



Love and Service to God since 1960!

The Plentiful Harvester

May/June 2019
Vol. 16, No. 3

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



*Be exalted, O God, above the heavens,
above all the earth be Your glory.*

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plus...

**June and July
calendars of events**

Make 'Em Smile

IN AFRICA, two men stand at a river they are about to cross when they notice crocodiles looking at them. "Are you afraid?" says one to the other. "Don't you know that God is merciful and good?"

"Yes, I do," says the frightened man. "But what if God suddenly chooses right now to be good to the crocodiles?"

DID YOU HEAR about the guy who was a clown with the Shrine Circus? When he died all his friends went to the funeral in one car.

AFTER 24 HOURS of labour, a couple's first child was born. The next day, the baby's father told their female neighbour that he was tired after such a long day.

"You? What about your wife? I bet she's exhausted!" the woman said.

"Yes," he agreed, "but she got to lie down the whole time."

SAID THE JUDGE in Thunder Bay to the convict: "The local jail is full, so I'm sentencing you to five years in the waiting room at Thunder Bay Regional's Fracture Clinic.

ONE AFTERNOON, two good buddies Sid and Barney went out to play nine holes of golf.

"Let's spot \$5 on the lowest score for the day," Sid suggested.

Barney agreed, and they enjoyed a great game.

After the 8th hole, Barney was ahead by one stroke, but cut his ball into the rough on the 9th fairway.

"Can you help me find my ball?" he asked Sid.

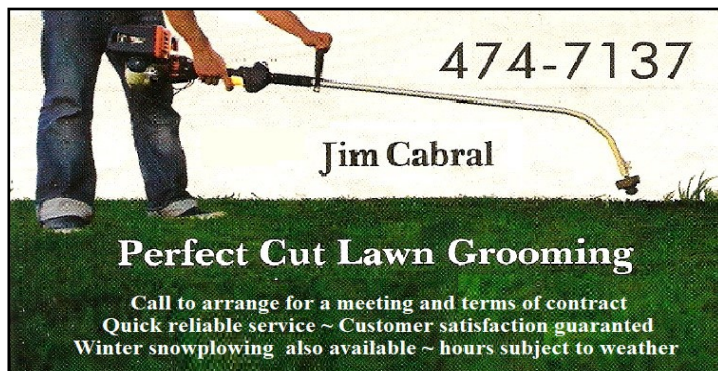
"Sure," replied his opponent. But neither had any luck, and since a lost ball carries a penalty, Barney pulled a ball from his pocket and tossed it to the ground.

"I've found my ball!" he announced triumphantly.

"After all the years we've been friends," Sid said forlornly, "you'd cheat me on golf for a measly five bucks?"

"What do you mean 'cheat?'" Barney asked. "I found my ball right here!"

"And a liar, too!" Sid exclaimed in amazement. "I'll have you know that I've been standing on your ball for the last five minutes!"



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The Plentiful Harvester



Bulletin Editor: MICHAEL WATRAL

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Deadline for submissions for the next issue:

FRIDAY, JULY 19, 2019

WHO AM I

A Member Trivia Quiz



LET'S HAVE SOME FUN! Match the descriptions of each of the following (living) members of our club in **Column A** with their names from **Column B**. Place the correct numbers into the blanks provided. Answers on page 11.

COLUMN A

COLUMN B

- | | |
|---|--------------------------|
| 1. I am currently the youngest member of our club. | _____ Mars Brescacin |
| 2. My sister is known as the "first lady of Canadian country music." | _____ Barry DeJardine |
| 3. I like to rebuild and refurbish classic automobiles. | _____ Brett Glena |
| 4. My surname in Ukrainian means "wolf." | _____ Gordon Ibey |
| 5. I was born on Wednesday, February 29, 1956. | _____ Dr. Patrick Opaski |
| 6. My father, my uncle, my great-uncle, as well as one of my brothers, and I, myself, have all served as president. | _____ Jim Petrunka |
| 7. I am currently the oldest member in age of our club. | _____ Peter Swerdlyk |
| 8. I am the last surviving charter member of St. George's Society. | _____ Walter Wowk |

GREETINGS TO ALL MEMBERS!

IT IS HARD TO BELIEVE that another society year has almost passed. We have one regular meeting left (May 26th), and then the Annual Dinner Meeting in June.

The Mother's Day Breakfast went off quite well -- thanks to all those who coordinated it and helped to see it through. It is great knowing there are members (and non-members) on whom we can rely to get the job done with little or no worries, but with a great deal of cooperation and pride.

Personally, I would like to thank everyone who helped throughout the year in any way -- it is always appreciated. Next, I would like to thank the Executive members for their support throughout the year and for letting their names stand for those positions. I believe we have another competent group of gentlemen that shows genuine concern for our fellow members and the state of our club. For me, in my role as president, this is a "godsend."

I do, however, have to single out one executive member, Michael Watral, for everything he has taken care of this past year. Thank you ever so much Michael because without you, a lot of the things would not have gotten done. Just one of many examples is **The Plentiful Harvester** — that alone takes many, many hours.

