



On Father's Day a loving prayer:  
 May Jesus keep you in His care.  
 May He be with you in a special way  
 To protect and guide you every day.

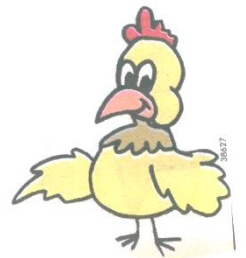
*Happy Father's Day!*



## Wisdom People St. Daniel Senior Citizens Group

### Welcome New Members:

Mary Frances (Dolly) Asterino, Sally Dumas, Nette Gulowaty,  
 Joanne Koslowski, Sina Mercurio and Theresa DeMauro.



### *Dad*

*When I was little dad looked so tall  
 as I grew he measured me against the wall  
 It took ever so long for me to grow  
 They all said you'll be like Dad, we know  
 Being bigger it was easy to play ball  
 I did the running while he stood "tall"  
 Everyone in the family was smaller than Dad  
 He was the head of the family and we were glad  
 When it came to muscle, Dad's were strong  
 They all said you'll be too, it won't be long  
 What happened to Dad, we're eye to eye  
 It was a matter of years, how they did fly  
 Time has made Dad's hair so gray  
 But I'll always remember it the other way  
 When we both were young and memories were made  
 He'll always be in my heart, he'll never fade  
 My Dad*

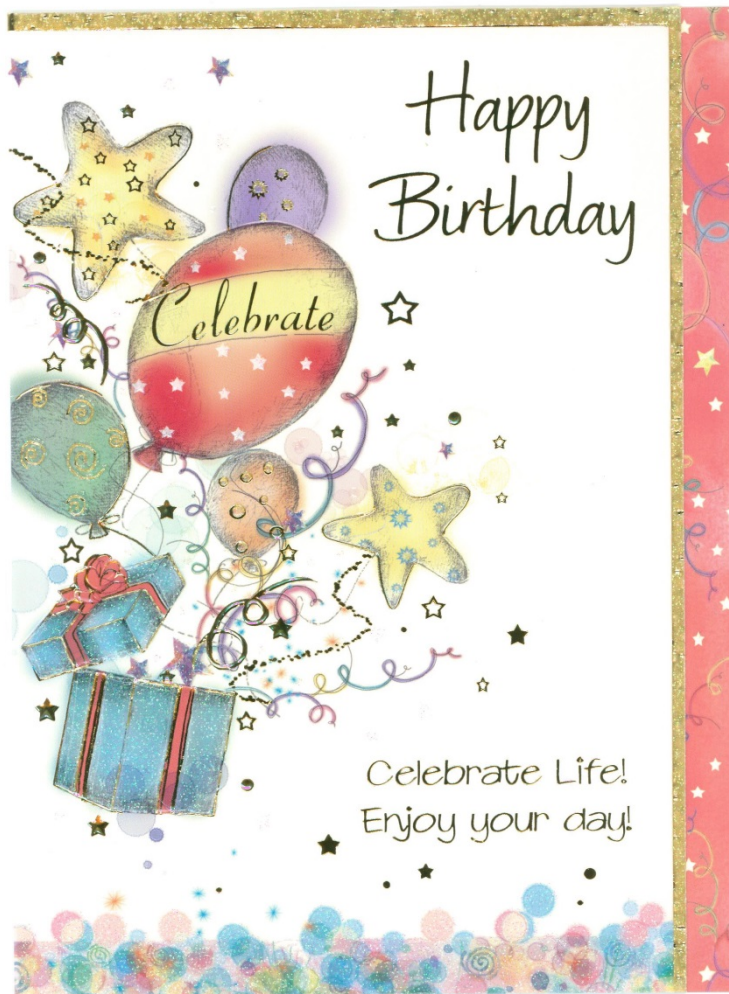
Enjoy the summer! The next  
 Wisdom People Meeting will  
 be Friday, September 4<sup>th</sup>, 2015. No  
 meetings scheduled for July and  
 August. The entertainment on  
 September 4<sup>th</sup> will be Phil Markert.

