



*Knights of Columbus*

*Council # 7464*

**Father Markian Shashkevych**

*Charity*

*Unity*

*Fraternity*

*Inc. December 13, 1979*



# *Monthly Newsletter*

**FEBRUARY**

**2021**

**ЛЮТИЙ**

**Hamilton Ontario**

Editor: Dan Kaluzny Phone: 905-385-0050 email: dkaluzny@rogers.com

**Web Site: [www.UKofC7464.com](http://www.UKofC7464.com)**

**as for me  
and my household,  
we will serve  
the LORD**



# Lecturer's Words of Wisdom

## FR. ANTONS' WORDS OF WISDOM:



If you listen carefully to the readings that precede Great Lent you can see a beautiful tapestry being woven reminding you of why it is that our God is so awesome. Beginning with the story Jesus calling to Zacchaeus to dine with him, the story of the Publican and the Pharisee teaching us the true spirit of prayer and humility, then the story of the Prodigal Son, revealing to us the depth of our Father's love and his eagerness to receive us in His embrace, then moving on to the Sunday's of Meat Fare and Cheese Fare that teach us the true spirit of fasting, and the simplicity of attaining the Kingdom of Heaven.

Our life with Christ begins with an invitation. Once that invitation is accepted life will never be the same. Just as Zacchaeus climbed the sycamore tree so he could get a good look at Jesus as He was passing by, you and I often climb to the height of our own despair or trials and look for Jesus, once we choose not to give in to doubt or despair, there He is, where He always was, helping to carry us through, even though we did not recognize Him. This first encounter with Jesus transformed the life of Zacchaeus forever and he recognized immediately that he was a child of God. The first step of any relationship is accepting the INVITATION.

Next we read the story of the Publican and the Pharisee, and if you and I are honest, we can see both of these characters in ourselves. We all at times are pharisaical about how we look at others or even live our own lives – these are the times “we don't practice what we preach”, and we all at one time or another have been humbled to the point where we knew that there was no way we could go on with life without God's help. Jesus reminds us that the sure way to a peaceful existence is to accept ourselves and our own truths; if we do this we are able

**to experience immediately the divine love that envelops us – God’s love which is unconditional. If God can accept us as we are, why is it so difficult for us to accept ourselves?**

**The following Sunday we hear the story of the Prodigal Son, so full of pride that he thought he could make it on his own. He learned quickly the “grass wasn’t so green on the other side of the fence” and agonized over how he could return home. All the time his father felt his pain and was sorrowful at his loss. Returning home, the son realized that he had nothing to fear, that the love that was present there when he wandered away was still there, and having the courage to admit his weakness, his father’s loving embrace was stronger than ever. In good relationships we don’t say “I told you so,” when one is struggling for words to make amends – WE ARE THE FIRST TO REACH OUT AND OFFER FORGIVENESS AND HEALING TO THOSE WHO HAVE REMOURSE AND HAVE COME TO THEIR SENSES.**

**As we move on to Meat Fare Sunday, we hear the true spirit of fasting. Jesus tells us that when we choose to fast, we are not to let anyone know, we should groom ourselves and not go around moping and groaning “like the hypocrites do.” In all that we do there must be desire – an understanding that this action for me has spiritual significance, it is not just the mere following of a rule for the sake of the rule. As we mature in our relationships we learn to SACRIFICE with joy and expect nothing in return.**

**The final Sunday before entering Lent is Cheese Fare Sunday. On this Sunday we hear the story of the separating of the “sheep from the goats” on the day of Judgement. How do you think of yourself and your spiritual health? Jesus uses sheep and shepherds because the people of his day could relate to the story. Sheep are docile, not that intelligent even though they think they are, once wandering away they are easily lost; they need a lot of attention and care. Sound familiar? Goats on the other hand are stubborn and do not care to listen to anyone.**

**They will wander and quite frankly are happy to do so – they know everything and think they can do it better alone. Sound familiar? Where do you fit in? Did you know that the priest's stole is a symbol of the lost sheep? It is a reminder to him that he is to go after the lost sheep and try to bring them home safely. Many priests when administering absolution will raise their stole over the head of the penitent while praying the prayer of absolution. This is to reassure them that they are back in the fold. They are safe now and will remain safe so long as they remain in the flock... for us**