A special thank you to our bingo volunteers as well. The RBC loan for the A/C unit is paid in full, and we can, therefore, focus on fundraising for different projects and items around the church.

Besides the two meetings, there is one other event that we run each year and that is the Parish Picnic and Volunteer Appreciation Day which will be held on **Sunday, June 23**. Come out and enjoy yourselves and if you can, give a helping hand to Murray and his crew.

Oh, and later this summer will be the Corn Roast; the date will be announced in our next issue as well as in the parish bulletin.

Have a safe and enjoyable summer!



Fraternally yours in Christ,

Joseph Z. Myslicki, *President*

Usher Duties for June and July

AS WAS THE CASE LAST YEAR, no member has signed his name to serve as an usher during the months of June, July (and August) on either Saturday or Sunday this year. So, members are requested to volunteer their services at their discretion. You can still sign your name to the sheet on the narthex bulletin board, and in that way, we won't be guessing or scrambling at the last minute for volunteers.

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

One final note: Our parish has been a place of prayer, family and community for more than 50 years, and St. George's Society is a vital part of that tradition. Please do not hesitate to include your own family members in the task of ushering (or greeting) as it shows others that we are united in our love and service to God not just within our club, but as a parish as well.



Holy Cross Parish Easter Dinner: A Real Crowd-Pleaser

ON SUNDAY, APRIL 28, our parish held its annual Easter Dinner (Спільне Свячене) for a larger-than-expected crowd of parishioners and guests (plus the kitchen staff) that numbered close to 120. The enticing menu, previously announced on the back cover of the Easter Schedule, was a big hit with everyone. A special item — traditional home-made "studenets", also known as "headcheese" was a nice surprise, made with help and guidance from **Alice Watral**. And let's not forget what everyone is *still* talking about — our famous Holy Cross cabbage rolls — that were well worth the wait at the end of the buffet line, and were enjoyed a second and third time by many. In fact, only 12 lucky customers took a dozen home as that was all that was left after the trays for the shut-ins were assembled.

Many thanks to kitchen lead **Dr. Larry Watral** and his many sous-chefs, hall co-ordinator **Susan Ibey** and volunteer servers for their time and effort that made this year's event run very well, to **Catherine Corbett** for the beautiful spring table decorations, and of course, all who attended to take part in the meal, their financial contributions, and help cleaning up the kitchen and the hall. As our Parish Council chairperson Cheryl Bain so rightly stated, "We came together as a community, and that is much appreciated." May God bless us all abundantly!



Everybody Say "Khreen"

Pictured above are six of our 'busy' St. George's members who were in the kitchen at our Parish Easter Dinner. (Left to right): John Iwasenko, Walter Karachok, head chef and co-ordinator Dr. Larry Watral, Murray Salomon, Morris Tarnawsky, and Brett Glena.

Photo courtesy of Dr. Larry Watral

FROM THE BINGO BOOKS

GREAT NEWS EVERYONE! We have recently submitted the last payment for the air conditioning loan to RBC and as of May 14, the balance is now \$0. Many thanks to those member volunteers who gave of their time these past two years to help raise the funds at bingo to make this a reality — we couldn't have done it without you!

Now in the last report, it was announced that the Parish Council had desired that the next bingo licence would be used to cover the cost of the parking lot snowplowing. This has since been changed, due to the fact that this particular service was being paid in installments. Therefore, it was then decided that, for the time being, the monthly pooling cheques from Superior



Shores be put toward the payment of utilities and other supplies, which was deemed acceptable by the city licensing office as the regulations have been amended by the AGCO and OLG. In that way, a large loan from a bank would not be needed at this time eliminating the extra charges accrued from interest. More information will be forthcoming at this month's membership meeting, and if you have any questions, you may direct them to Joe Myslicki or Fred Humeniuk.

We have a bingo the afternoon of **May 20** (Victoria Day) and next month on **Friday, June 28** — again in the afternoon. The schedule for the next quarter (July, August, and September) should be sent out by mid-June. At this point in time, we have opted to run bingos during the summer with the possibility of extra sessions if the need arises. So, we are still hoping that a few more members will consider attending the training sessions and become volunteers. The next training session for new volunteers takes place on **Sunday, May 26 @ 4:00 p.m.** at Superior Shores. And just a reminder: each time one of our volunteers works at our bingo, he/she will receive a \$25 gas gift card as an incentive and thanks for his/her cooperation.

Finally, Superior Shores' AGM will take place in our parish hall at 7:00 p.m. on **Tuesday, June 11.**

Thank you from the Bingo Committee

"Behold this heart which has so loved men."

~ Words of Jesus to St. Margaret Mary

AT THE VERY CENTRE of Christianity is love. Love is the whole message, the whole law -- not love in the sense of quickly passing infatuation or sexual attraction, two mistaken definitions of our confused culture, but rather sacrificial self-giving. In its essence, love is nothing more than laying down your life for the good of another. The deeper we grow in the Catholic and Apostolic faith, the more we realize that the Gospel is centred not so much in *our* love for God, but in God's love for us. The Holy Church has dedicated the month of June to a devotion that is designed to remind us of the depth of God's passionate love for His creatures: devotion to the Sacred Heart of Jesus. In the burning and wounded Sacred Heart, we see that God's heart is consumed with love for us — so much so that He was willing to suffer and die for us in the most gruesome manner. The Sacred Heart teaches us that true love is always costly, but that it always gives life.