Hospitality Chairperson, Angela  
 Murphy. Please call Angela at  
 455-5042 for reservations. The  
 next meeting will be on  
 September 4<sup>th</sup>. (Please note: not  
 meetings for July and August.)  
 Please call by Friday, August 28<sup>th</sup>

Membership Chairpeople, Louise  
 Epolito and Margie Mevec.

(Poem by Terry Root)

Sunshine Chairperson, Helen Lynch. Any member sick, in the hospital or nursing home, please call the Rectory at 454-4946 and a message will be given to her.



May joy be yours this Birthday  
with presents, stars, balloons galore;  
but if this year you skip them all,  
may you count blessings even more!

Happy Birthday

In June: Bill Harrington, Gilda MacDonald, John Magnarielli, Frances Malley, Josie Nelson, Victor Pelosi, Phil Stonecipher, Amelia Tedesco, Nancy Terrance, Chris Vaughan, Sheila Yager, and Joseph Zella.

*Let's not forget the birthdays for July & August!*

In July: Sr. Jean Canora, Frances Carbone, Betty Chopskie, Linda Colianni, Maria Conti, Anne Culotti, Lucy DelVecchio, Louise Epolito, Jean Gorman, Cindy Kiehl,

Marianne Liberatore, Helen Lynch, Angela Modafferi, Angela Murphy, Dennis O'Brien, Eleanor O'Connor, Kate Surace, Jean Zesky, and ...

July 19<sup>th</sup>: **John L. Denega**

*Address for birthday cards:*  
329 Schaffer Ave.  
Syracuse, NY 13206  
*Thank you in advance!*

In August: Millie Albrigo, MaryAnn Caruso, Elaine Cosentino, Louis Cosentino, Betty Denega, Shirley DeNeve, Patricia Farsaci, Joseph Hammond, Carol Kuropatwinski, Linda Loucks, Madeline Modafferi, Mary Modafferi, Dorothy Nowakowski, Antoinette Perrotta, John Quinn, Virginia Quinn, Albert Sahn, Jean Schug, Barbara Sherwood, Ann Speech, Theresa Steinbrecker, Marcy Torio, and Norma Yennock.





## Mark Your Calendars



Flower: Rose



Birthstone: Pearl



*"Build your own dreams, or someone else will hire you to build theirs."*



June 9<sup>th</sup> – Oct. 13<sup>th</sup>

Downtown Farmer's Market \*



June 11<sup>th</sup> – 14<sup>th</sup>

Greek Culture Festival \*

June 12<sup>th</sup>

Most Sacred Heart of Jesus

June 14<sup>th</sup>



Flag Day

June 18<sup>th</sup>

Strawberry Festival \*  
Transfiguration Church



June 19<sup>th</sup> – 21<sup>st</sup>

Syracuse Polish Festival \*

June 21<sup>st</sup>

Father's Day



June 21<sup>st</sup>

Summer Begins

June 26<sup>th</sup> – 28<sup>th</sup>

Jamesville Balloon Fest

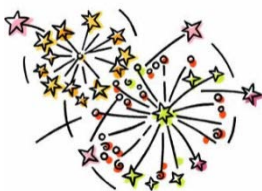


July 1<sup>st</sup>

Canada Day (in Canada)

July 4<sup>th</sup>

Independence Day



July 26<sup>th</sup>

Parent's Day

August 6<sup>th</sup>

Transfiguration of the Lord

August 15<sup>th</sup>

Assumption of the Blessed Virgin Mary

Aug. 27<sup>th</sup> – Sept. 7<sup>th</sup> NY State Fair \*



\* More information on Page 5 & 6

## Let Us Pray



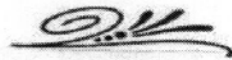
Mary Catherine Dwyer  
May 4, 2015



Catherine Kate Surace  
May 7, 2015

*Eternal rest grant unto them O Lord, and let perpetual light shine upon them. May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.*

Wisdom People Memorial Mass October 2<sup>nd</sup>, 2015 at 12:10 p.m.



"Have courage for the great sorrows of life  
and patience for the small ones;  
and when you have laboriously accomplished  
your daily task, go to sleep in peace.  
God is awake."



