



Love and Service to God since 1960!

The Plentiful Harvester

March/April 2019
Vol. 16, No. 2

ST. GEORGE'S SOCIETY BIMONTHLY NEWS BULLETIN

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

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

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An "Unbeleafable" Nutritional Upgrade

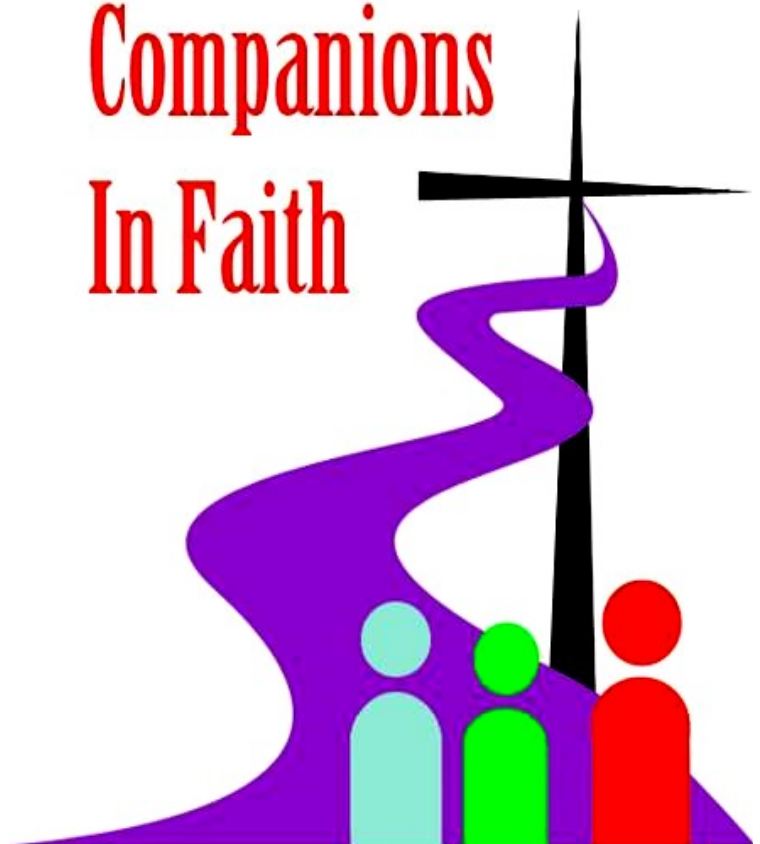
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plus...

April and May

calendars of events

Companions In Faith



*Together, as we journey with the Lord,
May we carry His cross
And share all His burdens and tears,
For He saved us by giving
His most pure Body and Blood.*


Mid-Lent: The Holy Cross

THE THIRD SUNDAY OF LENT is called "*The Veneration of the Holy Cross*." At the Vigil of that day, after the Great Doxology, the Cross is brought in a solemn procession to the centre of the church and remains there for the entire week-- with a special rite of veneration following each service. It is noteworthy that the theme of the Cross which dominates the hymnology of that Sunday is developed in terms not of suffering but of victory and joy. More than that, the theme-songs (*hirmoi*) of the Sunday Canon are taken from the Paschal Service-- "The Day of the Resurrection"-- and the Canon is a paraphrase of the Easter Canon.

The meaning of all this is clear. We are in *Mid-Lent*. On the one hand, the physical and spiritual effort, if it is serious and consistent, begins to be felt, its burden becomes more burdensome, our fatigue more evident. We need help and encouragement. On the other hand, having endured this fatigue, having climbed the mountain up to this point, we begin to see the end of our pilgrimage, and the rays of Easter grow in their intensity. Lent is our self-crucifixion, our experience, limited as it is, of Christ's commandment heard in the Gospel lesson of that Sunday: "*If any man would come after me, let him deny himself and take up his cross and follow me*" (Mark 8:34). But we cannot take up our cross and follow Christ unless we have *His* Cross which He took up in order to save us. It is His Cross, not ours, that saves us. It is His Cross that gives not only meaning but also power to others.



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Usher Schedule for April and May

THE USHER SCHEDULE, posted on the narthex bulletin board, has still opportunities for members to volunteer their services as many of the blanks have not been filled in. We ask all able members to consider signing up for one (or two) months. St. George's Society was founded to assist the members to participate more intimately in the life of the Church, thus assisting the Reverend Pastor in executing the specific works assigned to them. Ushering and being a greeter is but one of those works. Please volunteer.

APRIL

Saturday	Member needed
5 p.m.	
Sunday	Maurice Zakrewski
10 a.m.	

MAY

Saturday	Gerry Bullock
5 p.m.	
Sunday	George Rusnick
10 a.m.	

Ushers should be present in the narthex at least 25 minutes before the liturgy to help distribute bulletins and other items, assist with the lift, and to help seat the faithful. And if, for any reason, you are not able to fulfill your obligation at the designated date and time, please find a suitable replacement. Let us continue this important ministry. *Thank you!*

Don't Blame the Church, Be the Church

by Corey Sleep

These days, many of us are perfectionists who find it easy to highlight and obsess over flaws. Church and church life are no exception. I've heard *the preaching is weak, the worship is too boring, the community is too cliquey or unwelcoming*.

All fair points actually, but here's the thing friends: we complain about the Church when we should realize that we **ARE** the Church. If we want the church to recruit more young members and families, then it's up to us to do the recruiting. We need to organize an event that welcomes them. Our pastors and church councils are busy and need our assistance, not resistance. Mere complaining has rarely helped. If we want to see change, we must know our biblical obligation to *be* the good, biblical change as members of the Body of Christ.

