

ST. GEORGE'S SOCIETY BIMONTHLY NEWS BULLETIN

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

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

The Plentiful Harvester

January/February 2020
Volume 17, Number 1

ST. GEORGE'S SOCIETY

60

**YEARS OF LOVE
AND SERVICE TO GOD**



1960 ~ 2020

SPECIAL COLLECTOR'S EDITION—16 PAGES

Beneficence Beyond Our Club and Parish

WHEN IT COMES DOWN TO IT, our society motto, “*Love and Service to God,*” also means love and service to others for this is what our Lord taught us, His new commandment, that “you love one another just as I have loved you.” (John 13: 34)

And this love, this charity, can come in many different, yet simple forms such as the gift of listening, offering to help someone in need, saying ‘please and thank you’, sending a card to someone, and, as Christians, practicing the art of forgiveness — just to name a few (there are plenty more).

Of course, our club and parish are both well aware of how financial support goes a long way, especially in this day and age. In fact, there is evidence to support that spending money on others can satisfy basic psychological needs and boost happiness. And it even occurs in young children. How many times have we witnessed our own progeny get so excited when it comes time to toss a coin or two into the collection plate during Liturgy? Probably a lot more than we can count. And in the long run, it makes us feel good, too — that we are teaching our children and grandchildren good habits and selfless practices.



Let us also realize that, despite what some may consider as flaunting or competitive, the Lord taught us that “it is much better to give than receive” and that there should never *ever* be any envy, resentment, judging, or comparisons made.

It is in this spirit that we tip our hat to fellow member **Barry DeJardine**, Coordinator of “Cruise Nights”, pictured above (left) with **Ann Marie Polowski** (above right) from the DaVinci Centre, as they presented a cheque of \$2,075.⁷⁵ this past September 3, 2019, with funds raised from these events, to **Glenn Craig**, President & CEO of Thunder Bay Regional Health Sciences Foundation.

We were also pleased to learn of another important donation this past November 12 by fellow member Michael (Mike) Petryna and his wife Elsie, in memory of his brother, Peter, who passed away on February 19, 2018. They are proud to be able to help future renal and cardiac patients with this donation and join them in their support for this worthwhile cause.



Pictured above from left to right: **Terri Hrkac**, Senior Director, Major and Legacy Giving, Thunder Bay Regional Health Sciences Foundation; **Elsie and Michael Petryna**, and **Glenn Craig**, Thunder Bay Regional Health Sciences Foundation President and CEO.

2020 Pyrohy Making Dates

ST. GEORGE'S (PARISH) SESSIONS

Monday, March 30

Monday, November 16

(Preparations on Saturday & Sunday before)

Please note: New price for 2020: **\$6.⁵⁰ per dozen**. Orders can be placed anytime by calling or texting Walter Warywoda at 475-3757, or you can send him an e-mail at warywodaw@gmail.com. Cooked orders will be packaged in one (1) dozen trays. Frozen orders will be packaged in bags and ready the following Thursday (Apr. 2 & Nov. 19).

Please note: Holy Cross Golden Agers have not yet decided their dates for the coming year. When confirmed, they will be announced in early Spring.

Thank you for your support and understanding!

CHURCH SIGNS



From Our President

HAPPY NEW YEAR TO EVERYONE! I hope the holidays were good to you and yours. As well, welcome to a new decade and the year of our society's 60th anniversary. And although it's been an extremely snowy start to it, I know as 'northerners', we can tough it out and, pardon the pun, "plow through."

Now, before I continue, I would like to take the opportunity to recognize and congratulate our fellow member **Mario (Mars) Brescacin** who celebrated his 100th birthday this past November 28. He is now the third individual in our group to reach that milestone in his life, and we certainly wish him many more years of good health and happiness.

January is typically the slowest time of the year, and so, there isn't very much I have to say. Our first meeting of 2020 coincides with the Super Bowl on **Sunday, February 2 @ 4:30 p.m.** when we will celebrate with another 'super' supper and social — and hopefully, there won't be another major snowstorm. After that, we will be getting ready for pyrohy making on **March 28, 29, and 30**, and in between take care of our scheduled bingo sessions and hold our customary monthly meetings — the latter which Michael will post the dates for us.

That's about all for now. Hope to see many of you at the meeting. Keep warm — and hopefully, Spring will come early!



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



Your Executive Cares and Listens

IT IS GENERALLY UNDERSTOOD that the purpose of an Executive Board is to review (any) major issues that a club faces and make preliminary decisions for discussion and voting (if applicable) at the next general meeting.

Officers include the chair (or president), vice-chair (or vice-president), secretary and treasurer, and in the case of St. George's, the reverend pastor. Our Constitution and By-laws permit three director positions as well that function as members-at-large and if need be, auditors.

There are distinct advantages for the president in having an executive committee. He can rely on executive members to handle routine matters, assess those that are not ready for formal full membership deliberations and those that may be highly confidential. The organization, therefore, must be shown that the executive is sensitive to making its members feel welcome and included, which is why decisions are not all made on a board-level basis, but brought to the attention of the membership for discussion and approval. This also deters the possibility of the executive becoming too powerful and elitist, creating a distinct disadvantage to the rest of the club and raising a 'red flag' regarding its role, responsibilities and duties in relation to the needs of the organization.

St. George's Society members can rest assured that their Executive board cares and listens to every issue, concern, and need brought forth as it has done for the past sixty years as well as in the future as we steadfastly continue our "Love and Service to God."

Words of Wisdom and Purpose

*Your life is not your own: it belongs to God.
To "be yourself" is to be and do
what God wants you to be and do,
knowing God created you for a mission,
and knows you and your mission
better than you do.*



~ Leonard Sweet ~



A CHALLENGE FOR US ALL: 20 NEW MEMBERS IN 2020

WHAT MAY SEEM a very daunting task, and for some, perhaps impossible to accomplish or even impractical to carry out at this point in the life of St. George's Society, a membership drive is badly needed. There's no doubt that members are the lifeblood of our organization — they help to fulfill our mission, not to mention, contribute to our revenue through membership dues. Members, that's all of us, help propel our society forward, and increasing our membership has been something we have been struggling with since the turn of this century. It's no secret that when the Deceased Members List is read at our annual dinner meeting that many of us are taken aback at the number of names that are mentioned — 81 to be exact — and we know that it will only increase. If we want St. George's Society to thrive and survive, then all of us, not just the Membership Committee Chair and committee members, must do our part, especially in the recruitment of Millennials — those men born in 1982 and beyond who are currently in their 20s and 30s — for this was the case when St. George's Society was inaugurated in 1960, and history does and can repeat itself. And despite the fact that there may not be twenty potential "new" members among our parishioners, we cannot forget those who had left our club (all reasons aside) and may consider returning to the fold. So, let this be our goal for our 60th year. Let's not assume that our presence at Holy Cross is enticing enough to get individuals to join, but rather, invite them to a meeting or an event where they can witness the comradery and cooperative efforts in our continued "Love and Service to God."