Trivia Tidbits

DID YOU KNOW that a person who's lost in the woods and starving can obtain nourishment by chewing on his shoes? It's true! Leather has enough nutritional value to sustain life for a short time. And you thought putting your foot in your mouth was a *bad* thing!

It is said that the bubbles in coffee can foretell the day's weather. Supposedly, you need to stare at your coffee before adding milk. If the bubbles float toward the rim of the cup, the pressure is low, and you can expect clouds and stormy weather. However, if the bubbles float to the centre, the pressure is high, and fair weather is on the way.

Researches have discovered that scattering tea bags throughout a newly remodelled room can reduce the toxicity of chemicals in the air by up to 90 per cent. The porous, dry tea bags apparently soak up what's around them, including fumes from paint, polyurethane and glue. Maybe it's time to stop and smell the Red Rose!



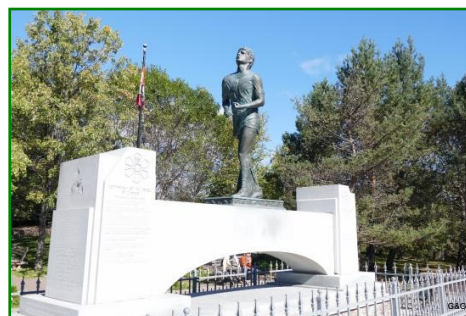
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The Top 10 Attractions in Thunder Bay

10. Sleeping Giant Brewing Company
9. Centennial Botanical Conservatory
8. Thunder Oak Cheese Farm
7. Hillcrest Park
6. Marina Park
5. Mount McKay
4. The Blue Point Amethyst Mine
3. Fort William Historical Park
2. Sleeping Giant Provincial Park
1. Terry Fox Monument



Source: www.tripadvisor.ca

Христос Воскрес! Christ is Risen!

DEAR BROTHERS IN CHRIST, one of our most beloved Ukrainian Easter hymns, “*Khrystos Voskres! Pid neba zvid*”/”*O Hear the News the Voices Spread*” contains a verse, when translated into English, speaks of the bold and brave ringing of the bells on the glorious day of the Resurrection as the faithful are summoned to church to bow in honour to Christ our Lord. And for us as Christians, the ringing of bells is certainly “a joyful noise” reminding us of God’s presence in the world — and even more so as Eastern Catholics, as they are rung while singing “Christ is risen from the dead...”

According to an article by Rev. Dan MacDowell, the tradition of ringing church bells dates back to 400 A.D., when Paulinus of Nola first introduced bells in association with a church. In the year 604 A.D., Pope Sabinian officially sanctioned their use. By the early Middle Ages, church bells had become common in northern Europe, reflecting the influence of Irish missionaries. The Eastern Church (Catholic and Orthodox) has a long and complex history of bell ringing and the custom is particularly sophisticated in the Russian Orthodox Church.

The primary purpose of ringing church bells in modern times is to signify the time for worshippers to gather for a church service. Many Anglican, Catholic and Lutheran churches also ring their tower bells three times a day (at 6:00 a.m., 12 noon and 6:00 p.m.), summoning the faithful to recite the Lord’s

Prayer. This tradition was influenced by the Jewish practice of praying three times a day. In addition, the idea that the sound of bells ringing has spiritual value is thought to have originated with ancient winter celebrations in which bells were rung to drive out evil spirits.



Another translated Easter hymn says, “Glorious day, ring out bells; joyful news tidings tell: His death conquered death, resurrection brought new life! Alleluia!” So, let us continue during this glorious Easter season to ring the majestic bells and to affirm that “Indeed He is risen!”

Father Stepan Didur

*Be joyful Mary, heavenly Queen, rejoice Maria!
Now let your eyes with gladness beam!
Alleluia, O pray for us Maria!*

*Whom you did bear by heaven’s grace, rejoice Maria!
Did all our guilt and sin efface,
Alleluia, O pray for us Maria!*



*The Lord has risen from the dead, rejoice Maria!
He rose in glory as He said.
Alleluia, O pray for us Maria!*

*O pray to God, most virgin fair, rejoice Maria!
That He our souls to heaven bear.
Alleluia, O pray for us Maria!*

Our Annual Tradition Honouring The Mothers

THE LADIES OF OUR PARISH — mothers, grandmothers, great-grandmothers, *and* godmothers, and several of their beloved female family members — were again treated royally at the annual Mother’s Day Breakfast on **Sunday, May 12**, held in our parish hall. This year, **Dr. Larry Watral** stepped in to fill Fred Humeniuk’s shoes (after many years), and together, with a slightly smaller crew of volunteer members, put together the usual fantastic breakfast buffet that consisted of orange juice, break-

fast potatoes, ham, sausages, bacon strips, fluffy scrambled eggs, freshly-cut fruit, homemade bran and blueberry muffins, and for dessert, a delicious slab cake — mmm! The ladies (if they so desired) were also treated to a glass of white wine, and a splash (or two) of Bailey’s Irish Cream to go along with their coffee. (We weren’t trying to get them tipsy — honest!)