**.In any relationship, if sacrifice is sincere the next natural progression is learning to help one another and to be quick to OFFER FORGIVENESS AND TO SEEK FORGIVENESS. This is the spirit in which we are to enter Lent, this is the spirit in which we are to live our lives, and for the Christian this should be a way of life, not something that we think about for an hour on Sunday – but should come naturally because we have “put on Christ” as we proclaim at our Baptism. In this context will we understand and be able to receive “eternal life” and only in this context the true meaning of resurrection is revealed.**

# **Grand Knight's Message**

**Dear Brother Knights;**

*Ontario was in a full lockdown for 28 days until January 23, 2021. We will hear at that time whether or not the lockdown will be extended. Please do your part by following the protocol regulations that have been issued by Government and Healthcare officials. Everyone must remain at home at all times unless leaving their home is necessary for work, attending healthcare appointments, picking up groceries, or exercise.*

*Please note that your yearly membership dues have to be paid. You should have received your yearly statement from Br John Mikitzel, please make your payment a priority. You may also make your payment using the bank etransfer method directly to Br. John's email address john.mikitzel@gmail.com. Thank You.*

*Our next General Meeting will be held on Tuesday, February 9, 2021 starting at 7:00pm using the Zoom online technology.*

*You may have already heard that Father Ivan Trush has passed away on January 13, 2021. He was a member of our council 7464 and also served as the parish Priest at the Holy Spirit Ukrainian Catholic Church. Our sympathies and prayers are extended to all of his family members. Vichna Pamyat! May he rest in peace with his God.*

*I extend Birthday greetings to the following brothers who are observing their birthdays in February: Brs. Steve Dushko, John Kohut, and Maurice Storozinski. Happy Wedding Anniversaries to the brothers and their wives celebrating this month as well. Mnohya Lita! May God grant them many years.*

*Let us not forget to offer prayers for our Brother Knights, Priests and Sister Servants as well as members of their families who are ill or in recovery. Keep in mind especially Br. Boris Dusanowski and Br. Paul Holubowski's wife Ricki. May God bless them and restore them to good health. Pray also for our Brothers Knights who have passed away.*