FOUR SIMPLE NEW YEAR'S RESOLUTIONS

God's Best Plan and Purpose for Us

by Jim Dennison of *The Christian Post*

ACCORDING TO A RECENT SURVEY, the most popular New Year's Resolutions are:

- "Enjoy life to the fullest"
- "Live a healthier lifestyle"
- "Lose weight"
- "Save more, spend less"
- "Spend more time with family and friends"
- "Pay down debt."

How many of them focus on us? How many on others? How many on God? Let's face it, we are a fallen people. The only person who has ever lived perfectly by God's life resolutions is the One who taught them to us — our Saviour, Lord Jesus. So, what can we do? Four simple steps are vital.

Resolve to put God and neighbour first in all you do

To love God with all your heart, soul, mind and strength is to put Him first in every area of your life. Ask before every word or action, will this honour Jesus? Will it help my neighbour? Make this your New Year's resolution, your lifestyle commitment.

Begin the day in God's word

You need God's word to fulfill God's will. God will speak to you through His word, if you will listen. Set aside time at the beginning of every day to meet Him in His word. As you read, ask the Spirit who inspired Scripture to speak from it to you. Define your challenges or questions for the day and ask God to answer them from His word. Make time for God's word, and God's word will change your life.

Walk through the day in His presence

When you face challenges, pray about them. When you have decisions to make, pray about them. When God blesses you, thank Him. Then make specific times through the day to be with Him. The psalmist prayed "evening and morning and at noon" (Psalm 55:17). We should do the same.

End the day with Him

Take a moment to look back over your day. Thank God for all that was good. Ask His forgiveness for any sins you recognize. Commit yourself to Him for the evening and the day to come. Begin and end the day with your Father, and He will bless all you surrender to Him.

Usher Schedule for February and March

THE 2020 USHER SCHEDULE is now posted on the narthex bulletin board, and there are 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. Remember: there is no substitute for the ministry of an usher. Let us continue this important task for our parish.

FEBRUARY

Saturday Morris Tarnawsky
5:00 p.m.

Sunday Maurice Zakrewski
10:00 a.m.

MARCH

Saturday Barry DeJardine
5:00 p.m.

Sunday Eugene Zdebiak
10:00 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.

Thank you for your continued service and cooperation. ☺

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Conclusion

It's often said that today is the first day of the rest of your life. That's obviously true. But this day could be formative for the rest of our lives, if we choose today to live by God's New Year resolutions. If we choose to put God and neighbour first in all we do, we could be catalysts for a spiritual awakening in our lives and through the lives we touch, where we live and around the world.

Where do all the bees go in the winter?

THE ANSWER DEPENDS on which bee we look at. There are more than 800 species of bees in Canada. The honeybee is the most economically important one for us and they spend the winter in their hives where the queen and the workers huddle together to maintain warmth. Bumblebees are also social bees, but their colonies die out in the fall and only mated females, the next year's queens, survive the winter and start a new nest in the spring all alone. They overwinter in insulated places such as rotting logs, compost piles, ash piles from wood stoves, or even the soil. Most ground-nesting bees will overwinter below the frost line in the soil, and therefore do not face freezing temperatures. Other bees, such as carpenter bees and leafcutter bees, nest in holes in wood or in pithy stems and spend the winter inside their nests. These offer protection from extreme cold temperatures. Before winter comes, the bees flood their bodies with special anti-freeze chemicals that stop them from freezing solid.



Christ is born! Let us glorify Him!

FIRST OF ALL, may I wish all members and their families a very "Happy New Year!"

By the time most of you read this, January will soon be coming to a close, and for us Eastern Catholics, the Christmas season as well. For Catholics, February 2 is the Feast of the Presentation (Encounter) of the Lord into the Temple when candles are blessed and then used by the faithful throughout the rest of the year as a symbol of Jesus Christ, the Light of the World. (see John 8:12). This year, the Pre-Lenten Sundays occur in February to help us prepare for the beginning of Great Lent.

February is also known for another important event — St. Valentine's Day — and is celebrated widely in both sacred and secular fashion. Our thoughts focus on love and the heart, and this is what I would like to speak to you about on this occasion. You may recall a passage that I used from the book *Keeping God in the Small Stuff* a few issues ago, and there is another one that is very apropos at this time. Entitled *Time for a Heart Exam*, it demonstrates how hardness of the heart is more deadly than hardening of the arteries. Please read on...

"The devil made me do it." That isn't just a line made famous by the late American comedian Flip Wilson. It is also a popular excuse that many people use when they are confronted with their own sinful conduct. It makes for a good punch line, but it is a lousy excuse.

The devil doesn't make you do anything. Your heart does. (We aren't talking about the blood-pumping muscle in your chest; we're referring to your inner spirit.) The heart of every person is inclined toward sin from the moment of birth. It doesn't get any better on its own. A heart transplant is required if you are going to enjoy real life. Your sinful heart must be replaced with a heart filled with God's love.

Dear brothers in Christ, in less than one month we will begin our journey through Great Lent — a time of prayer, meditation, self-reflection, and dedication to God, and not something for us to dread or resent that the Church is asking us to do. I encourage you, during the Pre-Lenten and Lenten seasons to welcome God's love and hold it in your heart. Bruce and Stan, authors of the aforementioned book ended the portion above with a quote from the prophet Jeremiah: "*The human heart is most deceitful and desperately wicked. Who really knows how bad it is?*" The answer to that question is God. So, let your heart be honest, open and attentive to the Divine Indwelling, and let us all strive for a deeper and gentler relationship with our Lord.