Each of the tables was delightfully decorated with a vase of colourful carnations (which the ladies shared upon their departure), and as in the past, there was a little trivia quiz for them to do while they were patiently waiting to go up to the buffet to get their food.



Pictured above in the foreground, (clockwise from left to right) are: Alice Watral, Catherine Corbett, Tammy Kozlowski, Ann Kozlowski, Ann (G) Opaski, Anne (L) Opaski, Sonia Fedyk, and Susan Dygun. Pictured at right while in line at the buffet (clockwise from the left) are: Harriet Latta, Laura Furioso, Judy Markus, Susan Ivanetic, and Theresa Van Teeffelen.

Photos courtesy of Dr. Larry Watral

Unfortunately, the turnout of ladies this year was considerably down from 2018 (a number of them were out-of-town and/or otherwise unable to attend), but that did not deter the spirit of the day. To those mothers present, we trust you enjoyed the fantastic fare, and we extend our thanks and warmest regards to you in hopes that, as members of St. George’s Society, we can continue with this important traditional event in your honour for many more years to come ~ Многая і благая літа!



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

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2019 Ontario Volunteer Service Awards

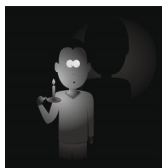
WE HAVE RECEIVED WORD that the 2019 Ontario Volunteer Service Award ceremonies (amidst the latest cuts announced by the provincial government) have been put on hold for the time being.

However, we would still like to acknowledge this year's six nominees from our society, who together (as announced in our last issue) have devoted more than 240 years of volunteer service to St. George's, our parish and local community. They are as follows: **Fred Humeniuk, John P. M. Iwasenko, Dr. Donald Lysak, Michael Petryna, George Rusnick, and Murray Salomon.**

Once again, let us join together and congratulate these six worthy gentlemen and thank them for their past and continued love and service to God.

April Pyrohy Making

BY NOW, those who did not attend the spring pyrohy making in April have heard about the unfortunate and unannounced power failure/shutdown that occurred at the height of the morning's activities @ 11:35 a.m., which lasted for about 45 minutes, but seemed like an eternity. Nevertheless, during the blackout, the varenysni makers and pinchers tried to make the best of things whereas those in the kitchen making the dough and boiling the pyrohy had to wait it out. Thanks to Father Stepan who brought down candles from the sacristy and others who obtained lights from their vehicles and other sources; a generator was brought in to power to the dough machine in the interim.



So, all in all, it made for a longer session than expected with pinching/boiling wrapping up just before 2:00 p.m., followed by a late lunch and then clean-up. Thanks to those who were able to remain and complete the necessary tasks that resulted in more than 470 dozen pyrohy being made (and there are still some frozen available for purchase).

We would also like to thank the five ladies from the Holy Cross Golden Agers who were present on the following Thursday to package the frozen product (241 dozen) — your time and assistance are greatly appreciated.

And speaking of the Golden Agers, they have their pyrohy making on **Tuesday, June 4**, and orders are still being accepted. Please call Ann Kozlowski (622-3006) or Ann (G) Opaski (577-2805) as soon as possible to place your order. Furthermore, in the spirit of cooperation, any St. George's members who are available to help on that morning, especially making circles and boiling pyrohy, are encouraged to do so.

Finally, remember to mark your calendars for our next parish pyrohy making that will take place on **November 16-18**.

