

OUR LIFE

НАШЕ ЖИТТЯ

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пам'ять жертв Голодомору. Лариса Тополя

Наша обкладинка. Фрагмент скульптурної композиції Меморіалу жертв Голодомору 1932–1933 рр., спорудженого у Харкові у 2008 р. Автор Олександр Рідний передає трагедію та відчай української родини, приреченої на голодну смерть.
Our cover. A memorial in Kharkiv, Ukraine, dedicated to the victims of the 1932–1933 Holodomor famine-genocide. The sculpture of a starving peasant family by Alexander Ridnyi was installed in 2008.

СЛОВО ГОЛОВИ СОЮЗУ УКРАЇНОК АМЕРИКИ REFLECTIONS FROM THE UNWLA PRESIDENT



Наталія Павленко
Natalie Pawlenko

Дев'яносто років тому, у листопаді 1932 р., Голодомор в Україні збирав свої смертельні жнива. На піку цього штучного голоду, нав'язаного Москвою, щодня помирало понад 28 тисяч людей. Влада в Москві заперечувала існування Голодомору, а міжнародна спільнота відносила цей жахливий злочин до «внутрішньої проблеми Радянського Союзу» та нічого не робила, щоб запобігти смертям мільйонів мирного українського населення. Проте керівництво США вже тоді було тривогу, і у 1933 р. звернулося до Елеонори Рузвельт з проханням допомоги у вирішенні питання і врятувати українців від жахливої трагедії Голодомору. Але у відповідь вона лише написала, що шкодує, однак не може нічим допомогти.

Лише через 15 років, 9 грудня 1948 р., Генеральна Асамблея ООН прийняла Конвенцію про геноцид. Підписантами (серед інших) були також Советський Союз і Советська Україна. У цій Конвенції зазначається: «...геноцид означає... дії, вчинені з наміром знищити, повністю або частково, національну, етнічну, расову чи релігійну групу...» У статті «The Holodomor as Genocide: A Social Science Approach to Understanding Past and Present Violence in Ukraine» на с. 4 цього номера журналу «Наше життя» авторка д-р Кристина Гук зауважує, що її дослідження чітко встановлює не лише факт геноциду, але й намір сталінського режиму вчинити геноцид саме українського народу.

Тож як жахливо і рязуче спостерігати за подіями, що нині відбуваються в Україні, коли Росія продовжує там чинити дикунство та вандалізм. І тому не дивно було прочитати звіт Інституту стратегії та політики «Нові Лінії» від травня 2022 р., де чітко задокументовано, що: 1) Російська Федерація несе державну відповідальність за порушення Конвенції про геноцид під час її нинішньої агресії в Україні; 2) підписанти Конвенції про геноцид мають юридичне зобов'язання запобігати геноциду та захищати вразливе цивільне українське населення від нього.

Зважаючи на нашу постійну місію відстоювати інтереси України, кожному члену нашої організації настійно рекомендується продовжувати домагатися того, щоб США та інші світові партнери ухвалювали рішення, які сприятимуть припиненню війни-геноциду Росії проти України, та вжили негайних заходів для створення Міжнародного трибуналу з судового розслідування та покарання воєнних злочинів Російської Федерації, її керівництва та всіх відповідальних і причетних до воєнних злочинів і злочинів проти людства в Україні.

Слава Україні! Слава її Героям!

In November 90 years ago, the Holodomor in Ukraine was well under way. At its peak, more than 28,000 people died each and every day due to this artificial starvation imposed by Moscow. The authorities in Moscow denied the existence of the Holodomor, the international community relegated this horrific crime to an “internal problem of the Soviet Union,” and nothing was done to prevent the deaths of millions of Ukrainians. However, the leadership of the UNWLA persisted and in 1933 wrote to Eleanor Roosevelt, appealing for her assistance in addressing the Holodomor. Her response was that she regretted she could do nothing to help.

A scant 15 years later, on December 9, 1948, the UN General Assembly adopted the Genocide Convention. Among the many signatories were the Soviet Union and Soviet Ukraine. Article II of the Convention states: “genocide means ... acts committed with intent to destroy, in whole or in part, a national, ethnic, racial, or religious group.” As outlined by Professor Kristina Hook in her article on pages 4-7, her research has clearly established not only the fact of the genocide but the Stalin regime's *intent* to commit genocide on the Ukrainian people.

How horrifyingly sickening, then, to see the events currently unfolding in Ukraine as Russia continues to wreak its barbaric havoc there. And how *not* surprising it was to read the New Lines Institute for Strategy and Policy's May 2022 report clearly documenting how (1) the Russian Federation bears State responsibility for breaches of the Genocide Convention in its current invasion of Ukraine and (2) the signatories to the Genocide Convention have a legal obligation to prevent genocide and protect vulnerable Ukrainian civilians from the risk of genocide (<https://newlinesinstitute.org/wp-content/uploads/English-Report.pdf>).

As part of our ongoing commitment to advocacy on behalf of Ukraine, every single member of our organization is strongly encouraged to continue to advocate for the U.S. and our global partners to make decisions that will contribute to ending Russia's genocidal war against Ukraine, and to take immediate action to create an International War Crimes Tribunal to prosecute the Russian Federation, its leadership, and every individual responsible for and complicit in war crimes and crimes against humanity in Ukraine. Glory to Ukraine! Glory to Her Heroes!

The Holodomor as Genocide

A Social Science Approach to Understanding Past and Present Violence in Ukraine

Kristina Hook, PhD, Assistant Professor of Conflict Management, Kennesaw State University



Kristina Hook is Assistant Professor of Conflict Management at Kennesaw State University's School of Conflict Management, Peacebuilding, and Development and is a former U.S. Fulbright scholar to Ukraine. A specialist in genocide and mass atrocity prevention, she is writing a book that discusses Joseph Stalin's historical genocide against Ukraine, the Holodomor, and how modern Ukrainians interpreted this history to predict both Russia's modern genocidal war and Ukraine's stunning resistance.

Prior to her time in academia, Professor Hook served as a policy advisor at the U.S. Department of State's Bureau of Conflict and Stabilization Operations and held leadership roles at several international development and conflict resolution NGOs (non-governmental organizations). She is currently a non-resident fellow at the Marine Corps University's Krulak Center for Innovation and Future Warfare.

Understanding the Ukrainian Holodomor — an artificially induced famine under Joseph Stalin that killed millions of people in Ukraine in less than two years — has always been incredibly important. Doing so honors the victims of this horrific violence, provides critical insight into how these events shaped future Ukrainian generations, and confronts the dark legacy of the Soviet Union. Yet now, in the light of Vladimir Putin's escalation of an eight-year armed conflict against Ukrainians, increasing the world's knowledge of these terrible crimes grows even more urgent.

Since February 2022, evidence of systematic war crimes by Russians

against Ukrainians is mounting, and the specter of genocide has again emerged in Europe. Now, we must also confront and analyze the patterns of violence found in the Ukrainian Holodomor from fresh perspectives. We must question whether these events are another link in the chain of violence waged by Moscow, another sign that the Kremlin is threatened by a free, prosperous, and independent Ukraine.

As a comparative genocide scholar and an anthropologist who began working in Ukraine in 2015, I have published my affirmative assessment in *Foreign Affairs* that the Russian Federation is currently

attempting to commit genocide against the Ukrainian national group — a protected category under the United Nations Convention on the Prevention and Punishment of the Crime of Genocide. More than any other subject, speaking with Ukrainians on the Holodomor — both its patterns of violence and its legacy — since 2015 convinced me of a very real scenario of Russian escalation of its overt and hybrid warfare in Ukraine. However, understanding the 1930s events through the words of survivors' descendants today also convinced me that the brave Ukrainian response that we are witnessing today was just as likely.

In one such conversation, I spoke with Yana Grinko, a curator at the National Museum of the Holodomor Genocide in Kyiv, whose prescient words I often recall. More than five years ago, in May 2017, she explained to me:

I am a child of independent Ukraine. The russian occupation of Crimea and the war in eastern Ukraine were so unexpected for me. But when I remembered the history of the Holodomor, I understood that Ukrainians should have foreseen this. What is now happening in Donbas and Crimea is not the end of russian encroachments toward Ukraine. Today, the russian president denies the fact of the Holodomor as a genocide. Actually, he denies the existence of the Ukrainian nation.

Now, as we confront the question of genocide in Ukraine today and in the case of the Soviet-era Ukrainian Holodomor, some principles from academic research can help to organize this conversation. Comparative genocide studies is an interdisciplinary field dedicated to understanding this unique form of annihilating violence — as well as other forms of severe mass atrocities. The field has existed and grown since the term “genocide” was birthed in the wake of the Nazi Holocaust by Raphael Lemkin — a lawyer who also described the Holodomor as a Soviet genocide.

The tragic, historically momentous origins of the category of genocide under international law — as well as the pain associated for all victims of genocides and other heinous crimes — can make this word contentious and easily politicized. The category of genocide is also important for a variety of professionals who engage this issue, ranging from politicians who support the passage of genocide resolutions, lawyers who prosecute these crimes, community activists who provide important memorial and moral conscience efforts, and academics who work to forecast and provide guidance to policymakers in real-time about stopping these terrible acts. These differences of professional goals can also cause working definitions of the term “genocide” to be operationalized and used in different ways.

As a genocide scholar working to understand the past to guide our genocide prevention actions today, I began my investigation into the Ukrainian

Holodomor by examining Soviet archives seven years ago. I looked at both recently declassified documents as well as older collections published after the fall of the Soviet Union in 1991. By the time I finished my academic analysis, I had gathered every mention I could find of records to and from Joseph Stalin and his inner circle pertaining to Ukraine, publishing this analysis in the peer-reviewed academic journal *Genocide Studies and Prevention* in 2021.¹ In this article, I demonstrate an empirical, social science case that genocidal criteria are found in the Ukrainian Holodomor.