And one way of doing that is to have a positive outlook. "Negativity breeds negativity" and when you focus only on the negative, that's all you will see. Remember: change wasn't meant to happen overnight. Culture shifts take time. Too much all at once can be unhealthy — even if the change is the right one. Sometimes we must wait until the people are ready for certain changes. May God our Father Himself bring about the change, if it is His will.

In Blessed Repose

WE, AGAIN, MOURN THE LOSS of yet another of our fellow members who has recently fallen asleep in the Lord. On Sunday, March 3, †**Marko Kozorys**, a member of our society for more than 57 years, passed away peacefully surrounded by his family.

We will remember Marko for his countless hours as an assistant in the kitchen for many après-bingo lunches and other events, helping at pyrohy makings, and as a faithful member and parishioner. Although he was not active in the parish and society during the last ten or so years, he certainly contributed to the longevity and tradition of excellence that St. George's and Holy Cross strove to, and continues to maintain. We send our deepest condolences to his daughter Mary Hardiejowski and family at this time.

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

~ Вічна йому пам'ять ~

From Our President

SPRING GREETINGS TO ALL MEMBERS!

WELL, WE SURVIVED a winter that we haven't seen for 23 years (remember the blizzard of '96 that shut the city down for two days!), and I hope we won't see it for just as many. It's nice to feel the warmth of the sun and experience daylight past 8:00 p.m. Three cheers for longer days!

Allow me to continue, and to express our condolences to Mary (Kozorys) Hardiejowski and family on the passing of her father †**Marko** who fell asleep in the Lord on March 3. Marko was a long-time member of our society and did a lot throughout the years for St. George's and our parish. May his memory be eternal ~ вічна пам'ять.

For the next two months, we, as a club, will be quite busy. On **Monday, March 25**, the Executive will meet in preparation for our general membership meeting which is set for Sunday, **March 31 at 7:00 p.m.** Not long afterwards is Pyrohy Making on the **April 6th** weekend — any and all help will be greatly appreciated as there are close to 440 dozen orders. Easter falls on **Sunday, April 21** and I'm hoping all members will be able to participate in our annual Easter Vigil on Good Friday and Holy Saturday. The following **Sunday, April 28** is the parish Easter Dinner followed by our monthly membership meeting later that evening, and just two weeks later, on **Sunday, May 12**, we hope to honour the ladies of our parish with the annual Mother's Day Breakfast.

And on that note, I think that's enough for now. I'll wrap up the society year in our next edition. Hope to see as many members as possible at the meeting on the 31st!



Fraternally yours in Christ,

Joseph Z. Myslicki, *President*

Membership Matters

AS WE APPROACH the last few months of our society year, here, again, are a few items of which to take heed.

- 1) A reminder to all current regular members to make sure that you have paid your membership dues for this society year (\$25) to be eligible for the Trust Fund benefits that will be dispersed to all members in good standing in June.
- 2) Please help keep the lines of communication open with regards to members who are ill or in the hospital. There are still many times when the Sick and Visiting Committee is not aware of these occurrences and this can be awkward. Of course, we understand if it is a matter of personal privacy; however, remember as a Christian organization, we are here to support each other in prayer and good works, especially during the time of Great Lent.
- 3) If there are any changes in your personal contact information, please inform Michael Watral so that our records can be updated on a regular basis.
- 4) And as always, please continue to be noble ambassadors for St. George's Society. Don't hesitate to approach the men of our parish who are not current members and encourage them to become a part of our brotherhood.

Important Dates to Remember

MONDAY, MARCH 25 - HOLY DAY OF OBLIGATION
The Annunciation of Our Lady, the Mother of God

SUNDAY, MARCH 31
Regular monthly meeting



APRIL 6, 7 AND 8
Pyrohy making ~ usual schedule to be followed

TUESDAY, APRIL 9
5:30 p.m. - Bingo at Superior Shores GC

MONDAY, APRIL 15
Opening date of St. George's Fish Tournament

FRIDAY, APRIL 19/SATURDAY, APRIL 20
St. George's Easter Vigil

SUNDAY, APRIL 21
Easter Sunday ~ The Resurrection of our Lord

FRIDAY, APRIL 26
12 noon - Cabbage roll making for Easter Dinner

SATURDAY, APRIL 27
10:00 a.m. - Bingo training at Superior Shores GC

SUNDAY, APRIL 28
Parish Easter Dinner in the hall after Liturgy
7:00 p.m. - Regular monthly meeting

FRIDAY, MAY 10
Deadline for bulletin submissions

DON'T MISS THE DEADLINE!

SATURDAY, MAY 11
6:00 p.m. - Preparations for Mother's Day Breakfast

SUNDAY, MAY 12 (following the Divine Liturgy)
Annual Mother's Day Breakfast in our parish hall

MONDAY, MAY 20 - Victoria Day
12 noon - Bingo at Superior Shores GC

SUNDAY, MAY 26
4:00 p.m. - Bingo training at Superior Shores GC
7:00 p.m. - Last regular monthly meeting

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

**Spring is here ~
Welcome its beginnings!**

Super Bowl Fellowship



Pictured above (from left to right) are George Rusnick, Ted Trush, Eugene Zdebiak, and Peter Swerdlyk as they enjoy the excellent appetizer nachos (prepared by Dr. Larry Watral and committee), and the fellowship at our annual Super Bowl Meeting. Mmmmm!

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Thank you very much! Щиро дякую!

Mille grazie! Muito obrigado!

Exercise for Your Mind

KEEPING PHYSICALLY FIT may help older adults maintain their mental sharpness, suggests a six-year study at the San Francisco V.A. Medical Centre. Published in the *Journal of the American Geriatrics Society*, the study measured the fitness level and mental function of 349 adults age 55 and older. Six years later, researchers tested mental function again.