### ***Father's Day Prayer***

*God our Father, you govern and protect your people and  
shepherd them with a father's love.  
You place a father in a family as a sign of your love, care, and  
constant protection.  
May fathers everywhere be faithful to the example shown in  
the Scriptures: steadfast in love, forgiving transgressions,  
sustaining the family, caring for those in need.  
Give your wisdom to fathers that they may encourage and  
guide their children.  
Keep them healthy so they may support a family.  
Guide every father with the Spirit of your love, that they may  
grow in holiness and draw their family ever closer to you.  
Amen.*

***Happy Father's Day***



## Events

### BINGO in Solvay

Every Wednesday evening at VFW, 517 Charles Ave., Solvay. ( ½ block from Geddes Plaza) 315-488-3773. Doors and kitchen open at 4:30 p.m., games start at 7 p.m. Pulltabs, \$4,000 plus paid out weekly!

### BINGO in Eastwood

Every Friday evening at the American Legion Eastwood 102 Nichols Ave. (Off James St.) 463-4760. Doors & Kitchen open at 5 p.m. Games start at 7 p.m. Pull Tabs, 19 games of Bingo & \$4,000 plus paid out weekly!



### BINGO in Liverpool

Every Friday night at Liverpool American Legion Post 188, 205 Cypress St. Liverpool. 451-9544. 3-Share the Wealth, Pull Tabs, Refreshments. Doors open at 5 p.m. Games start at 7 p.m.

### BINGO in Syracuse

Every Sunday evening at the Syracuse Moose Family Center #625 at 112 Milton Ave. Syracuse. Doors open at 3:30 p.m. Selling at 4:30 p.m. Play begins at 6 p.m. Great food! 488-3477

### Downtown Farmer's Market in Clinton Square

Every Tuesday from June 9 – October 13 from 7 a.m. – 3 p.m.

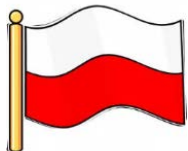


### Greek Culture Festival June 11<sup>th</sup> – 14<sup>th</sup>

Thursday 5 – 9 p.m., Friday 1 – 11 p.m., Sat. 12 Noon – 11 p.m. , and Sunday Noon – 4 p.m. at St. Sophia's Greek Orthodox Church in Dewitt.

### Strawberry Festival

Thursday, June 18<sup>th</sup> from 4 – 7 p.m. at Transfiguration Parish Hall, 740 Teall Ave. Picnic Food, Music and Crafts & Raffle tickets.



### Syracuse Polish Festival

In Syracuse, Clinton Square on Friday, June 19<sup>th</sup> from 4 – 11 p.m.; Saturday, June 20<sup>th</sup> from Noon – 11 p.m.; Sunday, June 21<sup>st</sup> from Noon – 5 p.m.



### New York State Fair:

August 27<sup>th</sup> – September 7<sup>th</sup>

Senior Days (free admission): Monday, August 31<sup>st</sup> & Tuesday, September 1<sup>st</sup>



### Keep this date open: November 7, 2015

Put this date on your calendar: this year's **Harvest Festival** will be on November 7<sup>th</sup> from Noon – 9 p.m. Once again this year the Wisdom People will have a table at the Festival. We need your help! If interested in helping please sign up with John or give him a call (432-1005).



## **TRIPS**

To reserve your spot, contact Mary Scarsciotti at 315-437-2360 or 416-1184, or contact John L. Denega at 315-432-1005.

1. Divine Mercy Shrine in Stockbridge, MA on Monday, June 22<sup>nd</sup>. Cost per person \$51. Trip includes round trip motor coach transportation.
2. Travel to Sainte-Anne-de-Baupre, Quebec, Canada August 5<sup>th</sup> – 7<sup>th</sup>. Pricing: Twin \$269, Triple/Quad \$229, Single \$412. Tour includes roundtrip motor coach transportation, hotel accommodations at the Quality Suites Sainte-Anne Quebec, two breakfasts, stop at St. Joseph Oratory, optional tour of Quebec, gratuities for your motor coach driver.