Memories of Pyrohy Making → → →

Pictured at right (top to bottom): Members peel potatoes bright and early on Saturday morning; (middle left) Sherry Opaski and Susan Ibey were all smiles as they 'clean' the potatoes; (middle right) honorary member Frank Wenzell lending a hand with the 'spuds'; (bottom left) manning the dough machine and making circles (nice technique Father Stepan!); and one of the table of many pinchers working away. Pictures were not taken during the blackout as the light from the candles would be too grainy on an iPhone.



~~~ Fishing Lines ~~~

By Maurice Zakrewski, Fish and Game Chairman

PARTICIPATION IN LAST YEAR'S Fish Tournament was certainly better than the previous year, and I'm hoping that in 2019, we will match or surpass it. Now that the weather has started to improve, it's time to get serious about getting out there to catch an entry or two or more for the display Board. And considering that most of our membership is retired, it shouldn't be that much of a problem. So guys, especially those who continue to enjoy fishing and the fellowship that goes with it, call up a few buddies and plan a fishing trip to your favourite spot or perhaps somewhere you haven't been in a while or better yet, someplace new you've been dying to try.

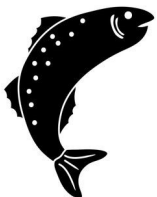
Remember: fishing has been proven to build body strength by engaging the shoulders, back, arms, core and legs, promote family bonding through the passing on of skills from generation to generation, boost one's immune system and help defend against disease (Vitamin D from the sun), promote relaxation by lowering blood pressure and anxiety levels, improve cardiovascular health by burning an average of 200 calories or more an hour, teaches self-reliance that will spill over into your normal life, bestows patience making you calmer and more content, improves balance and benefits flexibility, and helps one enjoy the great outdoors. So, get out there and fish already!



HIGHLIGHTS OF ST. GEORGE'S SOCIETY'S THE 2019 FISH AND GAME RULES AND REGULATIONS

- The season began **April 15, 2019**. All fish must be caught according to the 2019 Ontario Recreational Fishing Regulations Summary including the closed and opened seasons for each species.
- Classes of fish are: **Speckled Trout, Lake Trout, Rainbow Trout, Pickerel (Walleye), Pike, Bass, and Salmon.**
- Prizes will be awarded to the **top three (3)** fish in each category. Members entering fish will be entitled to **two (2)** prizes only. Members are encouraged to enter as many fish as they want. The fish entered on the board will be used to determine the Master Angler Award. **No fish weighing less than eight (8) ounces will be accepted into the contest.**
- Fish may be weighed on any approved or digital scale. The Committee must receive a receipt with the following details: date, name of fisherman, name and address of witness, weight and category of fish. Weigh scale is located at Maurice Zakrewski's place (532 W. Victoria Ave.). Please contact him at 577-5611 before you bring over a fish to be weighed. The Commissary (Christie at McLeod in the East End) weighs fish as well, and is open until 8 p.m. daily.
- Weigh-in receipts must be submitted as soon as possible to the following Committee members:
Maurice Zakrewski, Morris Tarnawsky, Myron Warywoda, & Eugene Zdebiak.
- The closing date to enter fish is **Sunday, October 27, 2019** (our October monthly meeting date)
- The **John Iwasenko Sr. Memorial Award** will be presented to the most productive angler.

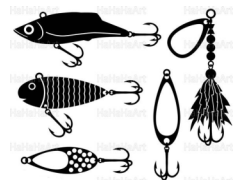
POINTS WILL BE AWARDED ON THE FOLLOWING BASIS:



FIRST PLACE IN CATEGORY = **5 POINTS**
SECOND PLACE IN CATEGORY = **3 POINTS**
THIRD PLACE IN CATEGORY = **2 POINTS**

For the full set of rules, please contact any one of the Fish and Game Committee Members listed above.

Good luck to all anglers, and remember to be safe on the lakes.
Wear a regulation PFD at all times and do not drink alcohol while operating a motorized vehicle. Keep your tip up!



Tight lines and safe boating to all!

THE TROUBLE WITH...

...**growing old** is having to listen to your children's advice.

...**doing nothing** is you never know when you are finished.

...**meeting an old flame** is you may make an ash of yourself.

...**people** who don't have much to say is you have to listen so long to find out.

...**trouble** is that it always starts out as fun.



ARE YOU TOO TIRED?

FATIGUE is one of the most common complaints of people who visit a doctor. If, however, your fatigue is not due to an underlying illness or drug side effect, lifestyle changes can make a significant difference.

Get a complex diet. Complex carbohydrates such as whole-grain foods, as well as fruits and vegetables, provide lasting energy because they take a long time to digest.

Make like a sheep. Eating multiple small meals throughout the day helps stabilize your blood-sugar levels, preventing the lows that make some people tired.

Make fitness a habit. Exercise increases the amount of oxygen-rich blood reaching your brain and muscles, and increases the number of blood cells in the body. It makes your sleep better, too.

Switch your allergy medicine. All over-the-counter antihistamines may cause fatigue. See your doctor about prescription allergy drugs.

Get enough magnesium. Many people don't. Good food sources include whole grains, green vegetables, avocados, bananas, legumes, nuts and seeds.

Energize with ginseng. Consider taking Panax ginseng (100 to 250 mg) or Siberian ginseng (100 to 300 mg) twice a day. Both have been shown to help fight fatigue.

Stay connected. Avoid isolation, which can lead to boredom and depression, both of which can cause fatigue. Join a club or community association, or become a volunteer.

Nix nicotine. Smoking lowers the oxygen levels in your blood. Quit before it's too late!

Source: "Looking After Your Body" (Reader's Digest)

Membership Matters

Here are a few items of interest and reminders for members before we break for the summer.

- ❶ We still have a number of St. George's ties available. If you wish to obtain an extra one for \$5.⁰⁰, speak with a member of the Executive. And if your blazer crest needs replacement, you can obtain another one for no charge.