When I began this project in 2015, I was aware of Joseph Stalin’s terrible crimes, but I needed to understand more about the specific patterns of violence present in this case. Many good-faith academic debates exist about defining genocides — arguments that are never intended to minimize the suffering of any victim group but that are intended to help us precisely classify violence so that our efforts to stop it might be tailored to the ground dynamics. This work gets complicated! Some genocide scholars like Adam Jones have noted that the field of academic genocide studies has suggested more than 40 working definitions of “genocide,” which contributes to debates about whether specific cases meet academic definitions of genocide or whether some cases adhere to definitions codified in international law.

In my work, I draw from other scholars who have reviewed the field of genocide scholarship and pointed out that, despite these debates, key areas of consensus are present. First, we look at a genocide as an unfolding process that is characterized by different patterns across time but that has at least one key moment of genocidal motivation overlapping with genocidal actions (referred to as *mens rea* and *actus reus* in international law). Many historians of the Ukrainian Holodomor are careful to note the linkage of events in 1932–1933 with other Ukrainian famines and violence in the 1920s, 1930s, and 1940s. For example, the well-known Ukrainian historian Stanislav Kulchytsky has similarly emphasized genocidal intentionality in the Holodomor, although he dates its roots to the wider all-Union famine in 1927. These historiographies are very important for understanding the full context of Stalinist and other persecutions of Ukrainians. Yet as the purpose of my research is to examine the overlap of genocidal motives and actions, I focused my study

¹ Hook, Kristina (2021) "Pinpointing Patterns of Violence: A Comparative Genocide Studies Approach to Violence Escalation in the Ukrainian Holodomor," *Genocide Studies and Prevention: An International Journal*: Vol. 15: Iss. 2: 10–36. <https://doi.org/10.5038/1911-9933.15.2.1809>



Photo: @tweet4anna

"For each grain [of wheat] in 1933"

on documents from 1932–1933, as we would expect to see the clearest empirical patterns of violence during this chronological climax.

When examining the Holodomor case, analyzing historical records from a comparative genocide approach is valuable in several ways. One key debate within historiographies of the Holodomor has asked whether the Soviet government's grain seizures from Ukrainians can accurately be interpreted within the category of genocide (a question that also impacts the study of other Soviet famines). Yet a comparative genocide studies approach reminds us that, rather than focusing on the *method* of killing, we must examine the intended outcome. In fact, Sheri Rosenberg and Everita Silina have argued that starvation — with its exceedingly slow and dehumanizing form of destruction — deserves special recognition within legal definitions of genocide violence.

Another objection to viewing the Holodomor as a case of genocide waged by Stalin and other key architects has involved suggestions that Soviet leadership accidentally caused the famine, such as through incompetence and bad policies that ushered in unexpected, undesired outcomes. This type of question is commonly introduced in other contested genocide cases, such as those involving Native American experiences in North America. In such cases, genocide scholarship has guided social scientific approaches by focusing on the intention of the violence, rather than centering various methods by which violence can be achieved in such analyses. The political scientist Ernesto Verdeja has argued that assumptions of prior explicit intentionality can be problematic in many well-accepted cases, including Rwanda, Armenia, and the Holocaust — a point that is applicable to other debates regarding whether Stalin sparked or capitalized on existing hunger to achieve his aims.

Authoritarian and totalitarian leaders like Joseph Stalin also rarely feel the need for unequivocal confessions of genocidal guilt, or even to announce to their subordinates exactly what their ultimate intentions are. In such cases, social scientists like myself overlay the perpetrators' capacity to commit violence with their behavior. Drawing from other established genocide research, I

also examine two key questions that help isolate patterns of genocidal violence from other forms of equally deplorable mass atrocities.

First, within the broader field of genocide studies, we examine who was targeted, looking for indiscriminate violence against all group members in genocide (e.g., men, women, and children). Second, we use a variety of research-based "proxy variables" that help us separate the destructive motives of genocide from other forms of (still heinous) harshly repressive violence. As I mentioned, most genocide perpetrators do not announce publicly or even privately their candid intentions, so in the social science field, we look for patterns that indicate these deeper intentions. The proxy variables that I have used to examine the events of the Holodomor include reviewing all records from key architects like Joseph Stalin for evidence that Soviet perpetrators could not envision co-existing in the future with Ukrainians, evidence that victims were pursued (showing perpetrator dedication to targeting victims, even to the extent of working harder and inconveniencing themselves), evidence of intensive coordination and systemization, and evidence that the category of "Ukrainian" was transforming in the perpetrators' consciences into an undifferentiated category of "irredeemables."

Echoing other historical reconstructions that have flagged July-August 1932 as an irrevocable turning point in Stalin and his inner circle's targeting of Ukrainians, my analysis also flagged very high rates of genocidal proxy variables from this time period through the end of 1933. This time period is well-known in historiographical circles for stark records where Stalin's obsession with "losing" Ukraine is explicit. For instance, on August 11, 1932, Stalin writes to his subordinate Lazar Kaganovich,

“If we do not correct the situation in Ukraine immediately, we will lose Ukraine.” My empirical work adds to these historical approaches, demonstrating that comparative genocide theorizing is consistent with calling the Holodomor a genocide. My work is also able to detect key points of dehumanization toward Ukrainians in these letters from Stalin and his inner circle, showing how an increasingly hardened, undifferentiated view of Ukrainians emerged. Even Ukrainian communists were termed by Kaganovich as “bacteria eating away” at the Party’s leadership in his August 16, 1932, response to Stalin.

Today, the social sciences and the humanities approach cases like the Holodomor with different methodologies that each add something to our understanding of these complex, tragic events. As we remember and commemorate the devastation of the Holodomor this November, it is important to recognize that, despite Soviet repressions of this case for so many decades, the truth ultimately could not be quashed. And with this emergence, historical records that indicate credible accusations of genocide against Ukrainians by Joseph Stalin and his inner circle have also begun to change these conversations in academia and beyond.

As Ukrainians now work to defend against horrific violence orchestrated by Vladimir Putin, the importance of knowing the Holodomor’s historical veracity and its implications for free, independent Ukraine has been clearly expressed, even on the battlefield. As the war wages on, personal messages have begun appearing on a growing arsenal of weapons directed against Russia, with one photograph showing the Ukrainian caption: “For each grain [of wheat] in 1933.” This stunning photograph demonstrates the intergenerational nature of Kremlin violence against Ukraine, as well as the intergenerational nature of courageous Ukrainian resistance. While Stalin nearly got away with his terrible crimes against Ukrainians generations ago, we can stand together as the international community in supporting Ukraine. We can ensure that this time, the story ends very differently, with Ukrainian victory, accountability, and justice.

For more on Professor Hook’s work, visit:
<https://www.kristinahook.com/about>

Твій вибір

Руслан Горовий, журналіст, автор відомого проекту «Служба розшуку дітей», Заслужений журналіст України, режисер-документаліст, поет і музикант, письменник

«Коли промовляю або бачу десь слово “голодомор”, згадую історію, яку чув від прабаби: “Вночі скло у вікні розбивається і просовують всередину лопату. Кладіть, кажуть, їжу, бо півня під стріху пустимо. А ми тут самі вже пухнемо з голоду... Ти до дверей, а вони зназовні підперті. І всі плачуть...” Таке не можемо забувати».

*Розтрощені пальці за колоски,
Пробиті багнетами скроні.
Порожні глечики і миски
І губи в німім прокльоні.*

*Заклякли, завмерли, застигли
й мовчать
У списках мерців та на фото.
Є вибір: забути чи не забувати.
Цей вибір і скаже, хто ти...*

View of the pedestrian bridge in West Haven lit up in blue and yellow.



The Power of Advocacy

“All of us can do so much more by doing just a little more”

Anna Brodycz Salemme, President, Branch 108, New Haven, CT

I called my cousin in Ukraine the Sunday before the war started. She told me that they did not think Russia would attack or that it would be just a land grab in the east. How quickly everything changed. When the war started, our community quickly responded with “What can we do?” and tons of donations flowed into the church hall from Ukrainians and non-Ukrainians alike. I lost touch with my cousin, who lived in Lviv; her landline seemed to no longer be working. I messaged her daughter, my godchild, and found out that they had moved her to the village and her apartment was being used by a displaced family from Kyiv. Good. I became involved in fundraising activities for the UNWLA and felt satisfied that I was doing “something.” A few weeks later, I messaged my godchild. She wrote back, “Я вдова” – “I’m a widow.” My heart broke. This was unthinkable. Didn’t she just send me pictures of herself and her husband at Christmas? A senior lieutenant, he died a hero helping protect his men and the city of Mykolaiv. I felt despondent, helpless.

I had already been checking the emails and posts from the UNWLA and Natalie Pawlenko, and had also sat in

on Zoom meetings with the Advocacy group so that I could report back to the members of my branch, but now this advocacy took on a new meaning. I had to look for hope in the darkness.

This group was younger than I. The computer skills learned before I retired came in handy. I began to listen and learn from women all over the U.S., and a young man joined us, which was terrific – a man not intimidated by an entire group of women, but one who listened and helped with his considerable talents.

There were women who had been members for many years, women who were Members-at-Large, and women who had no previous connection to the UNWLA. We moved our meetings to a later time to help the women on the west coast who were attending our meetings while commuting or taking their children to after-school activities. We had a woman from Hawaii who had taken it upon herself to host a refugee family. I did not feel that I was contributing much, but I listened and learned as they discussed upcoming legislation and how to support it, fundraising activities they had held or were planning, and re-



Anna (center) with the mayor of West Haven, Nancy R. Rossi (second from left) as she presented the proclamation, joined by UNWLA members (l-r) Nadiya Ivantsiv and Maryyka Antonyshyn.

gional problems – for example, Texas and Florida were experiencing a large influx of refugees who came in through Mexico and therefore were ineligible for federal programs and aid. It was easy to attend meetings; I just had to remember to go on the computer and sign in on time. I felt more empowered.