### Turning Stone Trips

1<sup>st</sup> Wednesday of every month leaving Big Lots parking lot at 8:30 a.m. in Mattydale. Cost \$15 – receive \$15 in casino or bingo packet. Call Mary Heindorf at 457-2669



### Mohegan Sun Casino Day Trip:

Sunday, July 12<sup>th</sup> with Our Lady of Pompei and St. Rose Seniors. Bus departs Shop City at 7:30 a.m., departs St. Rose at 8 a.m. and departs the casino at 5:00 p.m. Cost is only \$37 per person and includes round trip fare, \$25 free play and \$5 food. For information and reservations call ASAP: Connie Denero, 479-8901 or Lou Rosati, 457-7736.

### "Joseph" at Sight and Sound Theatre in Lancaster, PA

Wednesday July 22<sup>nd</sup> – Thursday July 23<sup>rd</sup>. \$265 ppdo, single \$330. Call Peg at 475-7639



## 2015 Holiday Tour Schedule

1. Sunday, August 16, 2015 – Trip to Saratoga Casino and Raceway, Saratoga NY.
2. Saturday, September 19, 2015 – “Ladies Day Out”
3. Sunday, October 18, 2015 – Trip to Mohegan Sun Casino
4. Thursday & Friday November 12-13, 2015 – Go back in time and witness the Greatest Birth in History with “The Miracle of Christmas”, at Sight and Sound Theater, Lancaster, PA
5. Sunday, November 15, 2015 – Trip to Finger Lakes Gaming and Raceway.

*Flyers for the above trips for booking and more information are on the Information Table.*

## **Jokes for the Month**

### A retired person's perspective

1. I'm not saying let's go kill all the stupid people. I'm just saying let's remove all the warning labels and let the problem work itself out.
2. I changed my car horn to gunshot sounds. People move out of the way much faster now.
3. You can tell a lot about a woman's mood just by her hands. If they are holding a gun, she's probably pissed.
4. Gone are the days when girls cooked like their mothers . Now they drink like their fathers.
5. You know that tingly little feeling you get when you really like someone you've just met? That's common sense leaving your body.
6. I don't like making plans for the day. Because then the word "premeditated" gets thrown around in the courtroom.
7. I didn't make it to the gym today. That makes 1,500 days in a row.
8. I decided to change calling the bathroom the John and renamed it the Jim. I feel so much better saying I went to the Jim this morning.
9. Dear paranoid people who check behind shower curtains for murderers. If you find one, what's your plan?
10. Everyone has a right to be stupid. Politicians just abuse the privilege.



## Jokes for the Month continued...

### "Living in the Past"

Another year has passed  
And we're all a little older.  
Last summer felt hotter  
And winter seems much colder.

There was a time not long ago  
When life was quite a blast.  
Now I fully understand  
About 'Living in the Past'

We used to go to weddings,  
Football games and lunches.  
Now we go to funeral homes  
And after-funeral brunches.

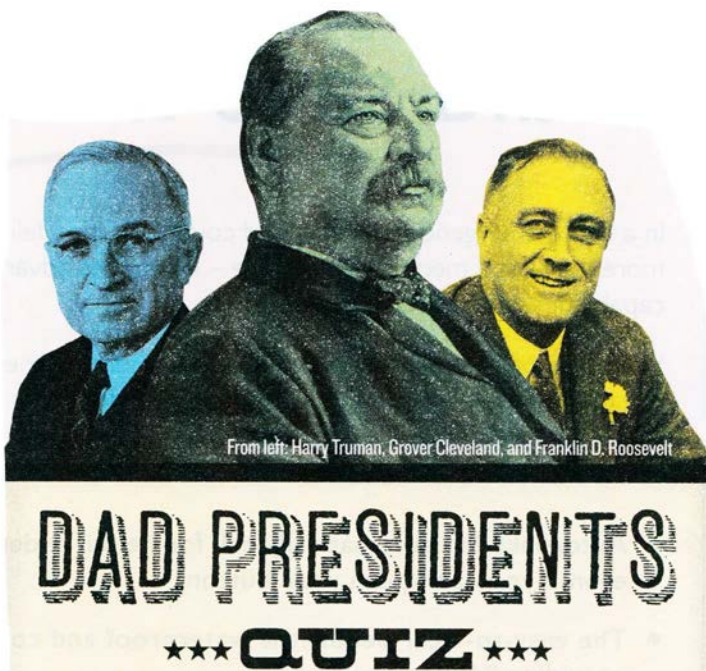
We used to have hangovers,  
From parties that were gay.  
Now we suffer body aches  
And whine the night away.