- ❷ There are still occasions when a member is in the hospital (or has been) and this information is not passed on to the Executive or the Sick and Visiting Committee in a timely manner. We ask that you please notify our parish priest, Father Stepan, or Walter Karachok, Sick and Visiting Chairman, at your earliest convenience.
- ❸ If your home address, phone number(s), or email address has changed, please relay this information to Membership and Roster Chairman, Michael Watral as quick as possible so that our files can be updated regularly.
- ❹ Remember to stay in touch by reading the parish bulletin (published bi-weekly during July and August), and the summer issue of *The Plentiful Harvester* that will hit the stands on the last weekend of July.



More Parish Easter Dinner Moments

Father Stepan Didur blesses the buffet of delicious foods while the faithful in attendance sing "Христос Воскрес!/Christ is risen!" at the Parish Easter Dinner held on Sunday, April 28 in our parish hall following St. Thomas Sunday Divine Liturgy. *Смачного!*

The Goal of the Four Gospels

THINK NOT FOR A MOMENT that Jesus Christ is uninterested in your reading and praying the Gospels. If you are tantalized by them, it is because He has already invited you to Himself. You are already responding to His invitation. You are to be commended for your sensitivity to Him within you. Since He is vitally interested in your participation in Scripture, you may count on His aid. He will help you to understand its meanings, to perceived its purposes. He will be present to create within you the deeper love for Himself that He wishes you to enjoy. God's continuing desire to communicate Himself to people is the essence of all Scripture, both as it was written and also now as it is read. He wants you to understand.

**Matthew &
Mark &
Luke &
John &
Jesus.**

~ Marilynn J. Norquist

THE SPOTLIGHT



IT'S NO SURPRISE that many of our fellow members have devoted their lives in pursuit of helping others — it's part of their psyche and faith. And this issue's honoree, **DR. DON LYSAK**, is yet another example of this. After his retirement from the dental profession in 2011 after 42 years of service, he now keeps busy supporting his grandchildren in their endeavours, is part of a local musical group that regularly performs at seniors' and long-term care facilities, and yet still has time to assist with the many events of our society and parish, plus get in a few rounds of golf with his friends. He recently celebrated his 75th birthday on the 11th of April, and last September 29th, marked 50 years as a member of St. George's Society. So, it was the perfect time for us to get together and talk...read on.

MW: Well, Dr. D., this interview has been a long-time coming, and it's an honour to be sitting here with you today. Thank you for inviting me into your home. Shall we begin? First of all, let's take a look at your original application card for membership in our society from September 1968. What prompted you to join and what were those first years like?

DL: After I returned to (the former) Fort William upon the completion of my doctorate at the University of Toronto, there was no thought to it. My wife Mary Ann and I were attending Holy Cross, and as my dad, uncles, and (male) cousins were already members, it was a no-brainer. At that time, there were many gentlemen in the 30-40 year age range, and I was impressed with the busyness and dynamics of the club. It was a hub of activity and I met a lot of good and interesting people.

MW: What did it mean to you to belong, and has that changed at all?

DL: From the start, I was glad to be affiliated with such an organization and that feeling remains. I will echo many others who have said that it's the camaraderie — that spirit of familiarity and closeness that exists in our brotherhood — that a person cannot deny. Whether it was serving at the Teas, working at bingos (remember the many "after parties" we used to have) and other fundraisers such as pyrohy making and the Ukrainian Take-out, to the many fun social events like the Fish Derby, Golf Tournament, and Corn Roast, I know I can speak for others and say that St. George's members have always worked together very well to get positive results. And the friendships that have been built over the years have "stood the test of time" (sorry for the cliché) and the memories made will last forever.

MW: So, are there any specific moments that come to mind that make you proud to be a St. George's member?

DL: Gee, there are so many as I said earlier, but as a fisherman, I do remember the many good times spent at Pine Point Resort at Lac des Mille Lacs with "the guys" like my uncle Ron Fedori and father-in-law Frank Buchkowski (just to name a few) — and the stories that go along with them.

MW: I'll bet, and personally, I'm a bit envious because when I look through the many scrapbooks at the plethora of pictures taken, and then hear some of the, shall I say, "colourful tales" passed on over a few beers, the old adage "you had to be there" takes on a whole new meaning for me. (*Check out the late John Iwasenko Sr. and a 'younger' Don in the pic above.*) And while we are talking about the Fish Derby, I know you were a member of the Fish and Game Committee and served as chairman during the 1980s and again during the 90s. Were (are) you involved in other committees?



DL: I believe so, let's see...I remember being on the Golf Tournament Committee, and probably the Recreation Committee, and currently, I am part of the Sick and Visiting Committee and Funeral Set-up — and that's just on paper. Whenever possible, I try to get volunteer when the need arises.

MW: For sure, and for your efforts, you were recognized with an Ontario Volunteer Service Award in 2010 (40+years) and are one of the current nominees for 2019 (50 years), and you were presented with the St. George's Award of Merit for 2013, whereupon you noted in your acceptance speech the long-standing friendships you had made over the years. Let's not forget that you have also spent time on the Parish Council and were chairman of the same in the late 90s, preceded by Ihor Kozrya and succeeded by Judy van den Ende.

DL: Correct, and that was certainly an interesting time of our parish. We were between priests (having four of them between 1997 and 1999), but with prayer and perseverance, we managed. It was difficult to fathom how in a few short years, it changed from very good to, let's just say, not-so-good; however, we weathered the storm and reached the end of a difficult period in our parish's history with only a few cuts and bruises.