“Physical activity reduces the risk of specific diseases [including stroke, cardiovascular disease, hypertension and diabetes] associated with increased risk of cognitive impairment,” says Deborah Barnes, a fellow in aging research at the University of California, San Francisco. “Physical activity also appears to stimulate growth of new neurons in mice, and this may be another mechanism by which it helps improve mental function in humans.”

Health Canada recommends accumulating 30 to 60 minutes of moderate activity, such as brisk walking, on most days.

April Pyrohy Making

OUR FIRST PYROHY MAKING of the new year usually falls in March, but since we did not want it to conflict with the time change, March Break, a holy day, or our regular monthly meeting, it was decided to move it to the first weekend of April for 2019. And since Easter also falls later in the month, it seemed practical to do so.

We will follow the customary schedule — potato peeling and cubing on Saturday morning (April 6) starting at 8:00 a.m., potato boiling and balling on Sunday (April 7) at 9:00 a.m., and of course, Monday (April 8) starting at 8:00 a.m. to make the dough and circles, pinch, boil, and package. Help will also be needed on Thursday morning (April 11) from 10:30 a.m. to package the frozen orders, clean the trays and liners, and wait for our customers to pick product up. A few of the ‘regulars’ are not available for some of the tasks this time, so we are requesting those who can to please come out to help. If you have any questions, please speak with our Ways and Means Chairman, Gordon Ibey. Thank you for your cooperation! ☺

~~~Fishing Lines~~~

SPRING IS FINALLY HERE, and that means that the opening of fishing season — April 15 to be exact — is not far away off. You can still go out for some good ice fishing as there's at least a foot and a half of ice on the inland lakes. However, please be careful when venturing onto any lake as the ice will be starting to melt soon enough. If you are not sure, do **not** take any chances.

The **2019 St. George's Fish and Game Rules and Regulations** will be available on hard copy soon should you wish them; highlights will appear in the next issue of this newsletter. All fish must be caught according to the **2019 Ontario Recreational Fishing Regulations Summary** (available now on-line) including the closed and opened seasons for each species. The closing date to enter fish for the St. George's Fish Tournament will be **Sunday, October 27**, so you'll have six and a half months to try and land that 'big one' for the Tournament Board. If you have any questions, concerns, or if you wish to be a member of the Fish and Game Committee, please speak with chairman Maurice Zakrewski.

Good luck to all anglers, and remember to be safe on the lakes and rivers.

Tight lines and safe boating to all!

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

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On Death and Resurrection in Christ

DEAR MEMBERS OF ST. GEORGE'S SOCIETY, as we approach Easter, the greatest feast in our Christian calendar, I present to you the **Easter Orations on the Death and Resurrection in Christ** by St. Gregory the Theologian.

Yesterday I was crucified with Him; today I am glorified with Him.

Yesterday I died with Him; today I am made alive with Him.

Yesterday I was buried with Him; today I am raised up with Him.

Let us offer Him Who suffered and rose again for us...ourselves, the possession most precious to God and most proper.

Let us become like Christ, since Christ became like us.

Let us become Divine for His sake, since for us He became Man.

He assumed the worse that He might give us the better. He became poor that by His poverty we might become rich. He accepted the form of a servant that we might win back our freedom.



He came down that we might be lifted up. He was tempted that through Him we might conquer. He was dishonoured that He might glorify us. He died that He might save us. He ascended that He might draw to Himself us, who were thrown down through the fall of sin.

Let us give all, offer all, to Him Who gave Himself a Ransom and Reconciliation for us.

We needed an incarnate God, a God put to death, that we might live. We were put to death together with Him that we might be cleansed. We rose again with Him because we were put to death with Him. We were glorified with him because we rose again with Him.

A few drops of Blood recreate the whole of creation!

May all of you be blessed and inspired by our Lord's example. Happy Easter!

Father Stepan Didur

The Blessings of Spring

There are many blessings,
that each new Spring brings
you can see it bloom about
and hear the song it sings.

With winter's bleakness over,
and brighter days ahead
comes promises of new life
Springtime loves to spread.

As God unfolds the flowers,
and their buds begin to show
He gives to us the assurance
grace in our hearts will grow.

He sends us the robin's song,
with the promise to provide
a shelter under His mighty wing
where in His love we can abide.

He melts the snowy covers,
and sends the refreshing rain
sprinkling us with His mercies
to heal winter's ache and pain.

God's given to all His Son,
to shed upon us a new light
and the real blessing of Spring . . .
is keeping Jesus in our sight!

~ Deborah Ann Belka ~
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St. John Chrysostom and the Wise Stewardship of Our Money

QUESTION: Recently I came across some quotes from St. John Chrysostom concerning wealth which I find disturbing. Does he really mean we shouldn't ever spend money on anything other than the very basic needs and then "the poor?"

RESPONSE: This is the very basis of Christian stewardship. Everything we possess—our time, our talents, and our treasures ["money," material possessions]—are gifts from God and, as such, they ultimately belong to Him. They are given to us by Him; we, in turn, are called to be good stewards ["managers"] of His gifts, as Saint Paul writes.

One aspect of wise stewardship, of the wise management of God's gifts, is to share it with those in need. Is this not what we are commanded to do by Christ, Who says that we will be judged on how readily we fed the hungry, clothed the naked, gave drink to the thirsty, etc., in response not only to their needs, but also in response to our willingness to acknowledge His very presence in them? If we have more than we can possibly need or use, and we know of others who have nothing, is not withholding God's gifts to us from them theft?

