rice gentler on your blood sugar than plain ol' white. Top it off with five grams of protein per cup and you can see why brown wins hands-down!

1960-2020: 60 years of Love and Service to God

As promised, here are more pictures from the last six decades. Where has the time gone?
Once again, enjoy this historical and nostalgic trip down "memory lane." ☺



Our Storied Past: Looking Back through the Years



How many of these “moments” from the past 60 years can you remember?
 More pictures of days gone by will appear in the next issue of **The Plentiful Harvester**.
 And if you would like to contribute any, please speak with our editor, Michael Watral.

Listen Up!

AS WE GET OLDER, our body functions and senses naturally deteriorate. Some people develop conditions such as dementia or Alzheimer's in their later years. But a study found that wearing hearing aids for age-related hearing problems could help in maintaining brain function and thus possibly prevent memory loss and other degenerative conditions.

The study included 25,000 people aged 50, split into two groups: one group wore hearing aids and the other did not. After two years, the people in the group who wore hearing aids performed better in assessments of working memory than those who did not wear them. And the people who wore hearing aids showed faster reaction times as well.

U.S. CHURCH SIGNS



Annual Golf Tournament Date

IN THE MIDST of the current pandemic, we bring you good news! Golf courses are open, and since it is an outdoor event for the most, we have decided to go ahead with our annual Golf Tournament. Thanks to Jim Glena, a date, time, and venue has been set: **Saturday, September 19** at Chapples Golf Course beginning at 3:00 p.m.



Sign-ups for this year will be handled a bit differently as we are not allowed to put anything up on the narthex bulletin board to limit surface contact by multiple individuals. More than likely, it will have to be done by phone and/or e-mails, so we ask that you bear with us for the time being.

We are hoping to have the traditional steak dinner and award/prize presentation in the parish hall (observing social distancing, of course) as well, so non-golfers will still be able to join in. More information will come later in August. Hope to see you on the links in September!

Parish Council Update

HOPE EVERYONE is enjoying the beautiful weather during this time of change — let's pray that it stays for a while.

Parish Council may not be meeting during the summer, but we are keeping on top of the issues that affect our parish and parishioners.

On behalf of the current members, we say thank you to Father Stepan for spearheading the group of volunteers that have come forward to assist with the COVID-19 protocol directives. To the volunteers, your hard work does not go unnoticed and is much appreciated ~ thank you. To Michael Watral for his dedication and hard work on publishing the bulletins, visiting those parishioners who are unable to attend, bringing technology into the mass, and assisting when any need arises ~ thank you, Michael. And to you all for your patience on entering the church and for wearing a mask. Not only are you protecting those who are vulnerable to the dreaded coronavirus but yourself and loved ones. Have a safe summer!

Holy Cross Parish Council

Why It's Important to Respect Your Elders

by Madeline Coats

THERE SEEMS TO BE this constant fault in society where adolescents and young adults believe they can treat their elders with a lack of respect and courtesy. I constantly question the point at which humans decided it was acceptable to speak with contempt and disregard toward those with higher power and seniority.

As parents, the most important thing to them is giving their children happiness. All too often though, that happiness is mistaken as solely giving their kids everything they desire, no matter how unnecessary.

As society continues to evolve, this streak of disrespect by those with less authority will only continue to worsen. Nowadays more than ever, this current generation of adolescents are so narcissistic that they cease to understand how easy they really have it at such a young age. As a young adult that has just barely reached two decades of age, I do feel as though my generation is selfish, entitled, and shallow. We are so young and we have experienced so little, yet our elders have accomplished so much and still nobody seems to take the time to acknowledge their successes.

The youth population has been excessively rewarded for their entire life. A soccer season can't be complete without participation trophies or medals. I used to be disappointed when I didn't receive any sort of award or recognition because it meant that I wasn't being acknowledged. Society has adapted to this norm, and as a result, children are being affected in ways that truly damage their entitlement.

Sometimes, elders aren't elderly — just older. It is hard to watch as students disrespect professors and teacher's assistants for no reason other than to impress their peers. I observe as teenagers hide behind computer screens and ridicule unknown acquaintances of all ages about opinionated topics. It seems as if this juvenile population has become so overconfident that they tend to believe that they are more insightful than those of older generations.

We should be learning from our elders. We should be gaining knowledge from their wisdom. We should be respecting their morals and values. I fear for the future of society as adolescents and young adults continue to treat elders with disdain. Respect is a virtue that is taken for granted far too often by individuals that disregard those of a higher power, rank, or age. Consider taking a second to encompass the wisdom that is handed on a platter by those that care for the wellbeing of that less-than-wholesome youth society. ■



THEY'RE BAAAAACK! Here's even more actual phone calls received at golf courses

Receptionist: Golf course, may I help you?