We used to go out dining,  
And couldn't get our fill.  
Now we ask for doggie bags,  
Come home and take a pill.

We used to often travel  
To places near and far.  
Now we get sore asses  
From riding in the car.

We used to go to nightclubs  
And drink a little booze.  
Now we stay home at night  
And watch the evening news.

That, my friend is how life is,  
And now my tale is told.  
So, enjoy each day and live it up...  
Before you're too damned old!



Did you know that almost all of America's presidents have been fathers? Test your dads-in-chief savvy with these stumpers by *Don't Know Much About the Presidents* author Kenneth C. Davis.

1

Who was the first president whose child was born in the White House?

- A. Ulysses S. Grant
- B. Grover Cleveland
- C. Theodore Roosevelt

2

Which of these men fathered 15 children, the most of any POTUS?

- A. John Tyler
- B. Theodore Roosevelt
- C. Franklin D. Roosevelt

3

Who threatened to punch a critic who slammed his daughter's singing?

- A. Theodore Roosevelt
- B. Harry S. Truman
- C. Jimmy Carter



# Keep Your Cool as Temperatures Soar

Summer has brought record-breaking triple digit heat in many parts of the country. During these times of excessive temperatures and high humidity, it's important to keep your cool – and recognize the signs and symptoms of heat-related illnesses.

Not everyone reacts to heat the same way. And, extreme heat can actually be more dangerous for some people...including babies, children, older adults and people who are overweight. People with certain chronic diseases (diabetes, heart failure, high blood pressure) and people taking certain medications are also at increased risk for heat-related illnesses.

Of course, prevention is the best defense against heat-related illnesses. Some prevention tips for you and your loved ones include:

1. **Don't wait until you're thirsty to drink** – Drink more fluids, regardless of your activity level. Drink liquids that are decaffeinated and non-alcoholic. Also, avoid very cold drinks, because they can cause stomach cramps. If your doctor limits the amount of fluid you drink or has you on water pills, ask he or she how much you should drink during hot weather.
2. **Stay indoors** – Try to stay in an air-conditioned environment. If your home doesn't have air conditioning, go to the shopping mall or public library – even a few hours spent in air conditioning helps you stay cooler when you go back into the heat. Using electric fans may provide comfort, but will not prevent heat-related illness when the temperatures reach the 90s. For information on heat-relief shelters in your area, call your local health department.



## ***If you must be in the heat, take the following precautions:***

- Limit your outdoor activity to morning and evening hours.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses, and by using sunscreen with SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

3. **Wear lightweight, light-colored, loose-fitting clothing.**

4. **NEVER leave people or pets in a closed, parked vehicle.**

Last, but not least: Don't forget ... cooler weather is just around the corner. And, in a few more months you may be wishing for these good old hot days of summer once again!

## **Heat Stroke**

**Symptoms:** Warm, dry skin; high fever, usually over 104° F; rapid heart rate; loss of appetite; nausea; vomiting; headache; fatigue; confusion; agitation; lethargy; stupor; seizures, coma, and death are possible.

**Treatment:** Call 911 or your local emergency medical service. Heat stroke is a life-threatening medical emergency and needs to be treated by a physician.

While waiting for an emergency response service:

- Move person to a cool place and rest.
- Remove excess clothing and drench skin with cool water; fan skin.
- Place ice bags on the armpits and groin areas.
- Offer cool fluids if alert and able to drink.