This does not mean that we must give away everything, leaving ourselves in abject poverty. Neither Saint John Chrysostom, nor Christ Himself, teaches us to do this. What it means is that a portion of what we have is to be shared—and not just a "token amount" simply to fulfill an expectation or "the minimum." In the OT, this was the 10% tithe; in the NT, we discover that we are asked to give the "first portion"—that is, to set aside the first portion of our treasures [or, in contemporary terms, our pay check] for the work of God and for the poor, using the remainder for ourselves. All of this applies to every gift with which we have been blessed, and not just to money. For example, our ability to speak is a gift from God, yet is it not possible that we can use this gift unwisely, by gossiping, by slandering others, by taking the Lord's name in vain? Sight is a gift from God, yet is it not possible that we can use this gift unwisely, by viewing pornography or reading less-than-edifying literature or snooping on others? These gifts can also be abused, or improperly managed too.

(continued on page 10)



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FROM THE BINGO BOOKS

HERE IS WHAT we can tell you about bingo. As expected, the pooling cheque amount for the month of January was down, but thankfully February bounced right back. We are happy to report that the deposit was over \$1000 — \$1,010,¹⁷ to be exact — and that's great news, as the balance for the loan payment is getting smaller. So, the light at the end of the tunnel is near. By our calculations, the loan for the parish hall kitchen air conditioning should be fully paid by the end of next month — yahoo!

Again, we thank our volunteers who come out to help run our assigned bingo sessions. The schedule for the second quarter has been confirmed as follows:



Tuesday, April 9 ~ evening session
Monday, May 20 ~ matinée session
Friday, June 28 ~ matinée session

The next two training sessions, which take place at the gaming centre, have also been announced:

Saturday, April 27 @ 10:00 a.m.
Sunday, May 26 @ 4:00 p.m.

We are still hoping (and praying) that a few more members (and parishioners) will consider attending the training sessions and become volunteers. And don't forget that each time an individual volunteers, he (or she) will receive a \$25 gas gift card as an incentive and thanks for his/her cooperation. It's our way of saying 'we value your time and effort.'

The Parish Council has decided that the next licence be used to cover the cost of the snowplowing, which, unfortunately, due to the heavy snowfall this winter will probably reach \$12,000 — that's about \$5,000 more than last year's total. More information will be given at this month's general membership meeting.

Thank you from the Bingo Committee

Buzz Off!

Make your own delectable and vegan-friendly alternative to honey with just three ingredients (no bees required)



Simmer 4 cups pressed **apple juice** or cider and ¼ cup **granulated sugar** in a saucepan set over medium. Boil gently until juice reduces to about 1 cup, 60 to 70 min. Remove from heat and stir in 2 tsp. **lemon juice**. Let cool to a syrupy consistency before drizzling on pancakes or stirring into tea.

We Got Pancakes and Sausages!



Pictured above (l-r) are Murray Salomon and Walter Warywoda in the parish kitchen, taking a little break for a photo opportunity, while busy preparing for the Pancake Breakfast and Penny Auction that was held on Sunday, March 17. The turnout of parishioners and guests was very good. Thanks to all who donated prizes, assisted at and attended this delightful event. We hope to have another one in the fall.

Words of Wisdom

*When you volunteer, you are not paid in money or recognition, you are paid in love.
People may forget what you said
and what you did, but they will
never forget how you made them feel.*



The Plentiful Harvester

Bulletin Editor: MICHAEL WATRAL

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Deadline for submissions for the next issue:

FRIDAY, MAY 10, 2019



Shakespeare & Shevchenko: National Bards and World Poets



BOTH SHEVCHENKO AND SHAKESPEARE were poets and dramatists of genius, but Shevchenko was also an artist. Shevchenko was mainly a poet with only one play, *Nazar Stodolya*, to his credit. Shakespeare was mainly a dramatist with 37 plays and 154 poems his lifework. His plays like *Hamlet*, *Romeo & Juliet*, and *King Lear*, are known around the world and performed everywhere including Ukraine.

There is an interesting contrast between these two geniuses of literature. We still don't know for certain how Shakespeare looked because there is still controversy about all his portraits. By contrast, because Shevchenko was an artist, he created a dozen self-portraits including his early years before photography was invented or available. After his 1847-1857 exile in Siberia, Shevchenko had ten portraits taken by photographers. We also have the death mask of Shevchenko and the Toronto Shevchenko Museum has one of the three that exist in the world. Shevchenko loved to sing but we do not have his voice because a system of recording had not yet been invented in his time. Many of Shevchenko's great poems have been put to beautiful music by many composers.

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 **УСМІХНІТЬСЯ!**

ДРУЖИНА ВХОДИТЬ у ванну і бачить: на вагах стоїть чоловік і втягує живіт.

- Думаєш, це допоможе?
- Звичайно! Як я інакше побачу числа?!

МУЖИК КУПИВ ДАЧУ, ділиться з другом враженнями:

- Будинок, сад, газон, басейн, навіть вулики з бджолами є. Друг запитує:
- А навіщо тобі бджоли? Чи не простіше меду купити?
- Не знаю ще, як вони щодо меду, але тещу вже сім разів покусали.

МОЛОДИЙ ПЛЮТ заходить на посадку і вирішив пожартувати.

Зв'язується з диспетчером:

- Вгадай, хто?
- Диспетчер вимикає всі лампи на посадковій смузі і відповідає:
- Вгадай, куди?

Their lives were as different as you could imagine. Shevchenko was born a serf in the Russian Empire which then dominated Ukraine and he was not a free man until age 24 in 1838. By contrast Shakespeare enjoyed complete freedom his entire life. Shakespeare was born into a wealthy family compared to Shevchenko. However, Shakespeare was never persecuted like Shevchenko. He lived a free and comfortable life in London as an actor and dramatist. The Englishman was never censored by his government while Shevchenko's poems were censored by the Soviet government especially in the 1930s.