Caller: Yes, I need to get some information from you.
First, is this your correct phone number?

Staff: Golf course, may I help you?

Caller: How much to play golf today?

Staff: 25 to walk, 38 with a cart.

Caller: 38 dollars?

Staff: No, 38 pesos.



Receptionist: Golf course, may I help you?

Golfer: Yes, I'd like to get a tee time tomorrow
between 12 o'clock and noon.

Receptionist: Between 12 o'clock and noon?

Golfer: Yes.

Receptionist: We'll try to squeeze you in.

Staff: Golf course, may I help you?

Caller: Yes, I'd like some info about your golf course.

Staff: OK, what would you like to know?

Caller: I don't know, that's why I called.

Сміх ~ Найкраще Ліки

СИН ДО БАТЬКІВ: “Все! Ви мене дістали! Я йду з дому! Мене чекає вільне життя, гулянки з друзями та сотні гарних дівчатки. І не смійте мене зупиняти!”

Батько каже, “Сину, стій!”

“Я ж сказав! Не смійте мене зупиняти!” криче син.

“Та ні, підожди лише хвилинку!” відповідає батько. “Я йду з тобою!”

СВЯЩЕННИК в пустелі зустрівся з левом. Почав молитись з переляку, “О, Боже! Молю тебе, внуши цьому леву християнські почуття!”

Лев сідає на задні лапи, схиляє голову і вимовляє, “Благослови, Господи, їжу, яку я зараз прийму!”

ДВОЄ ЗНАЙОМИХ розмовляли про життя. “Знаєш? Краще спробувати й шкодувати, ніж шкодувати, що не спробував.”

“Я не згоден з таким твердженням,” каже другий.

“Ви, напевно, песиміст?”

Перший відповідає, “Ні, я просто одружений.”

КОМІК одного разу сказав, “Мої батьки так полюбили мою дівчину, що стали сприймати її як рідну дочку. Тепер вони почали шукати їй відповідного хлопця.”



Smiles and Laughter: Good for the Soul

PERCY AND HIS FRIEND were enjoying a coffee (this was before the outbreak of COVID-19) in their local haunt when an acquaintance stopped at their table and said, “Can I join you?”

Percy, known for his wit, replied, “Why, am I falling apart?”



GREEN BEANS are the most Zen of all legumes because they've found their inner peas.

AFTER WORKING LATE one evening, Wendy stopped at a drive-through on her way home. She approached the speaker and placed her order: a Big Mac, large fries and a chocolate shake.

The person on the other side of the intercom replied, “Pardon me?” so she repeated herself.

Then the employee responded, confused, “Excuse me, ma'am, but you're at Tim Hortons.”

DAN WAS LISTENING to his friend Mark talk about his mother-in-law and said, “Gee, you sure have an interesting relationship with her. I get along very well with mine.”

Mark said, “Oh, does she live with you, too?”

“Uhhh, no,” came Dan's reply, “she's in Toronto.”

A SUITOR approaches his girlfriend's father, a car salesman and asks, “May I have your daughter's hand in marriage?”

“Yes,” the man responds, “but I cannot guarantee delivery until 2022.”

IT WAS A BRUTALLY HOT DAY when a man was spotted at a miniature golf course with his three kids.

“Who's winning?” a woman asked him cheerfully.

“I am!” said one. “No, I am!” cried another.

“No,” the father sighed, “their mother is!”



A FARMER goes to the field, sees a small boy in his apple tree, and says to him, “What are you doing there?”

The boy replies: “I'm getting my balloon.”

Farmer: “But it's been up there a whole month?”

Small boy: “I know, but the apples weren't ripe then.”

LYRICS TO A VEGGIE NEW AGE SONG: “When the moon is in the seventh month, and junipers shade all the cars. Then peas will rule the planets, and love will clear the bars. This is the dawning of the Age of Asparagus, Age of Asparagus, Asparagus, Asparagus.” 🎵 🎵

Important Dates To Remember

Please note that the dates and times of certain events listed below are tentative due to the current restrictions concerning the coronavirus and are subject to cancellation or postponement. Consult the bi-weekly parish bulletin for verification of services and events published here.

MONDAY, AUGUST 3

Civic Holiday



THURSDAY, AUGUST 6

Transfiguration of Our Lord God and Saviour

SATURDAY, AUGUST 15

Dormition of the Mother of God and Ever-Virgin Mary

MONDAY, SEPTEMBER 7

Labour Day



FRIDAY, SEPTEMBER 11

Deadline for bulletin submissions

SATURDAY, SEPTEMBER 19

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

SUNDAY, SEPTEMBER 29

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

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

Please help support our generous sponsors displayed throughout this publication.