(continued on page 10)

The Spotlight (continued from page 9)

MW: It's hard to believe that that was twenty years ago, and although much has changed, there is still one constant — a deep commitment to serve the Lord. Have we missed anything so far? (Mary Ann chimes in and reminds Don of his experience teaching catechism.)

DL: Oh, yes, that's right. Mary Ann and I taught catechism on Sunday mornings for a number of years in the early 80s (at the former St. Thomas Aquinas School next to the church — now the Catholic Education Centre) in separate classes following the Divine Liturgy because there wasn't enough space in the hall — this, of course, being many years before the Expansion.

MW: I can relate to that as I also taught catechism classes at Holy Cross before and after I went to university (London, Ontario), but did so in the choir loft following the service. (Both Don and Mary Ann reminded me that I was their daughter Deanna's teacher.) And what about your involvement outside the parish?

DL: Well, as a dentist I took an active part in the Thunder Bay Dental Association, serving on its Executive in various capacities including president. And for six years, during the 1980s, I was a governor on the Ontario Dental Association. I've also been a member of the Hill City Kinsmen, and way back, I even played in the Thunder Bay Symphony Orchestra for a bit.

MW: No kidding! As a violinist, I assume.

DL: Of course. When I was younger, I took violin lessons from the late Harry (Hryhory) Myhal at Westfort Prosvita, then went on to study with Theresa McAvay and others. I was pretty serious about it back then and still enjoy playing now.

MW: Yes, and you've mentioned many times about your participation in the Senior Music Makers, a local group that goes to the seniors' homes and long-term care facilities. And if I can let our readers know that you often get together with Father Stepan and myself to 'jam' to the old standards and folk music of different countries.

DL: This is true, and it has expanded my repertoire immensely. (Don has shown me his binder of sheet music and how it continues to grow.) I'm into bluegrass and a lot more country music as well.

MW: Sounds good. And finally, we all know you enjoy fishing. Are there any other sporting or leisure activities that have been a mainstay in your life over the years?



DL: Yes, I've curled for many years, first at Fort William Curling Club and then at the (former) Thunder Bay Country Club, and I've played pool also. Through it all, Mary and I have also supported our three kids and five grandchildren's interests (dancing, diving, hockey, baseball, etc.) which still keeps us busy. (*That's them on a recent trip to Ottawa.*) You'll also find me at times enjoying a game of cards in the casino or after a monthly meeting or society event.

MW: Well, it looks like we are just about done, except for one more item, and that is, do you have any comments or words of wisdom about the future of St. George's Society and the parish?

DL: At this point in time, allow me to say that despite what some might be consider to be trying times, all we can do is continue to work together to the best of our abilities for the betterment of our church and society. I would also like to say that we still have a number of very strong leaders like yourself and your brother Larry in our midst and appreciate all that you do for us. I shudder to think what St. George's Society and Holy Cross would be like if there wasn't a strong core of dedicated individuals to carry on all of our proud traditions.

MW: Thank you very much for your kind words. And let me say that it's because of the continuing support from the membership and the parish that makes it well worth the effort. Many thanks to you and Mary Ann for the hospitality during this time spent with you (the soup and sandwiches were delicious!), and, of course, on behalf of the membership and parish, we again wish you a happy (belated) 75th birthday (and also to Mary Ann as she celebrated hers on April 16, but not 75 yet!) and wish you many more happy and blessed years ~ Многая і благая літа! ■

Memories from Our Storied Past



ST. GEORGE'S SOCIETY was founded in 1960 under the guidance of Rev. Basil Shumay with two main goals in mind: 1) to assist in the development of the spiritual life of the men of the parish; and 2) to encourage the men to participate more intimately in the life of the Church.

For more than fifty-nine years, the Society has developed into a viable, active, and well-respected organization in the community of Thunder Bay. Despite the fact that the total number contained in the roster has fallen below fifty, it continues to reflect the pride and dedication of its members who actively participate on various committees to enhance the parish and their club. Its motto -- "Love and Service to God -- is the focal point of all activities.



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HEALTHY LIVING Top Ten Ways to Protect Yourself from the Sun



AS WE HEAD into the summer season most of us will be taking advantage of the warmer weather by spending more time outdoors. While it may be good for the soul to soak up some sun after a long winter, it can mean trouble for your skin. More than 90% of skin cancer is caused by sun exposure, and the American Cancer Society estimates that more than one million new cases of skin cancer will be diagnosed this year. "The most important lesson is in prevention," says Dr. Alexander Doctoroff, President of The Dermatological Society of New Jersey, "and early detection can prevent skin cancer from becoming life-threatening."

1. Use sunscreen with a Sun Protection Factor (SPF) of at least 15. Make sure it is water-resistant and reapply every two hours, especially after swimming or sweating.
2. Apply sunscreen 30 minutes before going outside so your skin has time to absorb it.
3. Be generous in application of sunscreen. An ounce of sunscreen should cover the face, neck, arms and legs of the average adult.
4. Wear protective clothing, like hats, sunglasses, long-sleeved shirts and pants.
5. Seek shade when possible, especially during the hours of 10:00 a.m. to 4:00 p.m. when the sun's rays are strongest.