The English language and the Ukrainian language were influenced by the genius of Shakespeare and Shevchenko. In fact, Shevchenko is credited as the founder of the modern Ukrainian language. The *Encyclopedia of Ukraine* says: "Shevchenko firmly established the literary Ukrainian language."

Shakespeare, the greatest English writer, has world significance. Shevchenko was a patriot and the national poet of Ukraine but he is also a world poet because his themes are both Ukrainian and of world significance. For this reason, UNESCO twice, in 1961 and 1964, celebrated Shevchenko internationally around the world. Shevchenko read Shakespeare's plays and attended some performances. One of his engravings was of King Lear inspired by Shakespeare's play of the same name.

2019 marks the 205th anniversary of the birth of our great genius the immortal Taras Shevchenko. In his *Zapovit* (Testament) Shevchenko commanded the Ukrainian people to win their freedom and independence, which eventually happened in 1991, and he concluded with these words:

"And in the great new family, the kinship of the free, with a kindly and gentle word, remember also me."

We remember.

~ from a speech by Andrew Gregorovich, Toronto, 2012



ONTARIO VOLUNTEER SERVICE

Awards

S.T. GEORGE'S SOCIETY is pleased to announce this year's list of six St. George's members nominated for a 2019 Ontario Volunteer Service Award. They are as follows:

Fred Humeniuk (55 years)
John P.M. Iwasenko (45 years)
Dr. Donald Lysak (50 years)
Michael Petryna (40 years)
George Rusnick (15 years)
and Murray Salomon (35 years).

Together, these gentlemen have devoted more than 240 years of volunteer service to our club, church and community, and will be so honoured at the upcoming annual ceremony which has yet to be announced. Personal invitations will be sent to each nominee by regular mail and are expected to arrive before the end of April. If for any reason nominees will have not received any communication from the Ministry of Citizenship by that time, please inform Michael Watral.

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

Annual Easter Vigil

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

A TIME-HONOURED TRADITION of our society for the past 58 years has been the annual Easter Vigil. This year, we are again calling on all members to 'stand watch' at our Lord's tomb following the afternoon Great Vesper service or Exposition of the Holy Shroud (Плещаниця) on **Good Friday, April 19, and Holy Saturday, April 20.**

The schedule will be drawn up by Michael Watral in the near future, and therefore, any special requests or member unavailability must be communicated to him no later than **Monday, April 8** in order for the list to be finalized and posted on Palm Sunday (April 14). You may call him at home (475-4914), call or text his cell phone (626-2182), send him an email at mawatral@tbaytel.net, or speak with him at church or at the upcoming monthly meeting.

And a gentle reminder that your spouse and family members can accompany you on your watch and that you may remain for more than one hour if so desired. Also, sometime during Lent would be a good opportunity to receive the Sacrament of Reconciliation (from any Catholic priest) before the greatest feastday of our faith, the Resurrection of our Lord on Easter Sunday. *Thank you for your love and service to God!*

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Time to Make the Holubtsi!



ON THE MORNING of Tuesday, March 19, a small but dedicated group of parishioners and guests, which included St. George's members, gathered in the parish hall and kitchen to, once again, make Holy Cross' famous 'mouth-watering' cabbage rolls. This time around, 99 dozen were pre-ordered, and the final tally after all the rolling was complete totalled 112 dozen and a half.

Pictured at the far left are Morris Tarnawsky, rice mixer-upper, accompanied by Shirley Graba, as she oversees the addition of shkvarky, onions, pepper, and if needed, a pinch more of salt and pork fat drippings, to make the rice the right consistency and oh-so-tasty — thanks Mrs. G.!

In the picture to the right, busy packaging at the island in the kitchen before placing the foil pans into the freezer, while at the same time monitoring the number of dozen made are Gerry Bullcock and Walter Warywoda. Also in the kitchen, but out of camera range were Ches Chomycz, Walter Karachok, and convenor Michael Watral.

And in the bottom picture on the production line in the foreground from left to right are Stephanie Romaniuk, Natalka Moskwa (visiting from Toronto and hamming it up for the camera), her mother Josie, and Orysia Romaniuk. Also present to help roll were Ann Durant, Evelyn Creed, Mary Hrkac, Mary Karachok, Mary Ann Lysak, Lillian Niemi, Elsie Petryna, Ann Tarnawsky, Marika Warywoda, and Alice Watral.

The next cabbage roll making session will take place on the morning of **Friday, April 26** in preparation for our parish Easter Dinner. Help will be needed again to de-rib the cabbage a few days prior; the date and time will be announced in our parish bulletin. And if there are any requests for more frozen product, perhaps another making will occur in June. Stay tuned! ☺

THE SPOTLIGHT



IF THERE'S ANYONE that we, in our circle of members (and parishioners), know of as an expert in the field of forestry, the name **WALTER ZAREMSKY**, or 'Wally' as he is more familiarly referred to as, comes to mind immediately. A member (along with his wife Muriel and daughter Terri-Lyn) of Holy Cross parish for more than fifty years, his official time in St. George's Society has been slightly less than a decade, but that never stopped him from helping at parish and society events such as bingo, potato peeling, pyrohy making, Valentine Teas and other social events. Now, on the occasion of his 90th birthday, I couldn't pass up the opportunity to sit down and chat with the man who's been a friend and inspiration to many.

MW: Thank you very much for consenting to be interviewed. I've been looking forward to sitting down with you for quite some time, especially for the occasion of your 90th birthday. I spoke with your daughter a few months ago to see what she thought about the idea, and according to her, it had to happen.

WZ: You're welcome, and let me say that you're doing a wonderful job with *The Harvester* — we certainly enjoy it. And we even prepared for your arrival by doing a bit of homework last night. (*He hands me a double-sided handwritten page of information.*)