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and Auto Care Centre**

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Thank you very much! Щиро дякую!

Mille grazie! Muito obrigado!



A FOOD BLESSING IN DISGUISE

A WONDERFUL COMBINATION of tangy taste and crunchy texture, sweet bell peppers are the Christmas ornaments of the vegetable world with their beautifully shaped glossy exterior that come in a wide array of vivid colours ranging from green, red, yellow, orange, purple, brown to black. Despite their varied palette, all are the same plant. Although peppers are available throughout the year, they are most abundant and tasty during the summer and early fall months. They are members of the nightshade family, which also includes potatoes, tomatoes and eggplant, though botanically, they are fruits.

In terms of conventional nutrients, bell peppers are an excellent source of vitamin C at 117 milligrams per cup — that's more than twice the amount of Vitamin C found in a typical orange. Bell peppers are also a good source of another antioxidant, Vitamin E. In addition to these conventional antioxidant vitamins, bell peppers are also a good source of manganese which helps to create essential enzymes for building bones. It also acts as a co-enzyme to assist metabolic activity in the human body.



You can enjoy bell peppers in a variety of ways from salads to soups to sauces to vegetable platters and dips. In fact, bell peppers are one of the best vegetables to serve in a crudité platter since not only do they add a brilliant splash of colour, but their texture is also the perfect crunchy complement for dips — and they won't make you sneeze.

HEALTHY SAUTÉED RED BELL PEPPERS

Ingredients:

- 2 medium red (or orange or yellow) peppers, sliced ¼ in. thick
- 2 medium cloves of garlic, finely chopped or pressed
- 3 Tbsp. low-sodium vegetable or chicken broth
- 2 tsp. lemon juice
- 3 Tbsp. extra virgin olive oil (or to taste)
- Sea salt and pepper to taste
- Optional: goat or feta cheese



Directions:

Chop garlic and let sit for five minutes to enhance its health-promoting properties. Heat broth in a medium-size stainless steel skillet. When it begins to steam, add bell pepper slices. Cover with a tight lid and cook for three minutes. Remove the cover, and turn once, keep the peppers in an even layer and cook for an additional four minutes. Place peppers into a bowl and toss with garlic and extra virgin olive oil. If desired, top with crumbled goat or feta cheese.



Calories: 243

THE SPOTLIGHT

A Tribute to Our First Society President, Dr. Lawrence Opaski



HE WAS ST. GEORGE'S first president, and, in fact, our youngest sitting president, (*edging out his second son Dr. Patrick by about five months*) and the first convenor of the annual Valentine Tea (appointed by a motion). He also served many years on Parish Council, providing much advice, insight and guidance to many. Therefore, it seemed very fitting in our society's 60th anniversary year to feature **DR. LAWRENCE OPASKI** on his birthday (July 27). As a charter member of our society, he helped Father B. G. Shumay realize his dream of an active church men's club and, of course, the beautiful church that we hold dear to our hearts. With the help of the following pictures and some descriptions, we present our tribute to him.

Even before the birth of St. George's Society, Dr. Lawrence was part of the original Building Committee (at right) to investigate the possibility of a new structure, as the Church of the Transfiguration was not adequately serving the needs of the parishioners. After Holy Cross was realized, within a few years, we were left without a priest, so Dr. Lawrence spent much of his time (after a long day's work at his office) taking care of the administration and parish concerns. He was very proud of the fact that through the dedicated and hard work of many (including himself), the church mortgage was paid off quicker than expected and a mortgage burning took place at the annual Praznyk on Sunday, September 15, 1972. Pictured below left, we see him to the right of Father Brian Keleher and Bishop Isidore Borecky witnessing this momentous occasion. (Check out 19-year-old Roger Swerdlyk to his right.)



Burning of the mortgage, Sept. 1972

Through the years, Dr. Lawrence was certainly a presence at most (if not all) society and parish functions: the annual Fish Derby and Fish and Game banquet; the Valentine Tea, parish curling bonspiels, bowling banquets, Corn Roast, annual Corporate Communion and breakfast meeting, weekly bingos, pyrohy making, Golf Tournament, and the list goes on and on. This he did in addition to his professional vocation as a local and respected dentist for more than 30 years, as a 4th degree Knight of Columbus, and as a gentle and wise father of three boys (Larry, Patrick and Steven), six grandchildren (Dennis, Christopher, Bryan, Larry, Sean, and Sara) and of course, a devoted husband to Anne (née Dowhos). When he passed away in the summer of 1999, we lost an extraordinary man of faith, courage, vision, and perseverance. We know in our hearts he continues to watch over us and is proud of how St. George's Society members continue to demonstrate their "Love and Service to God!"