Marianna Tretiak, Chair of the Advocacy committee, led the meetings with professional courtesy, listening patiently but making sure we stayed on topic. The PowerPoint presentations were clear, and the follow-up notes were easy to follow and refer back to. The Advocacy team became my support system apart from family and friends to whom I hesitated bringing my feelings of helplessness and sorrow.

During an online meeting with Halyna Skipalska, HealthRight Country Director for Ukraine and Executive Director of the Ukrainian Foundation for Public Health, we learned about the work being done with trauma survivors and the biological process of neurogenesis. Some things were even personally relevant, such as steps to get to the Resilient Zone, like “push against a wall to use large muscles; look around and name six colors; drink a glass of water, juice, or tea and focus on pleasant sensations like aroma, taste, and body”; and “storms pass.” Useful resources such as the iChill app for your smartphone or tablet were suggested. She also informed us about the Trauma Resource Institute, an online resource that was bringing in a Ukrainian-language component.

A few sessions later, the Advocacy group and the UNWLA sent out a suggested proclamation to bring to local governments for Ukrainian Independence Day, August 24. This I could do. I called the mayor’s office of the city that is the regional center and the mayor of the town where I live. The staff couldn’t have been more helpful. With their assistance, this became an event. New Haven agreed to have a formal flag raising on the Green on Wednesday, August 24. The mayor’s office sent out the media announcement. A few hours before the ceremony, I received a call from the office of the district’s

House Representative, Rosa DeLauro, asking if she could join in. This was really good news as she was the head of the House Appropriations committee and had sponsored Bill HR7691, which became the Additional Ukraine Supplemental Appropriations Act for over \$40 billion in aid to Ukraine (May 19, 2022). Although it was the middle of the week, we still had a good turnout, and received great media coverage from two local TV stations and online publications; the local newspaper printed a picture.

From that event, several of us drove to the West Haven town hall, where the mayor read the proclamation in the council chamber and added that the new pedestrian bridge by the shore would be lit up in blue and yellow that night. We drove there that evening; the beach area was filled with tons of people enjoying the lovely evening, and the bridge, which connects two beaches, was lit up in glorious blue and yellow. A photographer for the local paper took a picture that made the front page the following week.

Would I have attempted any of this without the Advocacy team? Probably not, but with the team I found purpose, and courage, and realized that all of us can do so much more by just doing a little more.



Anna at the microphone on the New Haven Green, with Mayor Justin Elicker to her left and Congresswoman Rosa DeLauro to her right.

UNWLA WELCOMED UKRAINE GLOBAL SCHOLARS AS SUMMER INTERNS 2022

Alina Zhurbenko, UNWLA Communications Coordinator

This summer, the UNWLA welcomed an exciting, although temporary, addition to its team: six Ukrainian interns from the Ukraine Global Scholars Foundation (UGS) joined various committees to gain skills and experience in working in a large non-profit organization. Their contributions have taught us and inspired us as well!



After the brunch in Washington, DC, in May, UGS students gifted the UNWLA with a Ukrainian flag, signed with their names and schools in Ukraine.

Our relationship with UGS started with Marianna Tretiak, Chair of the UNWLA Advocacy committee, who also manages the mentor team at UGS. In May 2022, UNWLA President Natalie Pawlenko and Marianna, along with other Soyuzianky active in the area, introduced the UNWLA to future Ukrainian leaders at a UNWLA-sponsored brunch in Washington, D.C.

UGS's rigorous selection process ensures that only the most motivated and talented Ukrainian high school students from modest backgrounds can participate in the program. UGS has helped 192 Ukrainians receive over \$50 million in scholarships to top global boarding schools and colleges. In exchange, students commit to returning to Ukraine for five years to rebuild the country. "This is the future leadership of Ukraine, and so much hope is placed on these students," says Natalie Pawlenko. The students immediately impressed her with the breadth of their perspectives, creative thinking, and eloquence.

Earlier in May, the UNWLA helped UGS student Olha Shapovalenko secure an internship at The Ukrainian Mu-

seum in New York. The UNWLA offered more internships in the early summer. They all left a lasting, positive impression on our team.

A rising sophomore, **Nataliia Shyika** worked with Natalie Pawlenko on various membership development, branding, and research tasks. "It was quite funny to see how, at the beginning of the internship, despite my previous experience managing local projects, I was always waiting for Natalie's advice to understand what exactly was needed and what the organization expected," admits Nataliia. "But as time went by, I was confident enough not only to complete the tasks but to add my knowledge and perspective to projects." As an intern, Nataliia generated an extensive list of press clippings about the UNWLA since February 24, 2022, which helped us understand our impact as an organization.





Zhenia Khalabadzkhak

The research skills of **Zhenia Khalabadzkhak**, an incoming freshman at Princeton University, and **Yulia Kopalivska**, an incoming junior at Annie Wright Schools, a boarding school in Tacoma, Washington, strengthened the UNWLA Advocacy committee this summer. Yulia helped immensely in the development of the UNWLA Sister Cities program. Although she is starting university, Zhenia will continue to work with the Ukrainian Language Advocacy campaign to promote Ukrainian-language books at Princeton's library and Ukrainian-language films on Princeton's campus.



Yulia Kopalivska



Sofia Tiapkina

With the tenacity and enthusiasm of digital natives, interns **Polina Panasenko** and **Sofia Tiapkina** helped the UNWLA Communications team develop content and Instagram strategies, and wrote and designed for social media. "Interning at the UNWLA was my first experience working in a professional team in a large organization," notes sophomore Sofia Tiapkina. She wrote news pieces and articles and translated documents with remarkable skill, amazing her colleagues with her responsiveness and efficiency. When asked to reflect on her experience with the UNWLA, Sofia mentioned the importance of upholding the informational front for Ukraine while abroad.

All our interns share the same sentiment. "Starting my undergraduate degree in the U.S., I constantly caught myself thinking of a contrast between my safe life abroad and the devastating reality in my homeland," notes **Sofia Khalik**, a first-year psychology major at the University of North Carolina. She interned with the UNWLA Fundraising committee and discovered a variety of outlets to apply her skills to help Ukraine. During the final month of her internship, she produced a list of over 50 opportunities for the UNWLA to raise more funds for humanitarian aid to Ukraine.



Working with UGS showed us how deeply concerned young people are about the well-being of others. They dedicate their skills and their limited time, beyond schoolwork and building their futures, to support their homeland and draw the victory of Ukraine closer. This wisdom and clarity of life vision have nothing to do

with age, but everything to do with the support young people receive pursuing their endeavors.

Special thanks to Marianna Tretiak, Helen Pidgorna, our UGS interns, the UGS team, and UNWLA National Board members for their work.

UNWLA Supports At-Risk Children in Ukraine

Summer Projects

Oka Hrycak, *UNWLA Social Welfare Chair*

With the escalation of Russia's war in Ukraine on February 24, 2022, children have been especially traumatized. The bombing, shelling, air raid sirens, and calls for taking cover in shelters and basements have been continuous in some areas and intermittent in others. Families have been separated. In many cases, parents have been called to fight the war and have not returned home. An article in the *New York Times* (September 12, 2022) posted these statistics regarding Ukrainian "Children of War": Dead – 361; Wounded – 702; Disappeared – 206; Deported – 6,159; Returned – 50.

The author, Emile Duce, further notes that one-third of Ukrainian children – 2.2 million – have been forced to flee their homes; many have been displaced two or three times. Children have been placed with relatives in communities away from the devastation of active fighting, sometimes with other family members, at other times in group shelters and orphanages. Routines such as school attendance and extra-curricular activities have been disrupted or temporarily terminated.

The UNWLA has been able to offer respite for many children by funding camps and projects this past summer. We have supported several of the programs for many years, and have been introduced to others more recently.

For example, the UNWLA has worked with Father Yurko Ostapyuk for several years. As head of the Center of Student Chaplaincy of



Father Mykhalchuk's campers on their trip to Zoopark Limpopo.

the Ukrainian Greek Catholic Church in Lviv, Father Ostapyuk brings his team of student chaplains to work with children traumatized by war. This year, a spiritual, patriotic camp was held during the last two weeks of July in the village of Ivankiv, Kyiv oblast – a village that had been occupied by Russian forces until early April. For that reason, parents and families were very hesitant to welcome the camp leaders, all newcomers, into their town. The feeling in the community was palpable. But slowly, Father gained the trust of the Ivankiv families, and the camp came to fruition. Seventy children between the ages of 11 and 16 attended, though the village itself included 300 children. Army officials explained that the rather low participation was due to continued fear of active bombing. The camp itself, because it was situated 50 kilometers from Belarus, was held primarily indoors, and children rarely played outside. Bomb shelters were accessible. Fortunately, there were no incidents for the duration of the camp, and the program ran smoothly. Father Ostapyuk shared that many of the campers became acquainted with the Bible and catechism for the first time and engaged in conversations about the teachings of the Church. The camp schedule also included counseling, games, crafts, workshops, and opportunities to socialize. Meals were prepared offsite by volunteers and brought in daily. Because children were not able to stay at the camp overnight, they had to endure travelling up to 100 kilometers a day, going through the stress of numerous checkpoints. The camp's final days presented an opportunity to express dreams for the future. "I dream of victory and peace" was a common thread. A second session of the camp was held for two weeks beginning August 29.