Father Stepan Didur

Cause for Celebration: Another Centenarian in Our Midst

FOR THE THIRD TIME within the last ten years, we have witnessed one of our members reach the milestone age of 100! First it was †Peter Nabozniak on August 10, 2011; then †Edward Fedori on February 18, 2018, and now this past November 28, 2019, it was **Mario (Mars) Brescacin!** Pictured at the right in his celebratory t-shirt, Mars was all smiles for the camera. The celebration took place at Southbridge Pinewood Court care home, Walsh Street, where he currently resides. There were many in attendance which included family, friends, parishioners and members of St. George's Society.



Pictured below far left is Mars with his children Janet Bushby, Ken Brescacin, and Susan Dygun (eldest daughter Lois was unable to attend); joining them in the next picture is Mars' son-in-law Pat Bushby, son-in-law Taras Dygun, grandsons, Colin Brescacin and Nicholas Dygun, and Sara Dygun. In the third shot, we see Mary Ann Lysak (Mars' niece through marriage), Ann (G) Opaski and charter member Peter Swerdlyk.

The last picture was taken over Christmas when Mars' great-grandson Brooks came to visit with his parents Michael and Julia Bushby from Oakville. *Auguri Mario and many happy years!*



FROM THE BINGO BOOKS

GOOD NEWS AS WE START THE NEW YEAR! The pooling cheques for November and December 2019 totalled \$2,179.⁰⁰, which averages out to just shy of \$1,090 per 4-hour session. And if you go even further, that's about \$272 earned each hour — simply amazing!

But wait...there's more good news! Three more individuals from our parish have recently attended the bingo training and will soon be ready to volunteer at future sessions provided they have read and understood the Accessibility for Ontarians Disability Act (AODA) which is an important requirement for all volunteers (we have copies available).

Here are the sessions that we have been given for the first quarter:



Thursday, January 30 - matinée

Friday, February 21 - evening

Wednesday, March 18 - matinée

If he has not already done so, Gerry Bullock, our volunteer coordinator, will be approaching three individuals to consider serving at each of the above sessions. You are asked to comply so that the responsibilities can be shared — please and thank you.

On January 21, a gaming association meeting was held in our parish hall that was well attended. A special video outlining the various ways charitable gaming impacts our lives was featured and those present were visibly impressed. We hope to show a portion of it at our next monthly meeting.

Finally, as mentioned in the last report, funds continue to be used to cover church maintenance and upkeep as well as eparchy insurance costs, and more than likely, snow removal — have you seen the huge piles in the parking lot — which is always a concern at this time of year.

Many thanks from your Bingo Committee

Membership Matters



HAPPY NEW YEAR! Here are a few reminders and requests for our regular members.

- 1) If you have not yet paid your yearly dues (\$25), please do so to our Treasurer, Walter Warywoda, as soon as possible (cash or cheque acceptable).
- 2) A new roster is being printed and will be available at our next meeting, but it's never too late to submit new information. If your personal contact information (home address, phone number, email address, etc.) has changed, please inform Michael Watral at your earliest convenience, so that our records can remain up-to-date.
- 3) We would still like to see more members taking an active part in visiting those who are ill, shut-in, in the hospital, or dealing with a personal crisis. The power of a visit, phone call, showing concern, and just 'being there' is priceless. Remember to inform Father Stepan in case of emergency.
- 4) Many thanks to those members who stay to help with clean-up after funeral luncheons in the hall and the kitchen. Extra hands are always needed and welcomed as it will make the time go much faster — and the ladies do appreciate our participation, especially at the dishwasher.
- 5) Finally, as always, please continue to be ambassadors for St. George's Society. Brochures are available on the cabinet in the narthex with which you can approach male parishioners who are not current members and tell them about our club. Remember: age doesn't matter — fellowship and camaraderie know no bounds — and that we are here to 'love and serve God', our parish, and our fellow man together.

Trivial Tidbits

from *The Looneyspoons Collection*
by Janet and Greta Podleski

DID YOU KNOW that Americans eat more on Super Bowl Sunday than on any other day of the year except Thanksgiving? After 3,000 calories, your tight end might look more like a fullback!

Please do not overfeed the animals! A recent survey found that as people get fatter, so do their pets. In fact, a full 25 percent of dogs and cats in North America and Europe are now overweight. Mee-wow, that's "ruff!"

Yikes! A can opener, manual or electric, is considered to be the worst food contaminant of the kitchen, so it should be wiped down after every use. And you thought it was those who drink straight from the milk carton!

The tiny poppy seed comes from the same plant that produces opium. In fact, if you go nuts eating poppy seeds, you just might fail a drug test! The botanical name for the poppy flower means "sleep bearing," which is why it's long been used as a folk remedy for aiding sleep — remember *The Wizard of Oz*? The good news is that poppy seeds are a source of calcium and magnesium, so they can help prevent high blood pressure and osteoporosis. Bring on the 'makivnyk' — mmmmm!

Who'da thunk? Some people actually polish their leather shoes with banana peels! Apparently, the slippery skin shines and conditions shoes quite nicely. But what if shoes were really made from banana peels? Would we call them slippers? Maybe someone should use banana peels to create a nifty briefcase for attorneys. It could be used exclusively by lawyers who want to *appeal* their cases!

Placing a raw potato in your shoes at night will keep the leather soft and the shoes smelling fresh and clean. If you have stinky feet, this spud's for you!

In 1969, during the Apollo 11 mission, Neil Armstrong and Buzz Aldrin sat down to their first meal on the moon. The main course was roast turkey. But what they really craved was a Milky Way or Mars bar!

Did you know that if you take the word "kitchen" and rearrange the letters, you get the word "thicken", and that's fitting because it's in the kitchen were soups and sauces and stews and gravies are thickened, but it's also where relationships are thickened. Family gatherings, holidays, celebrations, conversations, togetherness — a lot of them revolve around the kitchen. Just make sure it isn't the place where your waistline thickens!

In Blessed Repose

“...For when the trumpet sounds, the dead will be raised, never to die again, and we shall all be changed. For what is mortal must be changed into what is immortal; what will die must be changed into what cannot die.”