More pictures of Dr. Lawrence Opaski as a parishioner, member of St. George's Society, and devoted family man.



FROM THE BINGO BOOKS



IN THE LAST ISSUE of this newsletter, it was reported that the government was planning a stage-by-stage approach to re-opening the economy to ensure there were appropriate measures in place so workplaces could open safely. The gaming sector is part of Stage 3 which went into effect on **Friday, July 17**. Superior Shores Gaming Association has now opened with cabinet games (TapTix room) and POD games only. Only 50 customers are allowed in the Gaming Centre at any given time, excluding employees. Volunteers will not be required to attend the last two weeks of July and at least August.

Once the distribution of charity shares begins again, Superior Shores will be doing so based upon critical need. Working with the City of Thunder Bay, they will determine which groups are slated to receive shares first. With that said, SSGA understands that every charity has been impacted with a loss of bingo revenues, however, it will consider the member groups that are on the brink of closure first and assures us that St. George's Society will **not** be removed from the membership list or from future scheduling. Thankfully, we are not at risk of financial ruin during these challenging times, as some groups are, and this has been communicated to SSGA. The good news is that the SSGA Board of Directors has approved a small one-time payment to all member organizations, and therefore, a cheque has been mailed to Fred Humeniuk who will deposit it into our e-bingo trust account.

Even more changes could happen with minimal notice during the Stage 3 period, so we are being advised to stay informed via email. Consequently, the bingo schedule will be done in two-month blocks (rather than the usual three-months), and as a result, we may not receive any sessions for now. As stated earlier, volunteers will not be required at this time, and future training dates have not been planned as the staff/employees will cover all volunteer responsibilities.

More information will be published (as it comes in) in the online parish bulletin, so you are encouraged to go to our parish website to access it on a regular basis. Until the next report, stay safe and healthy!

Thank you from your Bingo Committee

Our Abilities, Interests, Talents, Gifts, and Personality Are Intended for One Purpose

FROM THE BEGINNING OF CREATION, God had a reason for creating man and that purpose was, and still is, to love and serve Him. Therefore as Christians, one of the vital aspect of our fulfilling destiny includes serving God genuinely. Service gives us a great deal of fulfillment; one that gives meaning to our life.

What really pleases God is a life of love, service, and praise; we are called to a life of kindness and total submission to God. Your service to God is exemplified by your actions in your family, community, and place of work. Serving God shouldn't be done for recognition or praise; it shouldn't be self-seeking – not because you want something from Him in return. Serve selflessly, seek His kingdom first, and every other thing "shall be added unto you." (Matthew 6: 33)

Let us walk unanimously bringing our different gifts and strengths, putting it together as a force to build the Church which is the body of Christ. Let us not just have a lot to live on, but a lot to live for, serving God from the depths of our hearts by figuring out what you love to do, what God has deposited in you, and use it for the glory of His holy name.