Father Taras Mykhalchuk, Prior of the Garrison Church of Saints Peter and Paul in Lviv, directed a camp with the theme, "Always by your side." Children whose parents were heroes in the Ukrainian war, fighting for freedom, were invited to par-

ticipate in the camp August 7-12 on the site of the Spiritual Seminary of the Holy Spirit in Lviv. Spiritual, creative, and active programs engaged the children. A highlight was an excursion to the Zoopark Limpopo, where children were able to see exotic animals up close. The camp provided four nutritious meals, as well as snacks such as fruits, sweets, yogurt, ice cream, and a camp favorite, pizza. This specific site was chosen for its relative security from terroristic attacks, in a quiet, tranquil environment. During air sirens, counselors distracted youngsters with games, attempting to create a feeling of comfort. Leaders felt it was important to point out to the children that there were others in their situations – others who had experienced the loss of a parent and the fracture of a family. Conversations were a routine, and the inclusion of spiritual and religious activities helped with reflection. At the conclusion of the camp, the campers' mothers and caretakers were grateful. Vera, the mother of a young child, said, "I sincerely thank everyone for the wonderful organization and unforgettable days spent at camp.... May the seeds that you have sown develop in the hearts of our children a hundred times." (*translation*)

During the summer, the UNWLA received a request from Volodymyr Sahajdak, director of the Social Psychological Rehabilitation Center for Children in Kherson oblast, that the residents of his facility were in dire need of assistance. He explained that 23 children resided on the premises, and an additional 35 are supported with food, hygiene and clothing necessities, and developmental guidance because they are living with relatives but not their immediate families. From the first day of the Russian occupation, Director

Sahajdak noted, the government "forgot about us and our needs. We were left without financial help. Food and upkeep of the center were forgotten. For three months, staff were not paid; all worked as volunteers." (*translation*) How did they survive? Only through donations from local volunteers. Food, hygiene products, and some recreation for children were available. Therapies needed by the children were often missed. Although attempts were made to maintain a schedule, proximity to the front lines limited outdoor play time. On a rotation basis, children were allowed outside for 15 minutes a day to enjoy some fresh air. Every day, children found pieces of rockets, shells, and other evidence of war. When air sirens commenced, all rushed for cover from potential bombing. Since the Center received funds from the UNWLA, the children have had a more balanced diet, with occasional meat and dairy products. Fruits and vegetables are an occasional treat. The big question is, Will the children be going back to school? As of now, schools in this area of Kherson will not be functioning. It is hoped that a school in a nearby neighborhood will reopen, but a bus and gas will be needed to transport the children from the Center to the school. A solution has not yet been found. Director Sahajdak is thankful for the donation from the UNWLA. He believes in Ukraine and in victory, and loudly proclaims, "Slava Ukraini!"

The Rodyna-Ukraina organization, featured in the October 2022 issue of *Our Life* (pages 20-22), has also been holding camps for children displaced by the war, with a key component being psychological intervention for the youngsters. Approximately 500 children are benefiting from the program.

As we know, the needs in Ukraine are vast. The programs described above are possible because our UNWLA members and families are a generous group. We rely on your continued support and thank you for your generosity.

Other programs benefitting from your donations will be featured in future issues of *Our Life*.



Sharing handmade "Ukrainian" bracelets at Father Ostapjuk's camp.



Enjoying a treat at the Social Psychological Rehabilitation Center for Children in Kherson oblast



«ПРОВІСНИК НОВОГО ДУХУ СЕРЕД УКРАЇНСЬКИХ ЖІНОК» 135 РОКІВ АЛЬМАНАХОВІ «ПЕРШИЙ ВІНОК»

*Алла Швець, доктор філологічних наук, заступниця голови ВГО Союзу Українок України,
заступниця директора з наукової роботи Інституту Івана Франка НАН України*



16 вересня 2022 р. у Будинку вчених у Львові відбувся Міжнародний науковий симпозиум «В імені нашої національної єдності», присвячений 135-річчю альманаху «Перший вінок». Це унікальне видання побачило світ 1887 р. і стало першою такого роду книжкою, де під однією обкладинкою зішлося 17 українських письменниць з Галичини, Наддніпрянщини і Південної України, які представили тут свої художні та публіцистичні праці. Тому альманах «Перший вінок» назавжди увійшов в історію літературного процесу, української преси, жіночого руху як важливий вияв соборницького поступу й інтелектуальний підсумок консолідаційних зусиль усього українського жіноцтва по два боки імперськи розділеної України. За словами фактичного редактора «Першого вінка» Івана Франка, в цьому збірникові «голоси жінок-галичанок і українок переплітаються в одну гармонію».

Дуже символічно, що видання мало двох редакторок, які підготували і видали його за власний кошт: від Галичини – Наталю Кобринську, а від Наддніпрянщини – Олену Пчілку.

Міжнародний науковий симпозиум відбувся під патронатом Уповноваженого із захисту державної мови Тараса Кременя, який відкрив захід вітальним словом, а також виступив з науковою доповіддю про Дніпрову Чайку.

Союз Українок Америки був співорганізатором цього великого науково-культурного заходу, а голова СУА – Наталя Павленко – від імені всієї організації привітала учасників симпозиуму під час його урочистого відкриття. Зокрема, у своєму вітальному слові п. Наталя підкреслила значущість ідеї національної єдності у сьогоденні й наголосила, що СУА всіляко сприяє популяризації української культурної спадщини, під-

тримуючи національний дух у середовищі української діаспори Америки та дбаючи про поширення і вшанування наших культурних надбань. Тому ще 1984 р. з нагоди 100-ліття українського жіночого руху саме з ініціативи СУА в Нью-Йорку було перевидано альманах «Перший вінок». Упорядницею його була д-р Лариса Залеська-Онишкевич. «Ми бережемо це видання як цінну пам'ятку, що демонструє міцний зв'язок різних поколінь жіноцтва і показує силу та суспільну роль української жінки», – зазначила Наталя Павленко.

Учасників симпозиуму також привітали інші його співорганізатори: від імені Департаменту освіти і науки Львівської обласної військової адміністрації – заступниця голови Ольга Котовська, від імені Інституту Івана Франка НАН України – директор, доктор філологічних наук, член-кореспондент НАНУ Євген Нахлік, від імені Ін-

ституту літератури імені Т.Г. Шевченка НАН України – директор, академік НАН України Микола Жулинський, від імені ВГО Союз Українок – голова Орестова Сидорчук, від імені офісу «Львів – місто літератури ЮНЕСКО» – Богдана Брилинська. Модераторами заходу були доктори філологічних наук Алла Швець, Сергій Романов і Святослав Пилипчук.

Під час наукової частини симпозиуму постать кожної зі 17 письменниць «Першого вінка» була представлена у цікавих новаторських доповідях науковців з різних міст України. І це була дивовижна інтелектуальна одноцілість.

Настроєвим камертоном заходу стало майстерне декламування поезій з «Першого вінка» у виконанні студенток Мар'яни Гірняк та Софії Дякунчак.

А завдяки майстриням модного бренду ZETA Atelier (очолює Тетяна Зез) науковий захід завершився показом колекції концептуальної моди «Вишивка в одязі видатних українців». У межах цього проєкту зокрема було представлено капсульну колекцію «Вишитий комірць – символ емансипації», а це: відтворені комірці Олени Пчілки та Косачівен; блузка «Олена Пчілка» з іменним комірцем; сорочка-друкованка «Леся Українка»; моделі сучасних блузок на основі іменних орнаментів; сорочка з орнаментом Полуботків; сорочки з орнаментом Івана Франка. Завдяки такому показу вдалося відчутти стиль модної епохи авторок «Першого вінка».

За матеріалами «Першого вінка» заплановано до друку збірник матеріалів.

Міжнародний науковий симпозиум «В імені нашої національної єдності» по-справжньому об'єднав усіх учасників і засвідчив непроминальність і надважливу роль наших культурних надбань.



Ukrainian National Women's League of America, Inc. Стипендійна Акція Союзу Українок Америки

Вітаємо із Днем Подяки усіх спонсорів та добродіїв Стипендійної Акції США, які уможливили нашу безперервну діяльність від 1967 року! Дякуємо Всевишньому за опіку студентами, зокрема в Україні, яка з лютого 2022 р. перебуває у стані війни.

Happy Thanksgiving Day to our sponsors and benefactors! We appreciate, as do the students that you sponsor, your continued support of the program since its inception in 1967. May God bless you and our students!

Навчальний рік в Україні почався у вересні. Стипендійне бюро США очікує очікує від стипендіятів документи на поточний академічний рік, щоб розпочати виплати. Звертаємось до Вас із проханням продовжити опікуватися Вашим студентом/студенткою в цей важкий воєнний час в Україні.

We are starting to process documents for the new academic year in Ukraine. With the war in Ukraine, it is a very difficult time for students. We appeal to you for your continued sponsorship of students in Ukraine.

ЩИРО ДЯКУЄМО ЗА ПІДТРИМКУ! WE APPRECIATE YOUR SUPPORT!

Members of the UNWLA Scholarship Standing Committee: Ex Officio UNWLA President Natalie Pawlenko, UNWLA Scholarship Chair Nadia Jaworiw, members Luba Bilowchtchuk, Halyna Lojko, Zoriana Haftkowycz, Victoria Mischenko, Natalia Honcharenko, and Advisor Anna Krawczuk

До нас пишуть ... Стипендіяти з України

Я хочу висловити щиро вдячність вашій благодійній організації за допомогу, яку ви надавали мені протягом 4 років навчання в університеті. Я успішно здобув ступінь бакалавра з економіки і продовжуватиму навчання далі, здобуваючи освітній ступінь магістра з 1 жовтня 2022 року. Сподіваюся, що нинішня ситуація в Україні не завадить мені зробити це.