1 Corinthians 15: 52-53

WE EXTEND our sincerest condolences to fellow member Harry Chicorli and his wife Anne and family on the passing of Anne's brother †**Frank Shchepanik** on Wednesday, December 11, 2019. Many knew Frank who was a self-employed accountant for most of his life, serving many small businesses in the Thunder Bay area; and also to fellow member Murray Salomon and family on the passing of his mother †**Elsie** on Wednesday, December 18, 2019. Elsie will be remembered for her strong Ukrainian Catholic faith and a long-time kind, active and dedicated member of our parish. Both of them will be sorely missed.

May the Lord accept the souls of His ever-to-be-remembered servants †Frank, and †Elsie into His heavenly kingdom, grant them eternal rest, number them among the just, and may their memory be everlasting.

Вічна їм пам'ять.



Cathi McIlwain

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Thank you very much! Щиро дякую!

Mille grazie! Muito obrigado!


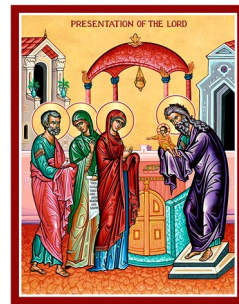
Prayer at the Blessing of Candles on the Feast of the Encounter of Our Lord ~ February 2



LORD, JESUS CHRIST, the true light that enlightens everyone coming into the world: pour forth Your blessing on these candles and sanctify them with the light of your grace. As these candles, kindled with visible fire, dispel the darkness of night, grant that our hearts, enlightened by the invisible fire — that is, by the radiance of the Holy Spirit — might avoid all sinful blindness. With the eye of our soul cleansed from sin, enable us to see all that is pleasing to You and all that is necessary for salvation; so that, having overcome the dark trials of the world, we might be made worthy to attain the light that never fades.

For You are our Saviour and to You we render glory, with Your Father Who is without beginning, and Your all-holy, good and life-giving Spirit, now and forever and ever. Amen.

*Now, O Master, You have kept Your promise;
let Your servant go in peace. With my own eyes
I have seen the salvation which You have prepared
in the sight of every people; a light to reveal You
to the Gentiles, and the glory of Your people, Israel!*



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The Plentiful Harvester



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Deadline for submissions for the next issue:

FRIDAY, MARCH 13, 2020

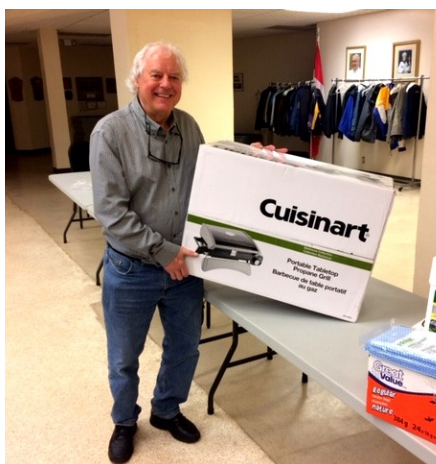


60 years of Love and Service to God

FIVE YEARS AGO, we presented you with a collage of pictures on the occasion of our society's 55th anniversary. Here are more of the same, from our humble beginnings and early years, through the good times and the trying ones, until the present time, we can see just how our members continued to love and serve God in our parish and community. Once again, enjoy this mini scrapbook down 'Memory Lane!'



More Memories from Our Storied Past: 1960 - 2020



Breathe easier — without coughing

COLD, DRY WINTER AIR can make it difficult to catch your breath, especially if you're dealing with lung troubles due to asthma, chronic bronchitis, bad allergies or emphysema. Luckily, experts say these study-backed strategies will help keep your lungs in tiptop shape, so you can breathe deeply and easily without hacking.

✓ Soothe spasms with ginger

When an icy wind hits your face, the muscles surrounding your bronchial tubes tighten. Researchers say you can relax the muscles lining your airways — cutting your risk of winter breathing struggles in half — by adding 1 tsp. of fresh ginger, 1/2 tsp. of the dried spice or 14 oz. of ginger tea to your daily diet. Thanks goes to the natural relaxants called *gingerols*.

✓ End inflammation with EVOO

Add 2 Tbsp. of extra-virgin olive oil (EVOO) to your daily diet, and your risk of wheezing and breathing struggles could drop by 30%. EVOO brims with nutrients that reduce lung inflammation.

✓ Heal airways with a glass of red wine

Cheers! A review of 20 studies suggests drinking 4 oz. to 6 oz. of red wine daily can boost lung function — and energy and stamina — by 29%. Red wine is packed with compounds (*polyphenols*) that heal and strengthen lung tissue.

✓ Calm coughing with this extract

Taking 150 mg of ivy leaf extract daily tamps down lung inflammation, relaxes and opens airways and eases chronic wheezing and coughing, often in as little as one week.

Friends boost lung power!

People who maintained up to eight "social roles" — such as friend, volunteer, and church member — had 60% less loss of lung function. Researchers say that's because social networks encourage healthy activity.

Ice Fishing Fundamentals: The Cold Truth

THE IDEA OF CUTTING A HOLE IN THE ICE to drop a tiny bait on the nose of a fish may seem like finding the proverbial needle in the haystack. and Mother Nature may not be at her most hospitable, but with a little thought, planning, checking out the cold weather apparel options, finding and catching fish through the ice can be surprisingly easy — and fun. And if you're still wondering why ice fishing continues to gain popularity, well, once you taste a meal of freshly caught pickerel or perch caught through the ice, any lingering doubts will disappear in a rush of mouth-watering delight. But make no mistake, as stated earlier, it requires thought, planning, and preparation not only for success and comfort but for personal safety as well. Every year, many ice anglers face embarrassing and sometimes painful consequences from bad judgment and venturing out with ill-advised clothing and equipment.

FRIENDLY WATERS

Small, familiar waters are the best place to begin. The odds are the fish are still in that area and they commonly congregate in bays, harbours, backwaters and channels off of larger rivers, lakes and lake systems. You may find many anglers gathered at such spots. Be courteous and respectful and don't crowd others who are there, but don't be intimidated. You can learn a lot by watching and studying the area and asking questions.

ICE FISHING ESSENTIALS

The list of equipment used in ice fishing is essential. Be prepared with the following:

- Appropriate ice rods and reels
- Augers and accessories
- Seats/buckets
- Rod holders
- Pliers and forceps
- Sled or other conveyance
- Live bait
- Jigs and artificial lures
- Optional equipment such as portable depth sounders, colour flasher units, underwater cameras, and tip-ups.