**Thanking you for your continued support. Stay safe, stay healthy!**

**Vivat Jesus!**

**Don Krochak, Grand Knight**

# Ontario Knights Support Our Food Banks



Ukrainian Credit Union Limited

# For all your financial needs

personal and business banking • commercial loans  
mortgages • lines of credit

*1252 Barton Street East Hamilton, ON L8H 2V9*

*905-545-1910*

*[www.ukrainiancu.com](http://www.ukrainiancu.com)*



**УКУУК**

## ONTARIO *Coats for Kids*

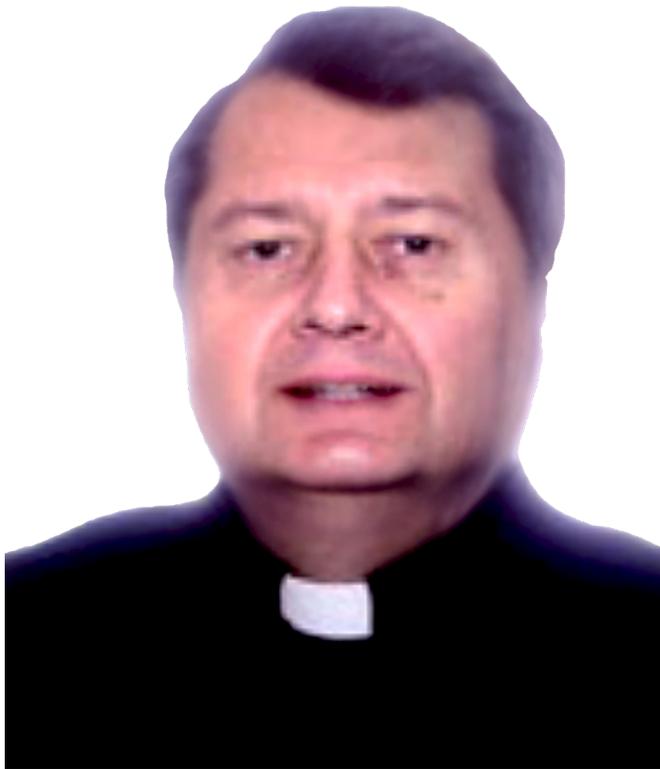
**SPREADING THE WARMTH**

Our goal is to do what we can to ensure that no school kids in Ontario go without a warm coat during winter.



For information visit  
[ontariocoatsforkids.com](http://ontariocoatsforkids.com)  
or contact your General Agent

# News Updates & Events



In your kindness please remember the repose of Fr Ivan Trush who died on Wednesday January 13 at the age of 66. Fr Trush was ordained in Poland in 1981 where he worked as a priest before coming to the Eparchy of Toronto in 1984. In our Eparchy he served in Toronto (Holy Protection), Thunder Bay (Holy Protection & Ascension), Hamilton (Holy Spirit), and Thornhill (St Volodymyr).



May  
God  
grant

Eternal Rest

Here is an article of great interest submitted by our worthy Deputy Grand Knight  
Morris Hucal.

## How to help seniors in the quarantine

### **9 ways to help older loved ones, friends and neighbours ride it out-** (Jim Huinink- Comfort Life)

We all know by now that seniors are most at risk in the coronavirus epidemic and that social distance and isolation is the best way to stop the spread of the virus. It's also true, though, that isolation is mentally and emotionally unhealthy, especially for the 25% of senior Canadians living alone. Due to social distancing and recommended self-isolation, seniors are spending more time alone now than ever before. However, the epidemic can be a time for people to make a connection with senior neighbours and acquaintances, and to get creative in how we interact with older friends and family.

Nine ways to reach out to seniors during the quarantine

**1. Run errands for them.** "There are plenty of ways to help seniors around you," says **BC Seniors Advocate Isobel Mackenzie**. "It could be anything from helping a senior get some groceries, taking out their garbage, bringing over a cooked meal or bringing them up to speed on the latest COVID-19 recommendations from our provincial health officer," she says. "These are things we can all do to help and they are important measures to keep seniors who are living in the community healthy and to reduce anxiety both for seniors and for their family members."

**2. Call them regularly.** This is the easiest thing to do, typical for family members. However, why not reach out to one senior outside your family, such as a neighbour or someone from church, or just someone you see regularly in the area? “Seniors appreciate calls so that they do not feel totally isolated,” says **Magda Zecevic**, a Toronto **real estate agent who works with seniors**. “They are always happy to chat with you, to shorten and brighten up their day.”

You can also introduce seniors to other communication means that further break their isolation ...

**3. Use or introduce them to interactive technology.** If they’re unfamiliar with some recent developments in online interaction, this is a great way to add variety to your interactions and give older family and friends something new to play with. Various platforms each have their own features, of course. Here’s a quick glance at some of the popular choices:

- **Skype** and FaceTime (from Apple) have been popular for many years, but if they’ve never used them, now’s a great time to learn these video chat applications.
- **Zoom** allows you to share your screen, among other things, so you can show them things online, etc.
- **Snapchat** is famously targeted at teens and tweens but there’s nothing to stop grandma from enjoying the frivolous fun of Snapchat’s many filters and having some fun with her grandkids.

For all of these, seniors do not need to be tech-savvy. Once you get into them there is lots of fun to be had. They can use these as new ways of adding variety to their online interactions with other friends and family, also.

It can also be fun to sync up technology such as Netflix and other streaming services and watch a show or an old movie “together” in spite of being apart.

**4. Drop off a care package of things to do.** This is a thoughtful idea for those in self-isolation for a couple weeks, perhaps having traveled. If you create a care package of things like favourite DVDs or Blu-Rays, music, puzzles, etc., wipe everything down thoroughly with hand sanitizer, then put them in a sealed zip lock bag with a note. If you keep your social distance, this may be an occasion for a brief visit. If so, this can also be “a good time to see if they are eating properly and have the medication they need,” says Zecevic.