~ from an article by Vera Daudu



ST. GEORGE'S SOCIETY DECEASED MEMBERS LIST*



1966 ~ 2020



(C) denotes a charter member

1966 † John Sorochuk	1993 † John Iwasenko Sr.	2009 † Terry Salomon
1967 † Stanley Wakula	1995 † Rev. Patrick Byce	2010 † John M. Baryluk † Alvin Kmet
1970 † Robert Babin (C) † John Humeniuk	1996 † Fred Bodnar † Joseph Kachur	2012 † John Ostrom † Peter Nabozniak † Dmytro (Dan) Watral (C) † Michael Oshust (C)
1972 † Rev. Basil G. Shumay (C)	1997 † Frank Buchkowski † Ted Nicolychuk † Louis G. Salini † John Shmanka	2013 † Gene Opaski (C) † Dmytro (Danny) Zanewycz
1973 † Andrew Fedyk † Peter Holota	1998 † Jerry Bohatchuk † John (Jackie) Kosheluk † Mike Swerdlyk	2014 † Joseph Myslicki Sr. † Henry (Hank) Pivarnik
1975 † Dmetro Radowiec † William Andrusyk (C)	1999 † Dr. Lawrence Opaski	2015 † Bill Palaniuk † Andy Chudak † Peter Hrabok † William (Bill) Hodwitz † Peter Yakimak
1977 † William Lysak (C)	2000 † Michael Karachok † Micheal W. Zatulsky (C) † Michael Berezowski	2016 † David Graba
1979 † Frank Popiel (C) † John (J.J.) Stefiszyn (C)	2001 † John Baryluk Sr. † Steve Karachok	2017 † Peter Gacuk (C) † James (Jim) Hodwitz
1982 † Andrew Opaski (C)	2002 † Peter Zabloski † George Bushby	2018 † Richard Andrusky † Edward (Eddie) Fedori (C)
1983 † Peter Tracz † Michael Praymak (C)	2003 † Steve Nycheck † Ron Fedori (C) † Nick Lasiuta	2019 † Marko Kozorys
1987 † Frank Zeleny	2004 † Walter Swerdlyk (C)	2020 † Harry Chicorli † Mario (Mars) Brescacin
1988 † Alex Turchyn † Walter Tutkaluk † Peter Graba (C) † Rev. Anthony Simbalist	2006 † Frank Halabecki † Joe Mikulinski † Bishop Basil Filevich † Alex Harapiak (C) † Peter Zimak (C)	
1990 † Stanley Kosheluk (C) † Sam Rudyk † Mike Lytwyn	2007 † Russell Swerdlyk † Archie Semenick	
1991 † Fred Prystanski	2008 † Paul Hordy (C)	
1992 † Mike Malar † Joseph Pistawka (C) † Perry Gallucci † Bill Fernyc (C)		

ВІЧНА ЇМ ПАМ'ЯТЬ ETERNAL MEMORY

* This list does not include individuals who were members at one time, but had previously resigned from the society before their passing.

P.arting S.entiments

by Michael Watral, Bulletin Editor

WITH ALL THAT'S GOING ON in the world today, I find it extremely difficult to turn on the daily newscasts and not hear something about the United States of America. It boggles the mind and before long, I switch to the Canadian broadcasts. Well, it seems we have gone the way of the U.S. in some respects with the latest WE controversy, and now our Prime-Minister Justin Trudeau and Finance Minister Bill Morneau have gotten into hot water over the whole incident, and many are asking for their resignation.

Well, I'm not the most political savvy person, but I believe if this keeps up, COVID-19 and the fight to end it will take a back seat to issues that really should be put aside for now. The time is not for pointing fingers, but for joining hands. The time is not for complaining about the inconvenience of wearing a mask, but for being humble, kind, and selfless. What many thought, including myself, was going to be a two-week quarantine, has become a devastating wake-up call — our world will never be the same, and we have to accept that.

But there are many who value rights and so-called freedoms over common sense and "loving thy neighbour." Patriarch Sviatoslav stated a few months ago that "perhaps it will also help us today to rethink global relations between different political centres and, finally, to stop fighting each other. The key to building a new world after the coronavirus pandemic is the commandment of love, which renews those who practice it and who live by it." Remember the song *What the World Needs Now is Love*? It seems history is again repeating itself, but will the citizens of earth take heed?

Let us all strive to shun public complacency. Our Lord found the sin of indifference to be most upsetting, and He often spoke against it. Thanks to all who continue to stay safe by wearing a mask, washing their hands frequently, social distancing, and being humble enough to accept that this deadly disease can be spread before having any symptoms. **MW**

HERMAN®

by Jim Unger



"Quit yer whinin'. I caught it so I'll carry it."


Welcome

August

A bounty of beautiful blessings
and blissful neverendings
of joy, peace, love,
happiness, and prosperity to you
and your loved ones.

May your prayers be answered
and your dreams come to light
in the month ahead,
and may everyday of August
bring you lots of reasons to smile
and celebrate the wonder and majesty
of God's kingdom here earth.

Answers to the Canadian Geographical Quiz (smallest to largest in area)

	5,660 km ²	P.E.I. (11)	
	55,284 km ²	Nova Scotia (7)	
	72,908 km ²	New Brunswick (5)	
	405,212 km ²	Newfoundland & Labrador (4)	
	482,443 km ²	Yukon Territory (13)	
	647,979 km ²	Manitoba (3)	
	651,036 km ²	Saskatchewan (12)	
	661,848 km ²	Alberta (1)	
	944,735 km ²	British Columbia (2)	
	1,076,395 km ²	Ontario (9)	
	1,346,106 km ²	Northwest Territories (6)	
	1,542,056 km ²	Québec (10)	
	2,093,190 km ²	Nunavut (8)	

Solution to "Caring" Wordsearch
(from page 7)
WE ARE ALL CREATED EQUAL AND SHOULD
DEAL WITH OTHERS RESPECTFULLY.