PRESENTATION

Gearing up is half the battle. Now it's time to fish!

Most ice fishing calls for either subtle movement of your bait or periods of active bait movement to attract fish in the area followed by a pause of varying length. Vary your rod movement and your bait's position in the water often until you dial in what the fish prefer that day. Make sure you have several lure and bait options at your disposal. Change lures and baits occasionally and lure colours, too. It's good to have a mix of chrome and gold spoons and jigs and a variety of other colours as well — particularly chartreuse, orange, yellow, black and white.

So, join the ice fishing brigade this winter season. You'll love the fresh air, fresh fillets and fishing action!

Source: www.shakespeare-fishing.com

It's A Leap Year: So, Why the Extra Day?

IT WAS THE ANCIENT EGYPTIANS who first figured out that the solar year and the calendar year didn't always match up. That's because it actually takes the Earth a little longer than a year to travel around the Sun — 365 days, 5 hours, 48 minutes, and 46 seconds, to be exact. Therefore, as hours accumulated over the centuries, an extra day was occasionally added to the calendar, and over time the practice became more or less official. The Romans first designated February 29 as leap day, but a more precise formula (still in use today) was adopted in the 16th century when the Gregorian calendar fine-tuned the calculations to include a leap day in years only divisible by four - 2012, 2016, 2020, 2024, etc. Thankfully, all this intricate plotting will continue to keep us in tune with the seasons over the next several thousand years.

THE SPOTLIGHT

THERE ARE ONLY A FEW GENTLEMEN within our society who, as **JOHN LUPTAK** did, joined our ranks later on in life, embraced the many opportunities and challenges of belonging to our club. Despite being a member for just under 28 years, he has always felt privileged and honoured to be one, and, as he himself says, “I wanted to be involved.” Quite an admission for a man who, with his wife Olesia, raised six children, have seven grandchildren, 3 great-grandchildren (and one on the way) during their 67 (that’s correct!) years of marriage that they will celebrate this coming February 14. A past recipient of the Annual Merit Award (2000) and an Ontario Volunteer Service Award in 2015, John hopes to continue serving the club and parish for many more years. I sat down with him earlier this week to chat about St. George’s and a bit of his personal life. Here’s how our meeting went...



MW: Good afternoon, John, and thanks for agreeing to meet with me. So, as the famous song goes, “*Let’s start at the very beginning, a very good place to start...*”, shall we?

JL: All right. I was born in Fort William on February 18, 1930. My parents, Peter and Margaret came from Slovakia, and I also have a sister, Mary, who passed away some time ago. I went to St. Peter’s School in the East End and after to Fort William Vocational (*which eventually became Selkirk High School and now St. Patrick’s*) up to grade 10 and then I started working. I guess my first job would have been at Bole’s Feeds.

MW: And a “little bird told me” that you were also a delivery boy in your earlier years, but when I first came to know you, you were a custodian. Where was that?

JL: Right — I was custodian for the Catholic School Board at St. Elizabeth’s School just before I retired in the early 90s.

MW: Okay, and according to my other records, that was about the time you joined St. George’s Society. What prompted you to do that?

JL: Well, my late mother-in-law, Bernice Prodanyk, who was living at the Holy Cross Villa, convinced me to do so. My wife and I used to visit her there, and one summer, when the guys were playing horseshoes (*there used to be a pit on the west side of the church property*), she encouraged me to join them. Eddie Fedori was there along with his brother Ron and others, and it was Eddie who, shortly thereafter, gave me a membership card to sign — I believe it was at the parish dinner in September. He sponsored me, Father T. signed it, and the next thing I knew I was a member.

MW: And your first impressions?

JL: I went to a meeting — this was the time when there were only chairs set up in rows — and I was in awe at the number of men present. (*Editor’s note: our membership had just recently reached 100.*) The next thing I knew, I was asked to help at the weekly CLE bingo. I remember John Iwasenko Sr. being very impressed at the speed I sold the books.

MW: It sounds like it was a bit overwhelming for you. How did you feel?

JL: Quite honestly, I was tickled pink that they took me in and very humble that I was even considered. Everyone was kind to me, and that hasn’t changed. There’s that spirit of “helping each other” that makes it worthwhile.

MW: So, you were glad you joined?

JL: Yes, and back then, if there was anything happening at the church, I wanted to be involved. I had the time, since I was retired from my regular job, and helped out where I could.

MW: And I’m sure we can all admit that if it wasn’t for the members of St. Anne’s and St. George’s Societies, many activities and projects would not have been accomplished. Any specific moment(s) that you can recall?

JL: I remember the first time I went to the help at the ladies’ Christmas Tea. Ann (G) Opaski directed me to Molly Gallucci who then had me replenish the cups and saucers. But my greatest joy, if you can believe it, was waking up at 5 a.m. to be at the church for 6 a.m. to help with delivering the pyrohy with Molly to Safeway. This was the time we were raising money to pay for the Expansion and boy, were we busy! I even went with Molly to pick up supplies and help with boiling. And because of all our hard work, we were able to pay off the loan in 2½ years — that’s pretty impressive.

MW: For sure. John, I checked some of the Standing Committee Lists during the 90s and see that you were on several committees — Bingo, Corn Roast, Parish Picnic, and Valentine Tea — and you served as a director from 1996-99.

JL: Is that so? Gee, I must have forgotten. But I do recall helping with the Parish Picnic for a few years, doling out the ice cream, at the church and when we had it and at Chippewa for a while. And I was also put in charge of keeping the burgers, hotdogs and sausages warm. And when everything was served, I would go home.

(continued on page 13)

IN THE SPRING OF LAST YEAR, we received notice that the Ontario Volunteer Service Awards program was to be put on hold by the provincial government. Luckily, a few months later, this decision was reversed. The ceremonies subsequently took place in the fall (here at the Victoria Inn) where four of our six nominees were present to accept their pins and certificates.

Nominations for the 2020 VSAs are now in the process of being confirmed and submitted to the Ontario Honours and Awards Secretariat; those members' names will then be announced at our next monthly meeting. Since this is a milestone year for our club, rest assured that our nominees will be worthy recipients for their past and present contributions to St. George's Society, Holy Cross Parish, and the local community at large.