MW: Well, thank you for your support and encouragement — and wow! (*as I look at the sheet*) — I appreciate this. So, let's begin...however, before we talk about your time and involvement in St. George's Society and the parish, let's confirm some personal information — your date and place of birth.

WZ: Yes, it's here on the sheet. I was born on March 21, 1929 in Port Arthur at St. Joseph's Hospital. After leaving the hospital, my parents, William Zaremsky and Anna (née Czul), and I went back by train (CNR) to Orient Bay — a community 29 miles north of Nipigon. This was before the establishment of Highway 11. In 1935, we moved to Nipigon so that I could attend school — in those days called Nipigon Continuation School — where I did so until Grade 12. It was there in 1937 when I was eight years old that I witnessed the first bridge being built across the Nipigon River.

MW: No kidding! So, growing up must have been a lot of fun, and according to the sheet, it was. Let's tell our members a bit more, if you don't mind.

WZ: Sure...At 7 years old, I got my first pair of ice skates (second-hand for \$2) and learned to skate on the roads, using Eaton's catalogs for shin pads. It was at this time when I developed my love for hockey. Saturday nights were spent listening to Foster Hewitt on the radio, and that's when I became a Toronto Maple Leafs fan. During 1945-46, when I was 16, I played hockey in the NHL — that's the Nipigon Hockey League. Our coach was affiliated with the Chicago Blackhawks organization and wanted me to sign a contract with them. However, my father said 'no' because he wanted me to stay in school. Growing up, I also was involved in the Boy Scouts and was also a corporal in the Air Cadets.

MW: And your family attended St. Mary's Anglican Church where you were also an altar boy for two years.

WZ: That's correct, and just to let everyone know, there was no functioning Ukrainian church there at that time, and since all my friends were going to St. Mary's, I did too. We were glad to be a part of that community, and I was eventually confirmed when I was 16.

MW: Now, it says here that in 1948 you went to St. John's College. I'm not familiar with that school — whereabouts was that?

WZ: That was in Winnipeg. Since N.C.S only went up to Grade 12, I went there to get my Grade 13 certificate. There I excelled in track and field and also played hockey and football. As well, I was company sergeant major in the army cadets.

MW: Oh, and going back just a bit here, it also says here that when you were in Grade 10, Brampton Pulp and Paper wanted two students to work in the bush, and you were chosen with another individual to do so.

WZ: Right. It was my first job in forestry and that was what eventually convinced me to stay in that (pardon the pun) field. After I returned home, I attended what was then called Lakehead Technical Institute (the forerunner to L.U.) where I received my diploma in forestry. During the summer holidays, I worked for Brampton Pulp and Paper in Beardmore and even played a little fastball (as shortstop) on the legion team. In 1951, I started attending the University of New Brunswick in Fredericton where I obtained my BSc in forestry. Due to illness, I graduated in 1956 rather than in 1954. However, I must say I enjoyed my time there despite that and remember the 'friendly' rivalry between the foresters and engineers. Again, I played football and hockey, the latter for the New Brunswick Redmen as centre when we won the N.B and P.E.I championship in 1954, but unfortunately losing to the St. Francis Xavier Axemen in the Atlantic University Sport league finals. When I returned to northwestern Ontario, I was hired by Great Lakes Paper as Assistant Superintendent for Camp 1, Black Sturgeon District, and after 6 years, was promoted to the Main Office in Fort William as Forestry Supervisor.

(continued on page 10)

WZ: While at Great Lakes Paper, my role was expanded to include public relations which involved visiting all elementary and secondary schools of both Boards, and college and university programs to lecture on the woodlands operations and papermaking processes. I talked to more than 75,000 students all over northwestern Ontario, and even taught forestry at LU and Con College.

MW: That's certainly an extensive résumé, and I'm sure we could continue to talk about it for a lot longer. For now, let's turn our attention to your parish life. It says on your sheet that you and your wife Muriel were married on August 20, 1955 at the Church of the Transfiguration by Father Kutney, who also instructed you in marriage classes. On November 18, 1960, you were blessed with the birth of your daughter Terri-Lyn who was baptized at the Church of the Holy Protection by Father Ted Harasymchuk, and then your family began attending Holy Cross in 1967. However, due to circumstances beyond your control that we will not mention here, membership in St. George's Society came much later.

WZ: Yes, but since arriving at Holy Cross, my wife, daughter, and I have always tried to participate in church life as much as possible. Terri-Lyn was active in the parish youth club and Muriel was a member of the Ladies of St. Anne's. We all remember the annual pre-Lenten socials, the youth donating making and sales, and taking part in the religious services. As far as St. George's is concerned, I have to thank David Graba for inviting me to work the bingos. It was there that I experienced the camaraderie with the members, who were and still are, a hard-working, dedicated group of men. I became friends with many of them. When the society's Constitution was amended to include all Christian men, I was able to join and did so in 2009. Sponsored by Phillip Hordy and approved by Father Andrija Petresin, I became a full-fledged member. The first year was a bit of a learning experience — different from dealing with people in the office and the field — but I was accepted with open arms. I was also very touched when I heard that fellow member Gordon Ibey stood up at a meeting to support my application, saying that "since [I] he contributed to the success of so many others at Great Lakes and in the community, we would be remiss not to consider him for membership." That made me very proud, and indeed, I have always been encouraging to the youth, and remember saying to Gordie years ago, "I'm only opening up the door for you — make sure you don't close it."

MW: You know, that's the first time I actually heard someone admit that — that's a great philosophy. And speaking of 'doors', our society and parish doors are both still open. Do you have any words of wisdom to keep them that way?