Особисто хочу подякувати своєму спонсору за фінансову підтримку. Добрі справи не залишаються непоміченими – вони як маяки світять тим, хто чекає допомоги. Впевнений, що Ваш приклад є показовим для інших благодійників.

З повагою, Богдан К.

Висловлюю слова щирої вдячності за надану спонсорську допомогу у вигляді стипендії, завдяки якій мені було легше набутися знань, потрібних для втілення своєї мрії.

Зараз я за крок від неї. Сподіваюся, що після успішної здачі загальнодержавного тесту я стану студентом вищого навчального закладу. Це, у свою чергу, дасть мені можливість отримати професію, яка в майбутньому дозволить мені, як і Вам, допомагати іншим.

Бажаю мирного неба, благополуччя, здоров'я та успішних втілень Ваших задумів.

З повагою, стипендіят Руслан К.

Пожертви від 25 серпня до 26 вересня 2022 р. - August 25 - September 26, 2022, Donations

\$220	Adrian & Larissa Dolinsky (86)
\$210	Nadia Jaworiw (98)
\$110	Tamara Stadnychenko Cornelison (64)
\$42	Renata Bihun (28)

Thank you for your generosity.

Щиро дякуємо за Вашу благодійність.

*Люба Більовщук, член Комітету стипендій США
UNWLA Scholarship Committee Chair 1993–2002*

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THE TRAUMA OF WAR

A Personal Reflection on How War Affects the Very Young

Ksenia Olesnycka Kuzmycz, Branch 56, North Port, FL

As we watch the horrific invasion of our homeland by the brutal Russian hordes (I can't dignify them by calling them an army), we recognize the trauma inflicted on Ukrainian families, particularly on the children. We see photographs of young children with terrified expressions, children crying, children with vacant stares. We know that these memories will not be erased easily, that the scars will likely remain. There are professionals in Ukraine who are well aware of these traumas and, despite profound limitations, are doing their best to reach out to all they can to help. There is one group, however, that I fear is likely being neglected with this outreach. More than once, I have heard comments that, fortunately, at least infants and the younger toddlers will be spared the traumatization, as they are "too young to remember." This belief, sadly, is misguided and untrue, and this is what compels me to share my story.

I am a member of the last generation born in Ukraine during World War II whose family was able to escape the return of the Soviet army into Western Ukraine. As refugees, we settled in camps for displaced persons. I was

an 11-month-old infant when my family escaped. I have no memories of the years we lived in the camps, of our eventual journey by ship to the United States when I was 5 years old, or of our arrival in this country. The only memory I have of my early years in America is of recurrent nightmares characterized by very frightening loud noises and flashing lights. I consistently awoke from these nightmares with my stomach clenched in knots and had difficulty catching my breath. Every night I prayed not to have a nightmare; by the age of about 12, they finally dissipated. However, the knot in my stomach and the feelings of anxiety often recurred, seemingly for no apparent reason.

My mother – widowed when my father, a surgeon with UPA (the Ukrainian Insurgent Army), was murdered by the NKVD (the forerunner of the KGB) – was already feeling overwhelmed, so I kept the nightmares and the ongoing anxiety to myself. While I was quite shy and quiet, I developed a pretty effective facade of being OK, although I did occasionally hear adults comment on my apparent "sadness." Nonetheless, I successfully completed college, obtained two master's degrees, was certified in school psychology, had a successful professional career, married the love of my life, and raised two great sons.

When I was about 28 years old, I worked as a psychologist in a small alternative school program in Reading, PA. In addition to daily staff meetings after school, we met weekly with our consulting psychiatrist. During one of these meetings, the psychiatrist mentioned that he had recently completed training in hypnosis and was planning to incorporate hypnosis within his practice. When I offered to provide him with added practice, he agreed to hypnotize me. While I do not recall what he did exactly, I do remember his direction that I was walking down this long white empty corridor to my past. Within seconds, I began to shake, cry,



Ksenia (center) with her cousins in Zhygestiv, Lemkivshchyna, immediately prior to the family's escape. The photo was taken in early September 1944, when Ksenia was 11 months old.

and yell out, “the sand, the sand.” As with my nightmares, I struggled to catch my breath, and my stomach was totally knotted. Basically, I was experiencing a panic attack. Of course, the psychiatrist immediately brought me out of the hypnotic state and inquired about my response, but I had no idea. He suggested that I talk to my mother; however, she denied any knowledge of what may have precipitated my outburst.

About a decade later, when visiting my cousins, a random discussion touched on the topic of hypnosis, and I related my story. One of my cousins, who is older, said she could easily explain my reaction. She described how, as we were escaping the war, the cattle-car train in which we were traveling was being bombed. Everyone quickly sought shelter under the train, but there were still casualties. My mother held me in her arms, but when she was wounded in the crook of her arm, near my head, I was immediately drenched in her blood. The man beside her was killed, my aunt was wounded in her legs, and everyone was crying and screaming in fear. The family sought help and shelter in a neighboring village, and we subsequently resumed our escape on another train. Once again, planes flying overhead strafed the train; this time, we were able to find shelter in a nearby foxhole. The soldiers who had previously used this shelter had lined it with sandbags for protection. As the bullets and shrapnel hit the sandbags, those cowering inside the foxhole were covered by a shower of falling sand. I was speechless. Here, finally, was the explanation for my reaction at the age of 28 to my pre-verbal experiences when I was only 11 months old.

Nobody had ever spoken to me about those particular moments of my family’s effort to escape, but the emotional trauma was so severe and the impact so deeply embedded that it was the paramount feature of my past that first popped out under hypnosis almost three decades later. Moreover, this experience has remained a significant factor throughout my life. This deeply embedded and traumatic occurrence that I was neither able to recall nor able to articulate has contributed to intermittent severe anxiety and depression, as well as to a diagnosis of PTSD. Notably, the very same nightmares I had experienced from the ages of 6 to 12 resumed when Russia invaded Ukraine earlier this year, and they continued for about a month on a nightly basis.

Without getting into detail, relatively recent brain research has revealed that the brain retains emotional and explicit, factual and verbally mediated memories differently. Furthermore, emotional memory often does not rely on language and, indeed, typically does not respond to language commands, such as “calm down.” Additionally, emotional memory can be triggered by seemingly unrelated events, such as odors, sounds, lights. We have all heard stories of soldiers returning from war who dive under cover when a car backfires. They are responding with the same terror and fear that they experienced during the initial explosions they witnessed while at war. Given our current understanding of brain functions, we now recognize that their response is not crazy or inappropriate, but a normal reaction to the stimulation the brain receives.

I write about my personal experience with the goal of raising awareness that the trauma of war not only affects children who can engage verbally, but also profoundly impacts pre-verbal infants and toddlers who can not only sense the anxiety, fears, and devastation of their



Ksenia in the displaced persons camp, likely at age 4 or 5, wearing an outfit sewn by her paternal grandmother, a well-known seamstress/designer from Lviv who was also in the camp. Many of the costumes used in the theater and opera in Lviv had been created in her atelier.

parents, but also absorb sensory signals from their surroundings. Heightened awareness of this not well-known reality can enable parents and professionals to recognize signs of anxiety and fear in the very young. For many, current conditions in Ukraine are such that mere survival is difficult; nonetheless, I hope my story may be helpful in the future, and that we can better understand that assuming infants are unaffected by the chaos and trauma of war is incorrect. When these children subsequently exhibit what appear to be inappropriate responses to a seemingly neutral stimulus, the adults working with them need to realize that discounting their fears or negative responses, or simply providing verbal reassurance, will not suffice. Rather, prior intervention that could teach the children, as well as adults, how to use intentional skills to help return them to a sense of well-being is critical, not only now during the war but also afterwards, as the soldiers and refugees return home.



THE UKRAINIAN MUSEUM

222 East 6th Street, New York, NY 10003
www.ukrainianmuseum.org

OLENA ZELENSKA, FIRST LADY OF UKRAINE, VISITS THE UKRAINIAN MUSEUM IN NEW YORK



Photo: Kateryna Czartorysky

During her visit to the Museum, First Lady Olena Zelenska launched a global fundraising campaign to save Ukraine's culture.



Photo: Kateryna Czartorysky

Accompanied by Ukrainian Museum director Peter Doroshenko, Mrs. Zelenska toured and officially opened the Museum's Impact Damage exhibition.

Ukraine's First Lady, Olena Zelenska, visited The Ukrainian Museum on Thursday, September 22, to launch a global fundraising drive for the restoration of some 1,500 Ukrainian museums and cultural heritage sites destroyed or damaged in the Russian invasion. The destruction of Ukraine's cultural heritage, Mrs. Zelenska noted, is an attempted destruction of Ukraine's identity. "War destroys," she said. "Culture creates and enriches."

Representatives from a number of major U.S. museums and cultural institutions, among them the Metropolitan Museum of Art, the Smithsonian, the Guggenheim, the Museum of Modern Art, and the Jewish Museum, were on hand for the launch, as were Ukraine's Ambassador to the U.S., Consul General in New York, and Permanent Representative to the United Nations. Mrs. Zelenska's visit coincided with the opening of the 77th

session of the UN General Assembly.

During her visit, the First Lady, accompanied by Ukrainian Museum director Peter Doroshenko, toured and officially opened the museum's newest exhibition, *Impact Damage*. The exhibition dramatically re-creates the atmosphere inside a "boarded-up museum somewhere in Ukraine," its galleries filled with cultural artifacts but now dark, silent, the only light coming from three large video projections that document the tragedy of the war as it unfolds outside the museum's walls (see *accompanying story*).