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Feast of the Three Holy Hierarchs

IN JANUARY 30, we celebrate the memory of three great and very outstanding bishops, teachers, preachers and Fathers of the Eastern Church: **St. Basil the Great, St. Gregory the Theologian, and St. John Chrysostom.** Among our people this feast is known as the feast of the "Three Saints." These three hierarchs-bishops were giants of faith, courage, holiness and learning. They handed down to us the pure faith of the Council of Nicea; they expounded the dogmas of the Holy Trinity, Christ's divinity and the Holy Eucharist. Because of their great merits, in her liturgy our Eastern Church calls them equals of the Apostles, instruments of the Holy Spirit, pillars of the Church and universal teachers of the whole world. All three lived in the fourth century — the golden age of the Christian faith. St. Basil and St. Gregory were sons of Cappadocia in Asia Minor, intimate friends of approximately the same age. St. John Chrysostom, an Antiochian, was younger than the other two by twenty years. Apostolic zeal for the holy faith and salvation of souls united them.

Kontakion, Tone 2: You received Your inspired and steadfast preachers, Your chief teachers into the enjoyment of Your good things and into repose. You who alone glorify Your saints, accepted their labours and death more gladly than any holocaust.



JANUARY JEWELS

JANUARY 4 is celebrated around the world as Trivia Day, a day when all Ken Jennings fans and lovers of random facts gather in the streets, get rip-roaringly wasted on super-caffinated espressos, and share their love of useless knowledge. Okay, maybe it isn't that grand and exciting, but hey, it's still a holiday according to the Internet.

Here are some random trivia facts about January.

1. It's named after the Roman god of transitions **Janus**, who ruled over beginning and transitions. He's a bit two-faced...literally. He's often depicted as having two faces — one that looks forward and one that looks to the past.
2. January's birthstone is the beautiful **red garnet**. It is said that garnet represents balance, which is definitely needed after the crazy month of December.
3. The **carnation** is the official flower representing remembrance, innocence, faith and tenderness. Around for more than 2000 years, it has been utilized to lift one's spirits in homeopathic/medicinal circles. Teas, tinctures, and foods have been crafted with carnations as a spice — all to enhance the mood and reduce melancholy.
4. January is the **coldest month**. Although global warming and climate changes may have bumped it out of first place in recent years, if you look at the average temperatures over all the years on record, January is considered the coldest month in the Northern Hemisphere.
5. Leap years exempted, January **always begins** on the same day as the following October. In leap years, January begins on the same day as April and July.
6. The first **Super Bowl** was held in January at the L.A. Coliseum. Jerry Rice holds the record for the most touchdowns in a Super Bowl at eight.
7. Some notable firsts in January over the years:

46 BC The Julian calendar began and was used widespread until 1582

1622 January 1 became the start of the New Year

1778 Captain James Cook 'discovered' Hawaii, naming it 'The Sandwich Islands'

1801 Great Britain, Scotland, and Ireland formed the "United Kingdom"

1848 Gold was discovered at Sutter's Mill, Coloma, California by James W. Marshall

1908 First New Year's ball dropped at Times Square, New York City

1938 Superman first appeared in Action Comics #1

1946 ENIAC, the first US computer was built at the University of Pennsylvania, Philadelphia

1959 Motown Records was formed in Detroit

1966 "Caution: Cigarette smoking may be hazardous to your health" warning appeared on cigarette packages

1970 The Boeing 747 made its first commercial flight between New York City (JFK) and London (Heathrow)

1984 Apple Computers launched the Macintosh, the first personal computer without a programming language

1990 "The Simpsons" premiered on Fox

2004 Opportunity rover (MER-B) landed on Mars

2010 Steve Jobs unveiled Apple's latest product, a tablet PC called the "iPad" in San Francisco

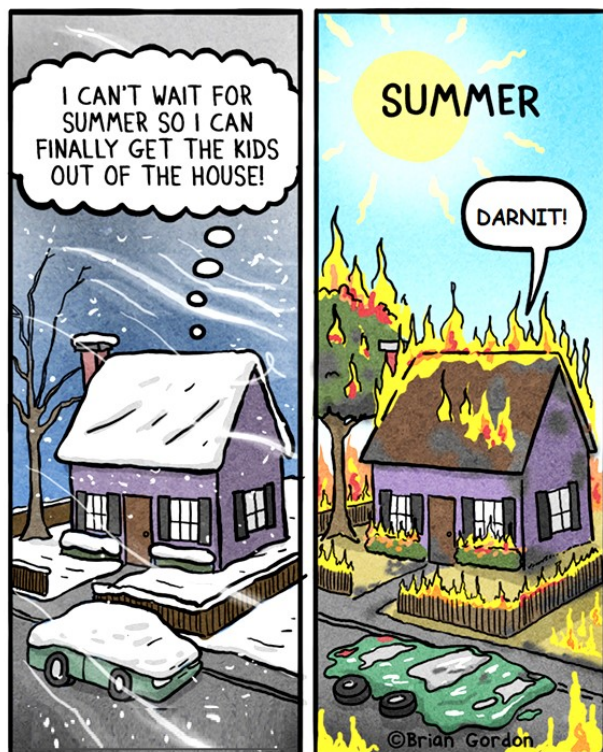
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УСМІХНІТЬСЯ!

МАРУСЯ СКРИКНУЛА, “Ой, я збила дзеркальце, а то, кажуть, означає сім нещасливих років!”

Її брат сказав, “Не вір забобонам! Моя подруга збила люстро, а вже зараз на другий день по тім переїхало її авто на смерть.”

ЛІКАР ЗАПISУВАВ РЕЦЕПТУ одній дамі, але вона невпинно перешкоджувала йому своїм замітками. Знетерпеливлений лікар каже, “Будь ласка, покажіть свій язык!”

Чемна пацієнтка висувала язык, як тільки могла. Коли ж лікар подав їй рецепту, то вона здивована спитала, “Як ви могли виписати мені добру рецепту, коли ви зовсім не дивилися на мій язык?”

На це лікар відповів, “Я не потребував дивитися на ваш язык. Хотів я тільки мати спокій, щоб виписати рецепту.”

ВЧИТЕЛЬ (здивовано): “Скажіть, пані, від кого ця дитина має таку велику спрагу знання?”

Мама: “Знання від мене, спрагу від тата!”

The Spotlight (continued)

MW: And many remember you as being the Usher Coordinator for some time as well.