WZ: Well, although it seems that the membership in our club and parish are dwindling faster than we'd like them to, we must continue to extend the invitation especially to the younger generation and families. Let's stop saying that we'll talk to them and actually do it. Let's show them our legacy and how we are proud of the work we have done and continue to do. And like so many other Ukrainian communities, let's extend the welcome, saying "Vitayemo" at each and every occasion.

MW: I couldn't have said it better myself — and I think I'll go work on a sign - LOL. Many thanks to you Wally (and Muriel and Terri-Lyn) for this special time together. And on behalf of our society (and parish), we wish you a happy 90th birthday! Many more happy years ~ Многая літа!

The Wise Stewardship of Our Money (continued from page 5)

Saint John is not "bullying people into submission;" he is frankly and openly pointing out the excesses that surrounded him, and that continue to surround us in our own time. He is "speaking the truth," and the truth can sting when those who do not wish to hear it, hear it. This is not bullying, any more than Christ calling the Pharisees hypocrites and a brood of vipers was bullying; it is a statement of fact and reality. [Saint John Chrysostom was well known for "telling it like it is," mincing no words to speak the truth; so was Our Lord!] The only submission to which Our Lord and Saint John call us is submission to God, which hardly goes against the spirit of the Gospel.

All excesses and obsessions are sinful. Eating a well-prepared meal in an expensive restaurant is not, in and of itself, an excess; gluttony is. Periodically enjoying a glass of fine wine is not an excess; drunkenness is. Making love to one's spouse is not an excess; having sex with a prostitute is. Buying a new coat is not an excess; buying a dozen new coats, while hoarding two dozen old ones which one neither needs nor will wear again when there are those who could use them, is an excess. Owning dress shoes and sandals and boots and gym shoes is not an excess; owning 200 pairs of shoes is—and this not only violates the principles of good stewardship and the command to minister to the least of the brethren, but it likewise violates the spirit of the popular saying, "I once felt bad because I had no shoes, until I met a man who had no feet." In this case, it is obsession with richness [overabundance of wealth] that he addresses, which is not in the same category as a Tuesday evening meal at The Keg or the family vacation to Disney World or a few glasses of champagne to mark the new year or to toast a newly-married couple.

Basically, St. John Chrysostom is speaking about pure, unadulterated selfishness—those who are, as we would say today, "out of control," who allow their wealth to manage them, even as they fail to or refuse to manage God's gifts wisely; those who fail to see that their wealth [as well as everything else they have been given by God] is, in reality, not their "personal possession" but, rather, gifts from God that ultimately belong to Him; those who fail to understand, as the old saying goes, that "you can't take it with you." In the burial service of the Eastern Church, there is a hymn (from the verses of St. John Damascene) which reminds us of this very point. "Come let us gaze into the tombs.... Who is the rich man, and who is the poor? Who is the master and who is the slave?..."

Ultimately, God makes no distinction; in death, there is no distinction, and all stand equal before the throne of God to make account for whether they fed the hungry, clothed the naked, gave drink to the thirsty, ministered to the infirm and imprisoned—and discerned the image of God in the "least of the brethren." The person who thinks that by accumulating untold wealth in this life, or who hoards his or her earthly treasures like the man who pulled down his barn to build a bigger one, only to die that very evening, is truly deluded, precisely by his or her failure to realize that one should not store up treasures on earth while failing to store up treasures in heaven.

Still not convinced? Read Luke 16:19-31, concerning the rich man and Lazarus. It's an eye-popper!!

Source: www.oca.org

Crosses and Crowns

I AM A GREAT BELIEVER in the idea that trouble is the best thing that ever happened to us.

If all the troubles in the world were eliminated, and all the problems solved, we'd be more tired than work ever made us; we would be bored to death.

The man who has a lot of troubles may not think of himself as blessed, but there is a sense in which he is. For my own part, I believe that God intends some of us to have a lot of troubles of our own and a gift for taking on the troubles of others. When God gives a man a gift like that, He always gives him the graces needed to make the gift a consolation and a source of satisfaction to himself.

you
must
experience
the
CROSS
before
the
CROWN
Matthew 10:22



More men have been made great by crosses than by crowns; conversely, more men have been made soft, even ruined by crowns than by crosses. More men have been blessed through handicap and adversity than have been perfected through health and prosperity.

~ Richard Cardinal Cushing

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The Return of Our Tribute to Our Mothers

SPRING IS USUALLY a very busy time for St. George's members, and this year is no exception. In fact, in 14 days after our parish Easter Dinner and our monthly meeting is Mother's Day. So, if all goes according to plan, **Saturday, May 11** following the 5:00 p.m. liturgy, our members will descend to the parish hall and kitchen to starting prepping for the annual Mother's Day Breakfast on **Sunday, May 12**. Help will be needed with the various tasks on both days, and as usual, we are counting on those members who are available to make it another delightful occasion for the mothers, stepmothers, grandmothers, great-grandmothers, and godmothers of our parish. A sign up list will be circulated at our April membership meeting whereupon those in the lead will present any other further information.

"Unbeleafable" Warm Spinach Salad

BELEAF IT OR NOT, ho-hum spinach can become greens with envy! Tasting is "beleafing."

- | | |
|--------|---|
| 1 can | (10 oz/284 mL) mandarin orange segments in light syrup, undrained |
| 8 oz | (227 g) fresh baby spinach leaves (a BIG bowlful!) |
| 3 cups | thinly sliced fresh mushrooms |
| 6 | slices reduced-sodium bacon |
| ½ cup | diced red onions |