## St. Daniel Recipes



### Directions:

1. Let steak rest on counter for 20 min. Preheat oven to 400 degrees. Bring large pot of water to boil. Break hard part of stems from asparagus. Boil for a couple minutes just until tender, drain and set aside.
2. For the steak: add rock salt, peppercorns, dried garlic, dried onion, fennel and red chili flakes and grind. Drizzle tops of steaks with olive oil then generously rub spices into steaks. Repeat on other side.
3. Heat large oven safe cast iron or heavy bottomed skillet over medium-high heat and then add 1 tablespoon butter. Once melted add steaks and sear until they form a golden brown crust, about two minutes. Flip steaks then place entire skillet into oven and roast for 10 minutes for medium. Remove steaks to a plate and then tent a piece of foil on top and set aside to rest.
4. Place skillet back over medium-high heat and then add shallots and sauté for 30 seconds. Add rosemary, garlic clove, and wine, then simmer until wine is reduced by half. Add beef broth and simmer until sauce is thickened and reduced, 7-9 min. Add remaining tablespoon butter, taste and add salt and pepper as necessary, then set sauce aside.
5. For the scallops: while the pan is reducing, melt butter and olive oil in large skillet over medium-high heat. Pat scallops dry between layers of paper towel, season with salt and pepper, and then place seasoned side down in hot skillet and sear for 90 seconds. Season tops with salt and pepper then flip and sear for 90 more seconds.
6. Place asparagus onto plates then top with steak and scallops. Drizzle with pan sauce then serve.

### Ingredients for steak & sauce:

2 8 oz. filet mignon steaks, 2" thick  
¾ tbsp. rock salt  
1 ½ tsp. black peppercorns  
½ tsp. dried minced garlic  
½ tsp. dried minced onion  
Big pinch fennel seeds  
Small pinch red chili pepper flakes  
Drizzle olive oil  
2 tbsp. butter, divided  
1 tbsp. minced shallot  
1 garlic clove, peeled & crushed  
1 sprig rosemary  
½ cup dry red wine  
1 cup low sodium beef broth  
1 bunch asparagus

### Ingredients for scallops:

6 large scallops  
1 tbsp. olive oil  
1 tbsp. butter  
Salt and pepper





## A Note of Thanks



The Wisdom People of St. Daniel are very grateful to one of our members, Faye Brooks, for donating two gift cards for \$25 each for Twin Trees III. Thanks again!

## 10 Places to Visit in Syracuse

1. Onondaga Historical Association Museum (321 Montgomery St., 428-1864)
2. The Erie Canal Museum (318 Erie Blvd. E., 471-0593)
3. The Everson Art Museum (401 Harrison St., 474-6064)
4. Performing Arts – Syracuse Stage (820 E Genesee St., 443-3275), Open Hand Theater (476-0466. Free Summer Circus performances at Blessed Sacrament School at 2 p.m. on 7/18, 8/1, and 8/15.)
5. The Rosamond Gifford Zoo (at Burnet Park. 435-8511)
6. The M.O.S.T. – Museum of Science & Technology, also home to the Bristol IMAX Omnitheater and the Silverman Planetarium (500 S. Franklin St., 425-9068)
7. The Chiefs baseball (at NTB Stadium, tickets: 474-7833)
8. For foodies – Dinosaur Bar-B-Que (246 W Willow St., 476-4937), Syracuse Food Tours (3 hour walking tour covers two miles through the streets of Downtown Syracuse with stops at award winning restaurants. Saturdays from Noon – 3 p.m., 1-800-979-3370)
9. Shopping – Destiny USA, Armory Square
10. Festivals – see page 5 for information about some of the festivals in Syracuse this summer!

Plan your  
summer  
activities!



Download a copy of this newsletter or past newsletters  
at [www.stdaniel.com/Wisdom-People](http://www.stdaniel.com/Wisdom-People)

---

## Suggestions for the Suggestion Box

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

*If you would like to make any suggestions by phone or discuss anything or cancel reservations, call John L. Denega at 432-1005.*



## **Curriculum Corner**

Random Acts of Fun in the summer...

Start some type of collection.

Record and catalog information.

Visit the zoo.

Visit a museum.

Go to a park.

Go to the public library.

Do community service work.

Keep a journal.

Write letters to friends and family.

Have a family game night.

Grow a garden.

Explore history around your community.

Start a hobby or craft. (Think Harvest Festival 2014!)

Read.

Visit a Nature Center.

Visit a State Park.

Remember to have fun and enjoy! Keep learning! See you in September!

"Together we achieve more."

*Have a Safe Holiday*



*God Bless America*