Mrs. Zelenska also took the opportunity to launch a stamp honoring Ukrainian philosopher Hryhorii Skovoroda on the 300th anniversary of his birth. The Skovoroda Museum in Ukraine's Kharkiv region, destroyed in May of this year by a Russian artillery strike, is the first museum scheduled for restoration thanks to Mrs. Zelenska's campaign to save Ukrainian culture.

IMPACT DAMAGE

With the exception of a few large museums in Kyiv, Lviv, and Odesa, all of Ukraine's museums are closed. The Russian invasion has put cultural activities on hold. Mirroring a dystopian science fiction film, museums across Ukraine are in cultural hibernation: staff work from home, artworks have been wrapped and stored, windows are boarded up. Once active and vibrant galleries sit in dark silence, frozen in time.

The Ukrainian Museum's new exhibition, *Impact Damage*, meaning visible physical damage or destruction, recreates a shuttered museum somewhere in Ukraine. "The galleries are filled with the museum's collection, from paintings and sculptures to embroidered garments and historic ceramic objects," says Museum director Peter Doroshenko, who conceived and organized the exhibition, "yet there are no lights to fully navigate the exhibition; the galleries are dark and dismal." The only light comes from three large video projections by the Kyiv-based film collective Babylon'13. The collective consists of 100 activist filmmakers, photography directors, sound engineers, producers,



Photos: G. Chandler Cearley

and editors who have been working together since November 2013 and are now creating short, narrative films about the current war. Their stories reflect the drama and tragedy across the country and the charged moments outside the walls of a museum in any city. Doroshenko adds: "This exhibition is intended to parallel and create emotional connections to what cultural institutions in Ukraine are experiencing on a daily basis."

Impact Damage is on view through January 8, 2023.



Participants in front of Bethlehem City Hall.

UNWLA MEMBERS ACROSS THE U.S.

Celebrate Ukrainian Independence Day

Bethlehem, PA

As it has done for many years, Branch 91 organized a flag-raising ceremony and accompanying program to commemorate the 31st anniversary of Ukraine's independence on August 24, 2022.



Keynote speaker Dr. Olena Ogrokhina.

The program at the Bethlehem City Hall Plaza focused not only on Ukraine's rich cultural heritage as presented through song, dance, and verse, but also on Ukraine's current battle to remain a sovereign nation. The mood was both celebratory and solemn, given Russia's current war of aggression.

Branch president Roxanne Dew welcomed a large crowd of about 100 and introduced MC Oksana Kipa, the branch's cultural chair, who asked for a moment of silence for Ukraine's defenders.

Members of Ukrainian American Veterans Post 42, Kerry Dew and Nick Fartuch, raised the American and Ukrainian flags while several Post members formed a backdrop around the flagpoles. The Kazka Ukrainian Folk Ensemble sang the anthems of both countries.

Rev. Beth Goudy, president of Bethlehem's Interfaith Group, provided the invocation and thanked the branch for the honor of offering a prayer at the event. The Kazka Dancers, under the direction of branch member Dr. Paula Holoviak, performed the traditional Pryvit welcome dance.

Bethlehem Mayor J. William Reynolds was the first government official to speak. He mentioned that Ukrainians were part of the rich cultural fabric of the city and that the Ukrainian flag has been flying in the plaza since February 24 to "recognize, honor, and cherish everyone fighting for freedom." Pennsylvania Representative Steve Samuelson, a long-time supporter of Ukraine, spoke of Russia's current war of aggression. Additional messages of support were sent by U.S. Sen-

ator Bob Casey, delivered by his Lehigh Valley Regional Manager Amy Cozze; State Senator Lisa Boscola, delivered by Legislative Aide Jake Glessner; and U.S. Congresswoman Susan Wild, read by Marta Fedoriw.

Adding to the artistic program were a dance specially choreographed by Paula Holoviak honoring Ukraine's defenders, and a recitation of Taras Shevchenko's *Zapovit* by 11-year-old Mariia Panivnyk, who recently arrived in the U.S. from Kyiv with her family.

Dr. Olena Ogrokhina, a professor of economics at Lafayette College, delivered the keynote address. She completed her undergraduate studies in Kyiv and received her doctorate from the University of Houston. Her family still lives in Ukraine. Her speech was not only very informative, but emotional and inspirational. She reminded everyone that millions of Ukrainians were fighting every day for their freedom and way of life. Stating that their spirit and bravery will prevail, Dr. Ogrokhina expressed her gratitude for all the assistance to Ukraine and asked that everyone continue to think of Ukraine and provide whatever support possible.

Father Paul Makar, pastor of St. Josaphat Ukrainian Catholic Church in Bethlehem, provided the benediction. The event concluded with Kazka singing "Bozhe Velykyi Yedynyi."

The program was organized by Branch 91 committee members Roxanne Dew, Marta Fedoriw, Paula Holoviak, and Oksana Koziak. After the event, many participants gathered at a local restaurant for a communal lunch.

Oksana Koziak, *Vice-President, Branch 91*

Boston, MA



Viktoria DeVincenzo, PR/Social Media Representative for UNWLA Members-at-Large, and her family attended Boston's Ukrainian Independence Day festival, organized locally with the help of the Ukrainian Catholic Church and the Ukraine Forward volunteer organization.

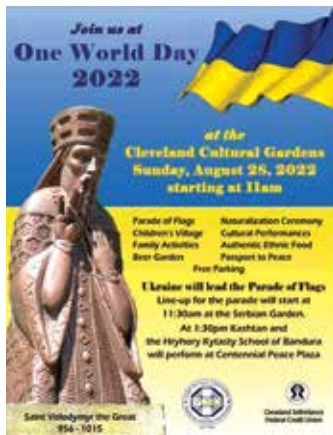
Detroit, MI



Branch 96 marked Ukrainian Independence Day with a vigil and *moleben* at St. Josaphat Church. Participants included (l-r): Ukrainian American Veterans Post 101 Commander Matt Wroblewski (to the left of the American flag); Oleh Karanec, former Commander (to the right of the Ukrainian flag); Mayor Jim Fouts of Warren, MI; Reserve Sgt. Tanya Clark, daughter of branch member Zirka Clark; Marie Zarycky; MC Natalia Melnychuk; Congressman Andy Levin; former judge Carl Marlinga. Ten Ukrainian and guest clergy also participated in the *moleben*. Detroit Regional Council President Slava Hlynska prepared 200 adorned candles for the vigil, and Branch 96 member Iryna Melnyk crafted a huge, beautifully adorned wreath for the Veterans Cross. Sgt. Clark carried the wreath.

Marie Zarycky, *Branch 96, Detroit, MI*

Parma & Cleveland, OH



Member-at-Large Mariana Galay took part in the Ukrainian Independence Day parade at the Ukrainian Village in Parma, as well as in One World Day at the Ukrainian Cultural Garden in Cleveland, where she is pictured before the statue of Lesia Ukrainka.

Irondequoit, NY



The Greater Rochester, NY, Ukrainian American community marked the 31st anniversary of Ukraine's independence at the Ukrainian Centennial Monument at Irondequoit Town Hall, which also has a Holodomor Remembrance plaque next to the Irondequoit-Poltava Sister Cities Friendship tree. Rory Fitzpatrick, Irondequoit Town Supervisor, presented a Proclamation in recognition of the community and in celebration of Ukrainian independence. Prayers for Ukraine were led by Father Philip Weiner of St. Josaphat Ukrainian Catholic Church and Father Ihor Krekhovetsy of St. Mary the Protectress Ukrainian Orthodox Church. Oleg Lebedko, CEO of the Ukrainian Federal Credit Union and Honorary Consul of Ukraine for Upstate NY, read a greeting from the Ukrainian Embassy. Dr. Christine Hoshowsky, Rochester Ukrainian Group President and UNWLA Branch 120 member, presented a decorative plate from Ukraine to the Town of Irondequoit in appreciation for the placement of a permanent flagpole at the Ukrainian Centennial Monument. Miranda Mims from the University of Rochester spoke briefly about the Ukrainian Rochester Collection at the UR Library, and UNWLA Branch 120 member Elena Dilai highlighted the humanitarian initiatives for Ukraine through ROC Maidan. The event was coordinated by UNWLA Member-at-Large Tamara Denysenko.

Palm Beach County, FL



Photo: James Jenner

In a manifestation of unity and solidarity across South-West Florida, Ukrainians and many supporters gathered in Delray Beach to commemorate Ukrainian Independence Day. The event featured fiery speeches from American and Canadian supporters. About 300 petitions were addressed to the President and Secretary of State and to Florida's Governor, senators, and representatives. Participants also greeted fellow Ukrainians who had just arrived in Florida from Ukraine, escaping the war zone. Local TV stations covered the event, which was organized by Member-at-Large Nadia Kachalenko with her team of Palm Beach County volunteers: Dmytro Bozhko, Anton Grytsenko, Richard Bojsiuk, and Olena Chuenko.

Ukrainian Women and the War

UNWLA MEETS WITH U.S. DEPARTMENT OF STATE

With the need for aid in Ukraine remaining immense, the UNWLA welcomed the invitation received from the Acting Assistant U.S. Secretary of State for Global Public Affairs, Elizabeth Trudeau, for a roundtable discussion on global help for and the current needs of Ukraine's women. Held on September 21 at the Ukrainian Institute of America in New York City, the roundtable was hosted by UNWLA President Natalie Pawlenko in cooperation with UNWLA Honorary President Marianna Zajac, who serves as World Federation of Ukrainian Women's Organizations (WFUWO) First Vice President and Ukrainian World Congress Board Member. The event included participants from the Department of State, guests from Ukraine who were in New York for the opening of the UN General Assembly, and several UNWLA members who serve as WFUWO representatives to the UN: WFUWO Main Representative to UN/ECOSOC Martha Kichorowska Kebalo, PhD, who prepared the roundtable materials; WFUWO Main Representative to the UN Department of Global Communications Irene Jarosewich, who served as discussion moderator; and WFUWO Representative to UN/ECOSOC Sofika Zielyk, who serves as Chair of the WFUWO Committee on Ukrainian Culture.