**5. Connect with them through their favourite music and memories.** One suggestion for a wonderful gesture is to create a helpful, positive playlist with your favourite senior in mind. Curating a playlist of favourite oldies, or music that brings back memories is a great way to generate positive vibes.

**Wendy Duggleby**, a University of Alberta professor who specializes in aging, recommends sharing old photos. Old photos bring back good memories. “One thing we know from research,” she says “is even people that have severe forms of dementia will respond to pictures.”

**6. Give the gift of art.** For elderly loved ones who are in isolation, get the grandkids to make them artwork. This will have the added bonus of giving school kids something to do. If you yourself are artistically inclined make them something personal that lets them know you're thinking of them.

**7. Encourage them to be active in their home,** even if their outside time is cut. Of course, if they have mobility concerns, they should avoid stairs. And if you know that their home is cluttered, you should also be wary of encouraging movement in their home. However, stretching is one simple way that they can keep limber in times that are overly conducive to sedentary living. Review our [list of senior exercises](#) for some you might think are appropriate for your loved one. [Sitting exercises](#) are also a great activity.

There are also ways to creatively adapt to isolation. For example, if there's a golf lover you know, you can easily create a makeshift indoor golf green using a putter, a ball, and a cup.

**8. Encourage them to temper their news diet.** Many seniors who are alone fall into the habit of leaving the TV on, sometimes for "the company." During a time like now, it becomes repetitious and disheartening, of course, bringing on needless anxiety and even depression. Here's some good advice: watch a news update in the morning, then check in again at night. An hour per session is all anyone needs, really. If they feel the need to have the TV on, the best thing for the soul is BBC Earth or channels like that.

Some people have basic cable packages, with limited selection. It may be a nice gift to step in and buy them an expanded bundle that includes channels like BBC Earth (just noted), the History Channel, and others with programming that's very appealing to people in this age group.

Online there is a lot of content that's specifically appealing to seniors.

**9. Encourage them to reach out to other seniors.** If you get them to take up the interactive technology listed above, they can take part in activities together. Social isolation does not have to mean an end of socializing. Introduce them to social networks they might not be using such as LinkedIn or Facebook. They may be surprised at how much they enjoy these. For some, it can be a way of making new friends over long distances, and opening up their world in ways that they might not have previously taken the time for.

They can also be encouraged to "buddy up" with other seniors in their community or social circle, to check in on each other regularly. There are also many online games that are interactive and can replace the need for face-to-face board games, etc.

"In times of crisis, all of us need something constructive to do," says Duggleby. "Seniors, like anybody else, like to help people. It's critical to human beings to have social interaction."



**Knights of  
Columbus®**

**2021 Ontario Charities**

# 50/50 Online Raffle

Don't miss your chance to win!

100 TICKETS

**\$ 40**

40 TICKETS

**\$ 20**

15 TICKETS

**\$ 10**

**BUY TICKETS NOW**

Buy tickets from your local KofC Council or visit [www.kofcontario5050.com](http://www.kofcontario5050.com)

Draw date: April 1, 2021

In Support of the Ontario Charities Foundation and the Charitable works of the  
Knights of Columbus Councils



**EARLY BIRD DRAW  
for \$2500  
February 14**



# Monthly Smile

## No Nursing Home For Me

No nursing home for me. I'll be checking into a **MARRIOTT!**

With the average cost for nursing home care being \$275.00 per day, there is a better way when we get old and too feeble.

I've already checked on reservations at The **FAIRFIELD:**

For a combined long-term stay discount and senior discount, it's \$79.00 per night.

Breakfast is included, and some have happy hours  
In the afternoon.

That leaves \$196.00 a day for lunch and dinner in any restaurant we want, or room service, laundry, gratuities and special TV movies.

Plus, they provide a spa, swimming pool, a workout room, a lounge and washer dryer, etc.