| 1 tsp | minced garlic |
| 3 tbsp | white balsamic vinegar or white wine vinegar |
| 2 tbsp | Dijon mustard |
| 2 tbsp | pure maple syrup or liquid honey |
| Pinch | salt and freshly ground black pepper |
| 6 | hard-boiled eggs, sliced lengthwise into quarters |



Bone Up on Spinach

IF THERE'S ONE nutritional upgrade you should make when building a salad or a sandwich, it's to swap that boring schmorning iceberg lettuce for spinach. We know spinach is an energy boosting iron mine — and a low-calorie, meatless one, to boot. Spinach is a surprisingly good source of bone-building, fat-burning calcium. Just one cup contains 245 mg, about the same as a serving of yogurt, plus the calcium in spinach is much easier for your body to use. It also supplies bone health superstar vitamin K, muscle-repairing potassium and muscle 'chillaxing' magnesium, not to mention an impressive lineup of carotenoids like lutein and zeaxanthin that protect against a host of diseases.

Drain orange segments, reserving liquid (should be about ½ cup syrup). Place drained oranges in a very large salad bowl. Add spinach and mushrooms and set aside.

Cook bacon in a 10-inch, non-stick skillet over medium-high heat until crisp but not burned. Remove bacon and drain on paper towels. Do not discard bacon drippings. Crumble or chop bacon and add to spinach mixture.

Add onions, garlic and reserved orange syrup to bacon dripping in skillet. Stir to break up any brown bits on bottom of skillet. Simmer on low heat for 3 minutes, until liquid is slightly reduced. Stir in vinegar, mustard and maple syrup. Mix well. Simmer for 2 more minutes. Add salt and freshly ground black pepper and remove from heat. You should have just under 1 cup dressing.

Pour hot dressing over salad and mix well with tongs. Spinach will become slightly wilted. Mound salad on individual serving plates and arrange sliced eggs over salad. Serve immediately. Makes 6 servings.

PER SERVING: 229 calories; 10.7 g total fat (4 g saturated fat); 13 g protein; 22 g carbohydrates; 2.3 g fibre; 223 mg cholesterol; and 395 g sodium.

Source: *The Looneyspoons Collection* by Janet and Greta Podleski



Scholarship Program

AS THE END of the current scholastic year approaches, applications for St. George's Scholarship will soon be available in the narthex. All potential high school graduates who are parishioners of Exaltation of the Holy Cross Ukrainian Catholic Church, are encouraged to apply. This year, the deadline is **Wednesday, May 1, 2018**. The completed application should be submitted to the Parish Office no later than that date. For more information or if you have any questions, please contact Dr. Patrick Opaski, Scholarship Chairman at 767-0253 or email him at pmopaski@gmail.com.

Make 'Em Smile

TWO GUYS collide in a supermarket. "Sorry about that," the first guy says. "I'm looking for my wife and I guess I wasn't watching where I was going."

"I'm looking for my wife, too," the second guy says.

"Maybe I can help you," the first guy says. "What does your wife look like?"

"Well, she's a tall redhead with big green eyes, long sun-tanned legs and a bright smile," the second guy says. "What does your wife look like?"

"Never mind," says the first guy, "let's look for yours."

SOME HUNTERS drove out into the woods to go bear hunting one spring day. Before long, they came to a fork in the road. A sign said **BEAR LEFT**. So, they turned around and went home.

A LAWYER DIES and goes to heaven. "This must be a mistake," he says to Saint Peter at the pearly gates. "I'm too young to die, I'm only 50."

"Fifty?" says Saint Peter. "According to our calculations, you're 82."

"How'd you get that?"

"We added up your billable hours."

THE KING had a beautiful girl locked up in his castle. He lavished her with gifts, but dressed her in the most horrible rags. Every evening, she would stare out the dungeon window, waiting for a brave knight to rescue her, but every one of them who rode up would take one look at her and ride away in disgust.

"How can they resist my beauty?" the girl complained.

"The king was right," said the guard, laughing. "No knight will rescue a damsel in this dress."

DID YOU HEAR about the thief who stole a truck load of prunes?

He's been on the run for the last month.

P.arting S.entiments

by Michael Watral, Bulletin Editor

EVERY SO OFTEN, the issue of 'language' comes up in conversation within our parish. And much like discussing politics (and in some cases, dare I say it 'religion') in a public or even private social setting, we often underestimate the possible conflicts of interest and the creation of uncomfortable situations. Some might say "Don't go there" or "I'd rather not talk about that", while others let their voices be heard on the subject and get frustrated at those who don't hold the same opinion or value each others'.

Let's face it, we've all been there. There is probably not one of us that hasn't argued or debated about an idea or action within our family or circle of friends or colleagues at work. I'd like to think that none of us, especially in our church community, is ever out to strike animosity or point fingers, but rather, help people bond together. The Church should never be the scene of a major confrontation but we know that it has been—upstairs and downstairs. We've witnessed it on a number of occasions, and I admit that I have even been a part of a few. Our objective should always be to never let that happen (again), because it threatens the very idea of 'us.'

But I digress. Our patriarch Archbishop Shevchuk has been quoted as saying, "This is not a church of Ukrainians, it's a church of Christ. We are a global church. We are a church of the Ukrainian tradition." For those who might take offense at this, especially elderly Ukrainian Catholics who tend to get very tense when services are predominantly in English, he remarked that when he spent years working in Argentina, "our most vibrant parishes are Spanish-speaking." And when he met with a group of young people at a Winnipeg parish during his visit to Canada 7 years ago, not long after his installation in 2011, he told them not to worry about not being able to speak Ukrainian.

So, if the head of the Ukrainian (Greek) Catholic Church, who by the way speaks English very well, is not worried about being able to speak (or understand) Ukrainian, perhaps we need to re-open a dialogue regarding language at our services, for "we can't hold back evangelization because of it." *MW*



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