JL: I did that, too. Oh, and I wanted to say, coming back to bingo, I was proud to help at the two Monster Bingos that we ran for the new hospital, which helped St. George's sponsor a room there.

MW: Yes, I've been by that room many times — somewhere on the 2nd floor — and it does feel good to see St. George's name at the entrance. John, let's briefly talk about your community involvement outside of the club and church. With six children (and many grandchildren), you kept busy.

JL: Yes, I coached little league baseball for about 5 years when two of my boys participated, and my wife and I, though both of us worked, kept a close watch (along with “Baba Bernice”) on the kids. (*Olesia says that John was a good father.*)

MW: And what about your own leisure activities?

JL: Well, I was an active 5-pin bowler and have many trophies to prove it. I once achieved a high score of 905 for three games. I also played softball in my younger days. And many know that I am an avid Montreal Canadiens fan, and I'm hoping that they make the playoffs (he says *dubiously*).

MW: John, you've been a St. George's member for more than 27 years. Any thoughts about the future of the club and the parish?

JL: I like that we, despite our numbers, are still sticking together regardless of the circumstances. We don't do as much these days, and involvement is down, but thank goodness for the “regulars” who always show up — and I will go as long as I can walk. An influx of young members, in particular, our current members' sons and grandsons, would certainly help both our club and parish, so we must keep trying to recruit and encourage them whenever possible. I personally would also like to thank my fellow members for the rides and the support that I have received in order to stay active because, as they say, “if you don't use it, you'll lose it.”

MW: Exactly. John, you are nearing your 90th birthday. As you look back on your life, do you have any regrets?

JL: Oh, not really, I have a beautiful wife, great kids and grandkids, and hopefully one of these days, Montreal will win the Stanley Cup again (before the Leafs do!) before I depart this life.

MW: That would be good, I must say. Many thanks to you and your wife for inviting me into your home and for the warm hospitality (the coffee, the homemade cookies and loaf were excellent!). On behalf of all of us, Happy 90th Birthday!

Shawn Grant, H.B.K., B.H.Sc.P.T.

Registered Physiotherapist, Member AFCE

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CROCKPOT CHICKEN WILD RICE SOUP

INGREDIENTS

1 cup uncooked wild rice
1 pound chicken breasts
2 cups mirepoix (chopped celery, carrots and onions)
6 cups chicken broth
1 tsp. poultry seasoning (do not omit — or use sage and thyme instead)
½ cup butter
¾ cup flour
2 cups whole milk
A few tablespoons white wine (optional)
Up to 2 cups additional milk or water



METHOD

Rinse the wild rice. Place it with the raw chicken, mirepoix, chicken broth, and poultry seasoning in a crockpot. Cover and cook on low for 7-8 hours. The chicken should be cooked through and the rice should be soft. There will be extra liquid in the crockpot — do not drain.

Remove the chicken breasts from the crockpot and allow them to cool slightly. Using two forks, shred the chicken, then return it to the crock pot.

When rice and chicken are done cooking, melt the butter in a saucepan. Add the flour and let the mixture bubble for one minute. Slowly whisk in the whole milk until a thick, creamy mixture forms. Stir in the wine. Add this to the rice and chicken in the crockpot and stir to combine. Add extra water or milk to adjust the consistency as you like it. Season with salt and pepper. Yields: 10 servings @ 274 calories.

Weird But True: *It Actually Happened!*

A CALIFORNIA man purchased a vanity license plate with only the word *NULL* on it, thinking this move would make him immune from tickets, as *NULL* is “the computer programming shorthand for a nonexistent value,” according to *The Drive*. His plan backfired when he was hit with \$12,000 worth of other people’s traffic fines. Turns out a citation processing centre recorded *NULL* for citations with partial or missing license plate info, and all of those tickets went on his account. So much for that idea.

A South African diver was pulled into the mouth of a feeding Bryde’s whale in early 2019. Rainer Schimpf, 51, reported, “It got dark. I felt some pressure on my hip and I instantly knew that a whale had grabbed me.” Fortunately, the filter-feeding whale didn’t swallow Schimpf whole — it proceeded to spit him out of its baleen.

Two women who broke into an amusement park at night are suing for injuries they received there. Each woman sustained several injuries after taking a trip down a park slide. They claim the park was too easy to break into and failed to install proper safety equipment. The lawsuit was dismissed.

Police in Georgia, USA, apprehended a burglar who broke into a video game store wearing a not-so-cunning disguise: the clear plastic wrap from a case of bottled water. Surveillance cameras captured the man running through the store with the transparent wrapper on his head, his face clearly visible. Police released the footage and asked the public to help identify the “craftily disguised gent,” adding, “You can help us catch him, once you stop laughing.”

WHO AM I

A Member Trivia Quiz #2



REMEMBER THE QUIZ FROM LAST MAY? Well, we’re going to do it again (and probably again in future issues). Match the descriptions of each of the following (living) members of our club in **Column I** with their names from **Column II**. Place the correct letters into the blanks provided. Answers on page 14 (for sure this time!).

COLUMN I

COLUMN II

- | | |
|--|-----------------------|
| A. My grandson currently plays hockey for the UMD Athletics | _____ Bill Belbas |
| B. Since 1993, I have operated my own trophy company | _____ Ken Boshcoff |
| C. I enjoy playing violin in the Senior Music Makers | _____ Harry Chicorli |
| D. I was born on the 4 th of July (though I’m <u>not</u> American!) | _____ Phillip Hordy |
| E. I enjoy 10-pin bowling Monday nights at Mario’s Bowl | _____ Dr. Ron Hrychuk |
| F. I was born in Fort Frances, ON and raised in Nestor Falls | _____ Fred Humeniuk |
| G. I come from a family of 17 children | _____ John Iwasenko |
| H. My last name in Ukrainian means “proud” | _____ Morris Kibzey |
| I. As a teenager, I began an office-cleaning company | _____ Dr. Don Lysak |
| J. You usually see me at church on Sunday mornings as an usher and to help with the collection | _____ Eugene Zdebiak |

A VALENTINE’S PRAYER

*I said a Valentine prayer for you
and asked the Lord God above
to fill your heart and bless your soul
With the precious gift of holy love.*

*I asked Him for sincere
and selfless love
The kind that’s meant to stay
just like the clean and generous love
You give to those you touch each day.*

*I prayed for love from family
And from every cherished friend
Then I asked
the Lord Jesus
to give you
His same love
that knows no end.*

Happy Valentine’s Day to all!