And most have free toothpaste and razors, and all have free shampoo and soap.

\$10 worth of tips a day and you'll have the entire staff scrambling to help you. They'll treat you like a customer, not a patient.

There's a city bus stop out front, and seniors ride free.

The handicap bus will also pick you up (if you fake a decent limp).

To meet other nice people, call a church bus on Sundays.

For a change of scenery, take the airport shuttle bus and eat at one of the nice restaurants there.

While you're at the airport, fly somewhere.... otherwise, the cash keeps building up. It takes months to get into decent nursing homes. Marriott will take your reservation today !

And you're not stuck in one place forever -- you can move from Marriott to Marriott, or even from city to city.

Want to see Hawaii? They have **COURTYARD** there too.

TV broken? Light bulbs need changing? Need a mattress replaced? No problem... They fix everything, and apologize for the inconvenience.

The Marriott has a night security person and daily room service. The maid checks to see if you are OK. If not, they'll call an ambulance . . . or the undertaker!

If you fall and break a hip, Medicare will pay for the hip, and Marriott will upgrade you to a suite for the rest of your life.

And no worries about visits from family. They will always be glad to find you, and probably check in for a few days mini-vacation.

And the grandkids can use the pool.

What more could you ask for?  
So, when I reach that golden age,  
I'll face it with a grin.

**BUT.....AIDS WARNING!**

**SENIOR CITIZENS ARE THE NATION'S LEADING CARRIERS OF AIDS!**

HEARING AIDS

BAND AIDS

ROLL AIDS

WALKING AIDS

MEDICAL AIDS

GOVERNMENT AIDS

MOST OF ALL,

MONETARY AID TO THEIR KIDS!

Not forgetting HIV

(Hair is Vanishing) 😬

I'm only sending this to my 'old' friends.

I love to see you smile. 😊

# NOTABLE DATES

February 09      *Tuesday*      **Virtual Meeting on Zoom  
7:00pm check your email**

February 14      *Sunday*      **St. Valentine's Day**

February 15      *Monday*      **Family Day**

February 17      *Wednesday*      **Ash Wednesday**

## Happy Birthday to the Following Members

February 05      **MAURICE S. STOROZINSKI**

February 14      **MATTHEW I. PAULINO**

February 17      **STEVE DUSKO**

February 19      **JOHN KOHUT**

## Многая Літа

*Children are indeed a heritage from the Lord, the fruit of the womb a reward. Like arrows in the hand of a warrior are children of one's youth. Happy is the man who has his quiver full of them. He shall not be put to shame when he speaks with his enemies in the gate.*

### Psalms 127:3-5

*Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, endures all things. Love never ends.*

### 1 Corinthians 13:4-8



**Knights of Columbus  
INSURANCE**  
YOUR SHIELD FOR LIFE

**Matthew Cox**

*Field Agent*  
Cell: 1-647-719-4311  
Phone: 905-545-6936  
matthew.cox@kofc.org



Life Insurance · Long-Term Care Insurance  
 Retirement Annuities · Disability Income Insurance  
*Protecting Catholic Families since 1882*

### Grand Knight

Don A. Krochak  
905-385-9462

### Chaplain

### Open

### Deputy Grand Knight

Morris Hucal  
905-512-5424

### Chancellor

Orest Gulka  
905-563-3589

### Recorder

Mykhaylo Furtak  
647-219-3457

### Financial Secretary

John A. Mikitel  
905-689-0858

### Treasurer

Don P. Segodnia  
647-868-7389

### Lecturer

Msgr. Anton Szymchalski  
905-937-3393

### Advocate

Ernie Bablak  
905-575-9222

### Warden/Editor

Dan Kaluzny  
905-385-0050

### Inside Guard

Steve Pronek  
905-544-9439

### Outside Guard

Steve Dushko  
905-664-5549

### Trustee (3rd year of 3)

Boris Dusanowsky  
905-664-6743

### Trustee (2nd year of 3)

Izidor Nebesny  
905-335-6534

### Trustee (1st year of 3)

Steve Popowich  
905-632-9085