The wide-ranging discussion touched on a number of critical issues:

- the massive internal displacement of the population;
- wartime violence (including sexual violence) against women, along with sex trafficking, abduction, disappearance, and imprisonment;
- the need for more psychologists and social workers to assist individuals experiencing despair, addiction, and emotional problems as a result of the stress of the war;
- providing financial assistance and creating employment opportunities;
- the effect of the war on higher education, with many institutions destroyed by Russian shelling, faculty displaced, and tens of thousands of students living as refugees outside Ukraine;
- Ukraine's reconstruction in the post-war future.

Elizabeth Trudeau responded by acknowledging the multiple consequences of the war and confirming America's long-term commitment to ensuring that Ukraine has the resources needed to win. She added that war crimes must be addressed, and Russia must be effectively sanctioned. She recommended that Ukrainian community representatives meet with diplomats of other nations to update them about conditions in Ukraine, and stressed the importance of engaging the nations of South America and Africa. She urged the community to work with international media to keep the message of the nature of the war – a war against democracy – in the public eye.

Sofika Zielyk presented Trudeau with a *pysanka* and relayed the Ukrainian legend that the world will survive as long as people continue to design *pysanky*.

Marianna Zajac concluded the roundtable with a strong message: historically, empires end, and the time has come for an end to the Russian empire.



Roundtable participants (l-r) Lidia Mykytyn (Director of Advocacy Programs for the Ukrainian World Congress), Irene Jarosewich, Marianna Zajac, Natalie Pawlenko, Kateryna Levchenko (Ukraine), Elizabeth Trudeau, Oksana Kis (Ukraine), Maria Dmytriyeva (Ukraine), Sofika Zielyk. Martha Kichorowska Kebalo took part in the discussion via Zoom.

LESYA'S STORY

Marusia Kvit-Flynn, Branch 75, Maplewood, NJ; NJ Regional Council Museum Chair

"The empire will fall apart, and the enemy will be disgraced." Father Artemij Cehelsky shared these words with his daughter, my cousin Lesya Krypyakevych, as they returned from Siberia to their home in Lviv in 1956. With today's world appearing to relive past horrors, I am sharing the story of my cousin Lesya and her courageous family. Lesya's continuing work in Ukraine is admirable, and I find her an inspiration to all women, especially Ukrainian women.

From Lviv to Siberia

Artemij Cehelsky was ordained in 1942 by the late Metropolitan Andrij Sheptytsky, who also blessed his wife, Marta, Lesya's mother. Marta always said that she endured all the tortures in prison because Sheptytsky laid his blessed hand on her head.

When WWII ended, the persecution of the Ukrainian Greek Catholic church began. Priests who did not agree to join the Russian Orthodox church and their patriarchate were arrested. In 1946, Father Cehelsky and Lesya's grandfather, Ihnatij, also a priest, were arrested and sent to the Lonsky prison in Lviv for one year. From there they were loaded onto cattle-car trains and sent to hard labor camps. Father Ihnatij was sentenced to 10 years in a prison camp in Mordo-



Lesya's family during their last year in the Gulag, 1956. Lesya is in the lower left-hand corner.

via, while Father Artemij was sentenced to five years in Vorkuta, Siberia. At the time, Lesya was two years old, her older brother Andrij was four, and her younger sister Bohdanna was just four months. Lesya's mother Marta was left with no income to support her family. Luckily, her grandmother was still with them, which allowed her mother to go to work in order to feed her family.

In 1950, the communist writer Yaroslav Halan was murdered. This resulted in another massive wave of arrests by the KGB to avenge his death. Innocent people were suddenly whisked off the streets, ending up at the Lonsky prison for interrogation, or were simply never heard from again. While on her way home from work one day, Lesya's mother was accosted by an agent and brought to the prison for questioning. She was accused of being a member of an anti-Soviet nationalist organization, which she denied. "How could I possibly have time to be active in an organization with three small children at home and at work all day?" she pleaded. Regardless, for three months the KGB tortured her, trying to extract a confession; she did not capitulate until a man she knew from her town identified her as being guilty. It was obvious to Lesya's mother that he had likely been tortured into submission. She was then sentenced to a hard labor camp in Krasny Yar in Siberia, to work in the taiga, a forest in the

cold, subarctic region. Marta's mother and children would accompany her.

Lesya to this day remembers the sound of the soldiers' boots as they came up the wooden stairs to their apartment to take them away. When her grandmother opened the door, a tall soldier walked in and told them they had a half-hour to get their things. As her grandmother prepared their necessities, the soldier kicked the milk that Lesya's three-year-old sister Bohdanna was drinking, leaving her in tears. They were then seated in an open car and taken away to join their mother Marta at the prison in Lviv. From there they were loaded onto cattle-car trains headed toward Krasny Yar in Siberia. After a long and tiresome trip on the train and then by boat on the Ob River, they finally arrived at Krasny Yar. At 7:00 the very next morning, Marta was taken away to the deep taiga forests and assigned to chop down trees to meet the challenging quota required to feed her family.

Lesya's father Artemij, who was sentenced to a hard labor camp in Vorkuta, was 1,000 miles north of Krasny Yar. Although he was a priest, he was also a master violinist. He performed for the other exiles at the camp and over time organized a small orchestra with some of the musicians there. He also secretly said Mass and performed the sacraments for the prisoners. His violin saved his life

as his talent was useful in entertaining the prisoners. Unfortunately, someone betrayed him, reporting that he was indeed a priest. He was then transferred to a camp in Tomsk, now only 400 miles from Krasny Yar. This proved to be a Godsend since it was a larger city and his musical talent was soon discovered and put to broader use. The director of the Philharmonic at Tomsk recognized Artemij from his days in Lviv. He sent a telegram to Krasny Yar and asked that Lesya's mother and children be transferred to the Tomsk camp as well. It was a tearful and joyous reunion since they had not seen each other in five years. Lesya's younger brother Petro was born after their reunion, barely surviving the subarctic climate of the taiga. However, he did survive and would later become the first violinist for the Kyiv opera, and then the concertmaster for the Warsaw Philharmonic for over 15 years. To date, no one has held that position as long as Petro. He gave concerts all over the world, including 20 in Japan alone. He certainly inherited his father's talent.

Return Home

When Stalin died in 1953, Lesya and her family were finally allowed to go back home. Unfortunately, they didn't have enough money for the trip back for the seven of them. They found work in a restaurant where Artemij entertained the guests with his musicality and Marta worked in the kitchen until 1:00 a.m. It wasn't until three years later, in 1956, that they saved up enough money for the trip back home. Lesya was now 13 years old. Her grandfather soon noticed her artistic talent and, after she completed gymnasium, enrolled her in the Lviv Academy of Arts for tapestry. She trained under the master Karl Zvirinsky, whose work hangs in the Museum of Modern Art in Lviv. Lesya became an accomplished

artist in her own right. Twice her tapestries were shown at international art exhibitions. However, she was not allowed to leave the country; instead, a KGB member would take her place. In one of her tapestries, made to honor the 350th anniversary of the Kyiv Mohyla Academy, she inserted what she called a "тиха бомба" (a quiet bomb): Hetman Mazepa's coat of arms on a lectern holding a book. The KGB did not identify the image and thankfully did not discover her "quiet bomb." To this day, one of her tapestries hangs in the Ivan Franko National University in Lviv.

St. Volodymyr Foundation

In 1967, Lesya married Roman Krypyakevych, the son of the renowned historian Ivan Krypyakevych. He was also a physicist and the first vice-consul of Ukraine to Austria. Lesya continued to pursue her art, creating tapestries at the famed school of Karl Zvirinsky. With the proclamation of Ukraine's independence in 1991, Lesya and her husband Roman established the St. Volodymyr Foundation, a public charitable institution that was blessed by Metropolitan Husar.

Because Roman was fluent in German, they established relations with Austria, Germany, and Switzerland and focused on Roman Catholic institutions that proved benevolent in helping their foundation. The foundation pursued solutions to the educational and socio-cultural problems of young families. It has provided personal and family protection in difficult circumstances, material assistance, medical and psychological care, and counseling for close to 25 years. Since Roman's death in 1999, Lesya continues to lead the foundation, with Ihor Matushevsky as its new president. In 2020, Lesya and Archbishop Borys Gudziak organized their first Youth for Christ conference in a Lviv stadium, with close to 40,000



Lesya (center) received the Order of Princess Olha from President Petro Poroshenko in 2015.



Lesya (seated) with Archbishop Borys Gudziak during the Youth for Christ conference in Lviv in 2020.



One of Lesya's tapestries hanging in the Ivan Franko National University in Lviv.



Lesya preparing shipments for the front.



Lesya's crew delivering supplies to Bucha.

participants. Archbishop Gudziak organized youth in the U.S., while Lesya organized youth in Ukraine. She also remains very involved with the Youth for Christ organization.

War in Ukraine

When the recent war broke out in Ukraine, Lesya transformed her foundation into a humanitarian aid organization for soldiers and refugees. Funding from European partners doubled, and Romania, Poland, and Croatia joined the partnership. Funds were raised to send needed items to the front. For example, Bautzen, a town in Germany, held a concert and dedicated the proceeds to the foundation. This was repeated many times. An array of items came from different partners: T-shirts and socks, computers, helmets, body armor, thermal imagers, beds, ladders, and body bags. Most recently, the foundation has been purchasing much-needed drones and quadcopters and sending them to the front. These donated items continue to be sent to various units throughout Ukraine. Lesya continues to lead the organization, working tirelessly with her crew from morning until night despite her 78 years. Her dedication is unwavering. The foundation publishes a monthly newsletter reporting all its activities and donations, which can be viewed at this link: <https://stwf.org.ua>.