6. Avoid tanning beds as ultraviolet light can cause skin cancer and wrinkling. Use a self-tanning product but use sunscreen with it.
7. Protect children by reapplying sunscreen often with an SPF of at least 15, having them play in the shade and wear protective clothing.
8. Babies under the age of six (6) months should never be in direct sunlight and should always wear a hat and clothing that protects them from UV rays.
9. Adults should perform regular self-exams. It is an easy way to detect abnormalities. Look for unusual blemishes or lesions and if spotted, visit your health care professional.
10. Talk to your dermatologist and have a complete body scan once a year.

~ from an article by Gwynn Cassidy

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Thank you very much! Щиро дякую!

Mille grazie! Muito obrigado!

Sunday, June 23: Parish Picnic & Volunteer Appreciation Day

YES INDEED! You read it correctly. This year, we are "rebranding" our annual Parish Picnic to include volunteer appreciation of the many individuals who keep our parish and society vibrant and alive.

What does this mean? Well, first of all, there will still be the traditional picnic foods — hamburgers, hotdogs, sausages, salad, ice cream, and watermelon, and plenty of liquid refreshments to go around. Inside/outside activities for the youngsters will be planned, and of course, a session of bingo for the seniors will take place in the parish hall afterwards — plus there just might be a few surprises as well.

Around 1:30 p.m., there will be a short ceremony as we show our gratitude to the many volunteers and for all that they have done over the past year.

We hope to have good weather so that everything can take place outdoors, as unfortunately last year, the threat of rain kept us inside. That means you will need to get your hat (and jacket), sunglasses and sunscreen, favourite "lawn" chair, enthusiasm, and your appetite ready for **Sunday, June 23** (that's a few weeks later than customary) beginning around **12 noon** for Holy Cross' Annual Parish Picnic and Volunteer Appreciation Day. Everyone is invited!

Answers to **Who am I** member quiz from page 2: (1) Brett Barry DeJardine; (2) Jim Petunka (his sister is singer Myrna Lorie; (3) Glena; (4) Walter Wowk; (5) Gordon Ibey; (6) Dr. Patrick Opaski; (7) Mars Brescacin; and (8) Peter Swerdlyk.

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P.arting S.entiments

by Michael Watral, Bulletin Editor

DESPITE THE FACT that, from its inception in 1960, St. George's Society has had a very strong membership, it would be incorrect to admit or assume that each and every member of our club felt a deep sense of belonging or connection within our ranks. We have witnessed this a bit in the past, but more so in recent times, by the number (or lack thereof) of committed volunteers for activities and events, both society and parish, which raises "a red flag" whenever the subject of longevity and survival of our institutions comes up.

I came across an article from churchtimes.co.uk by Rt. Rev. David Walker, Anglican Bishop of Manchester, England, that suggests there are four different dimensions of belonging: **activities, events, people, and places**. The central idea is that all four are present in each of us, but, for most individuals, a particular one is dominant. He himself professes to belong through activities — things that he (and others like him) commit to do regularly, such as attending church services and being on a committee (volunteering his time). Such people, he says, are "the backbone of any organization". He warns, however, that the backbone is not the whole body — especially if it is the body of Christ. Walker goes on to suspect that churches are mostly run by the activity set, and that church leaders and councils tend to assume that good mission (calling people into a deeper relationship with God through Christ) is about more and better activities. This strategy, he feels, only makes sense if the purpose of mission is restricted to church attendance and finance — which he says "writes many of our brothers and sisters out of the script."

Bishop Walker goes on to state that it is possible to reach all four types of belonging by combining them, much like cross-curricular activities in our current education systems. "Sitting, standing, or walking side-by-side as co-workers in the various engagements," he says, "people tend to share in the responsibilities and deepen each other's faith despite the fact that they may belong in different ways."

Here, then, are some ways that all of us can help nurture a sense of belonging:

- Call a fellow member (parishioner) to ask how he is doing and let him tell you what he is doing (don't just talk about yourself and your activities). In the course of the conversation, offer an invitation to join you and others, or vice-versa;
- Volunteer your services for a committee or attend a regular event in which you may have an interest but have been hesitant to do so because you were unsure;
- Contribute items to the bulletin/newsletter that you feel would benefit the organization;
- Share your expertise with others and be a mentor to a younger/new member;
- Plan/suggest an activity that you feel the membership might be interested in and support.

Our basic human need and motivation for feeling like we belong can be nurtured and supported by our actions. It will take some effort, but it will increase our sense of connection and acceptance as we look toward celebrating our 60th year of love and service to God in 2020. *MW* ■

IMPORTANT DATES TO REMEMBER



SUNDAY, MAY 26

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

TUESDAY, JUNE 4

9:00 a.m. Golden Agers Pyrohy Making (parish hall)
Extra help is also appreciated

TUESDAY, JUNE 11

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

THURSDAY, JUNE 13

1:00 p.m. Golden Agers Annual Wind-up

SUNDAY, JUNE 16

Father's Day



THURSDAY, JUNE 20

6:00 p.m. Dinner Meeting at the Columbus Centre

SUNDAY, JUNE 23

12 noon Parish Picnic and Volunteer Appreciation

TUESDAY, JUNE 25 (tentative)

10:30 a.m. Cabbage roll making

FRIDAY, JUNE 28

12 noon Bingo at Superior Shores GC

MONDAY, JULY 1

Happy Canada Day



FRIDAY, JULY 19

Deadline for submissions for the summer issue of
The Plentiful Harvester

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.

 *Jess Corbett*
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