IMPORTANT DATES TO REMEMBER

THURSDAY, JANUARY 30

12 noon ~ Bingo at Superior Shores GC

SUNDAY, FEBRUARY 2 - HOLY DAY OF OBLIGATION

Feast of the Presentation of Our Lord into the Temple

4:30 p.m. - Annual 'Super Bowl' Meeting and Social

FRIDAY, FEBRUARY 14

Valentine's Day

SATURDAY, FEBRUARY 15

10:00 a.m. - Bingo Training at Superior Shores GC

MONDAY, FEBRUARY 17

Family Day in Ontario

FRIDAY, FEBRUARY 21

5:45 p.m. - Bingo at Superior Shores GC

SUNDAY, FEBRUARY 23

@ 11:15 a.m. - Annual General Parish Meeting

Lunch will be served afterwards

MONDAY, FEBRUARY 24 - 1ST DAY OF GREAT LENT

Day of Strict Fast and Abstinence - No Meat or Dairy

SUNDAY, MARCH 3

Regular monthly meeting (time to be announced)

SUNDAY, MARCH 8

Daylight Saving Time begins - set your clocks 1 hour ahead at 2:00 a.m. (or earlier)

4:00 p.m. - Bingo Training at Superior Shores

FRIDAY, MARCH 13

Deadline for submissions for the March/April issue

WEEK OF MARCH 16-20

March Break for elementary and secondary students

WEDNESDAY, MARCH 18

12 noon - Bingo at Superior Shores GC

MARCH 24-26 (T-W-Th)

6:30 p.m. - Parish Lenten Mission

WEDNESDAY, MARCH 25 - HOLY DAY OF OBLIGATION

Annunciation of Our Lady, the Mother of God

MARCH 28, 29 & 30 (Sat-Sun-Mon)

Pyrohy Making

Please note: Due to the pyrohy making schedule, there will be no monthly meeting at the end of March this year.

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

STAY WARM AND HEALTHY!

Giggles and Guffaws

AFTER HAVING PLAYED IN A BONSPIEL, Al put his curling gear in his car then returned to the club lounge for the post-games socializing. After a couple of hours, he left the club to make his way home. A few minutes later, in a very agitated state, he rushed back in, went immediately to the public phone and dialed the police. The other curlers within earshot heard the following:

"Yes, I want to report the theft of my curling broom! What kind of broom? Well, it's a blue rink-rat with my initials on it. When did it go missing? Well, sometime within the last two hours. Anything else about it? Well, it was in my car and that's missing too!"

A WIFE TEXTS HER HUSBAND on a cold winter morning: "Windows frozen — won't open."

The husband texts back: "Gently pour some lukewarm water over it and then gently tap the edge with a hammer."

The wife texts back 10 minutes later: Computer really messed up now."

U.S. PRESIDENT DONALD TRUMP awakens one winter morning to discover someone has peed "Impeach Trump" in the snow. He calls the Secret Service to investigate.

When they return, they tell the President that they have bad news and even worse news. The bad news is that it's Vice President Pence's urine. This infuriates the President, who then asks what could be worse than that.

The Secret Service informs him that it's in Melania's handwriting.

BOSS: Congratulations! I'm promoting you to manage our Montreal office!

Young man (disappointed): But sir! There's nothing up there but bar girls and hockey players.

Boss (now insulted): I'll have you know that MY MOTHER is from Montreal!

Young man (thinking fast): No kidding? What hockey team did she play on?

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Who Am I Quiz Answers: A) Fred Humenik; B) Bill Belas; C) Dr. Don Lysak; D) John Iwasenko; E) Eugene Zdebak; F) Dr. Ron Hrychuk; G) Harry Chiorli; H) Phillip Hordy; I) Ken Boshcoff; and J) Morris Kibzey. How did you do?

WHO AM I QUIZ ANSWERS

P.arting S.entiments

by Michael Watral, Bulletin Editor

AS I SIT in front of my desktop computer screen, putting the last touches on this bulletin, I have to say that it's been an interesting week, but here it is, the weekend, and the world hasn't stopped turning, and life, as we know it, goes on. I thank the Lord for getting me through it on a daily basis, as I hope most of you do as well. For me, it's been an eventful month (as some of you have heard), but as we near February, I know it will get even busier for all of us and that we are anticipating becoming more active in the days ahead.

Now, I have to say, while looking through the many parish and St. George's scrapbooks these last number of months for pictures for this newsletter and weekly parish bulletin, I am awestruck at what we as a club and parish have accomplished. Seeing our former members and parishioners, especially my Baba and Dido, and my father Dan, brought back many memories. And as all of us like to do when there's a camera around, the smiles (and sometimes hamming it up for the camera) are plenty, unless, of course, one was surprisingly caught mid-action — still worth a thousand words in my book. And just to let you know, I plan to include many more special moments in each issue of 2020.

As we celebrate our 60th year of existence, we can take pride knowing that St. George's Society has been there for us and, I venture to say, we have been there for it. Many friendships blossomed over the years, and the fellowship and comradery that still exists keep us 'coming back' for more. And you've heard me say many times that Holy Cross is "my second home," and as it should be, for it is part of our extended family, a place where we are loved, and a holy place where we can find healing and forgiveness from our Lord, God and Saviour Jesus Christ. Happy 60th Anniversary to all! **MW**



Looking Ahead

Future Dates and Events

March 24, 25, and 26 ~ Parish Lenten Mission

March 28, 29, and 30 ~ Pyrohy Making

Friday, April 10/Saturday, April 11
Easter Vigil (Guarding the Lord's tomb)

Sunday, April 12 ~ Easter Sunday

Sunday, April 19 ~ Parish Easter Dinner
following St. Thomas Sunday Divine Liturgy

Sunday, April 26 ~ Regular monthly meeting

Sunday, May 10 ~ Mother's Day Breakfast

Monday, May 18 ~ Victoria Day

Thursday, May 21 ~ Ascension Day

Sunday, May 31 ~ Pentecost Sunday
~ Regular monthly meeting

Note: the above dates and times for certain events are **tentative** only. Please consult the weekly parish bulletin and future issues of this newsletter for verification.

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