Lesya's Family Today

Lesya's daughter Ivanna followed in her mother's footsteps as an artist. She is an iconographer and is considered one of the best in Ukraine. Most recently, together with a fellow artist, she adorned the walls of the chapel at the Ukrainian Catholic University in Lviv with her icons. Ivanna's oldest daughter, Clementia, is a photojournalist. She bravely captured photos of the Maidan Revolution of Dignity and was invited to display them at Syracuse University here in the U.S. For her work she was awarded a prize by the *New York Times*. Ivanna's daughter Magdalena completed her theological studies and works as a missionary in Italy. Ivanna's youngest daughter, Emilia, who is just 14, volunteers with the children of refugees who are traumatized by the war. Finally, Ivanna's sons, Artem and Dmytro, are heroes. Both brothers volun-

teered to join the Ukrainian armed forces. Artem was killed on June 18, fighting Russia in the Donbas. Dmytro continues to fight despite the loss of his older brother. Lesya is very proud of her grandchildren, although the pain of losing her oldest grandson has been difficult to bear.

Tribute and Lesya's Words

Lesya's work has not gone unnoticed. In 2015, she was honored with the Order of Princess Olha medal presented to her by President Petro Poroshenko. The medal recognizes Ukrainian women for their outstanding work and contributions in national, educational, cultural, and charitable spheres, as well as public work and other social activities that benefit the education of children and families.

On the eve of February 24, when Russia invaded Ukraine, Lesya wrote these words to me: "Our perpetual enemy has once again decided to invade and attack our country on all fronts in order to frighten us. But we will fight back and overcome. Our experience from our UPA [Ukrainian Insurgent Army from WWII] is with us. Don't be afraid for us. Pray and believe. God is holding His hand over Ukraine. Our ancestors, our heroes in heaven, they are our heavenly army. Stay united and fight in your own way. I believe in a great and worthy future for our nation."

When I told Lesya about our UNWLA and described the work we are currently doing, her immediate comment was, "Українське жіноцтво то страшна сила!" (Ukrainian womanhood is a tremendous force). I could not agree more.



Lesya's grandson Artem Dymyd, killed June 18 near Donetsk.

Olga Horodecky

Branch 65, New Brunswick, NJ



Olga Horodecky of Mount Laurel, NJ, passed away peacefully on September 18, 2022, at the age of 91.

Born Olga Leskiw on July 17, 1931, in Voloschyna, Western Ukraine, Olga was the second child of Michael and Maria Leskiw. A long-time resident of Kendall Park, NJ, Olga recently moved in with her son Adrian. She was a parishioner of the Nativity of the Blessed Virgin Mary Ukrainian Catholic Church in New Brunswick, NJ. Olga was also a long-time member of UNWLA Branch 65 in New Brunswick. In her youth, Olga was a member of the Plast Ukrainian Scouting Organization.

Olga immigrated to the U.S. in 1949. She worked for General Fire and Casualty Insurance in New York and for Rutgers University in New Brunswick, NJ, before retiring in 1993. For 50 years, Olga was the beloved wife of Jerry Horodecky, who passed in 2001. She was the devoted

mother of Irene Horodecky, who passed in 2011. Olga is survived by her son, Adrian, and her niece Ulana Markiv with her husband Volodymyr and their daughter Ericka. Olga is also survived by her nephew Mark Leskiw, his wife Lisa, and their son Dominick. Olga was the sister of Alex Leskiw, who passed in 2020, survived by his wife Daria.

Please celebrate Olga's life by watching the award-winning biography of her life, *Olga's Odyssey*: "She was born in western Ukraine, escaped the russians in World War II, lived in a Displaced Persons camp in Germany for four and a half years, and arrived in New York to begin a new life in America." (See *Our Life*, May 2022, page 23.)

The movie website is <https://vimeo.com/685194810>

The Facebook page is <https://www.facebook.com/Olgas-Odyssey-Movie-113167871139480>

Olga's final resting place is Saint Andrew's Ukrainian Cemetery in South Bound Brook, NJ.

Adrian Horodecky

БЛАГОДІЙНІСТЬ – ПОЗА ЧАСОМ І НЕ ЗНАЄ КОРДОНІВ

Валентина Шемчук, членкиня 64-го Відділу СУА ім. Іванни Рожанковської, заслужений працівник культури України, член Національної спілки журналістів України;
Ірена Григорович, голова 64-го Відділу СУА ім. Іванни Рожанковської, Округа Нью Йорк

Благодійність не має кордонів. Українці своєю сміливістю, рішучістю й незламністю дивують світ! Ми справді неймовірні, бо любов до своєї Батьківщини й незбориме бажання її зберегти роблять нас безстрашними перед ворогом. Непохитно відстоювати суверенітет України нам допомагають Сполучені Штати Америки, надаючи велику військову та гуманітарну допомогу.

Щире прагнення допомогти Україні боронити територіальну цілісність виявляють американці округу Лекаванна в штаті Пенсильванія. Серед мешканців міст Скрентона та Данмора – Валентина Шемчук, членкиня 64-го Відділу СУА, її донька Олена Шемчук та інші наші земляки, які з перших днів російсько-української війни віддають всі свої сили на благодійну допомогу захисникам України. «Протягом усіх цих важких місяців широкомасштабного вторгнення російських окупантів на нашу рідну землю ми допомагаємо придбати бронезилети, каски, ліки для захисників України – кошти ми надсилаємо зі США полтавцям, які нині заснували Благодійний фонд «Свою Україну любіть», – ділиться своїми добродійними стараннями для безпеки українських військових на передовій Олена Шемчук. – 2000 доларів пожертв ми відправили на придбання автомобіля для патрулювання прифронтового міста Полтави».



Валентина Шемчук, членкиня 64-го Відділу (праворуч), та Олена Шемчук.

«Нині автомобіль передано Добровольчому формуванню № 1 Полтавської міської територіальної громади для охорони спокою нашого міста, – на нагальній потребі автомобіля для полтавських бійців-добровольців акцентує Валентина Шемчук, членкиня 64-го Відділу Округу Нью Йорк. – Семимісний «Пежо Експерт» опраправлено зі Львівщини, а половина вартості цієї автівки – це надіслана зі США благодійна фінансова допомога».

Благодійність – діяльність, що не регламентується часом і чиниться за велінням серця. Нашому 64-му Відділу вже 68 років. І упродовж свого існування пріоритетними для нас залишаються просвітні і благодійні напрямки. Саме тому навіть під час карантинних обмежень ми були активними. І залишаємося особливо заохоченими до праці у часи війни росії проти України. Бо зараз, як ніколи, маємо пропагувати українську культуру у світі, а також долучитися до підтримки тих українців, хто потерпає від російської агресії.

Чимало благодійних справ 64-й Відділ додав у скарбничку добродійства і за весняні та літні місяці.

Наші членкині разом з союзницями 113-го Відділу зібрали \$3250 на гуманітарну допомогу військовикам Житомира, які боронять Україну від рашистської нечисті. Зокрема, закупили та надіслали 700 наборів білизни, 400 пар шкарпеток, а також каву.

Відділ взяв участь в Українському фестивалі в Нью Йорку, що традиційно проходить у травні в Нью Йорку, а зібрані кошти використав на підтримку постраждалих в Україні. Зокрема, підтримуючи благодійний проєкт Управи СУА, відділ пожертвував \$1500 зароблених грошей на закупівлю зовнішніх ортопедичних фіксаторів і приладів вакуумного закриття ран (wound VAC) для шпиталів.

Утримуючи українські традиції та звичаї, членкиня 64-го Відділу Софійка Зелик провела для союзниць майстер-клас із писанкарства. Союзниця створювали писанки для інсталяції-виставки «Писанка: Символ Надії», що проходить в Українському Інституті Америки в Нью Йорку і буде діяти до кінця цього року. Проєкт ініційовано й започатковано п. Софійкою у партнерстві з Українським Інститутом Америки та СФУЖО. На виставку надійшло понад 500 розписаних яєць із 7 країн світу (і їх продовжують приймати й досі). Писанки експонують заради отримання благодійних пожертв.



Зліва направо: членкині 64-го Відділу Мака Волчук, Дара Синьока, Наталка Соневицька та Ірина Панчиш продають смаколики на Українському фестивалі.

Членкині відділу пожертвували \$4750 на підтримку показу фільму «A Rising Fury», що відбувся 16 червня в Лінколн-центрі (Lincoln Center) в рамках «Tribeca film festival», а у літні місяці (за ініціативи Олі Винар) зібрали та відправили до сиротинців Львівської області 5 пачок одягу для дівчаток.



Зліва направо, стоять: голова 64-го Відділу Ірена Григорович, Мака Волчук, Ірина Пасічник, голова округу Нью Йорк Лідія Слиз; сидить заступниця голови Наталка Соневицька. Фото Асі Тсюнчик.

У 1983 р. композитор та музиколог д-р Ігор Соневицький разом зі своєю дружиною, а нашою членкинею Наталкою Соневицькою, заснували Центр Української Культури (ЦУК) в Гантері, Нью Йорк, та щорічний (нині вже дуже відомий) фестиваль клясичної музики. В американській пресі називають ЦУК «Перлиною Катскільських гір» (The Jewel of the Catskill Mountains). Цього літа у рамках фестивалю пройшли концерти, де виконували твори україн-

ських та інших видатних композиторів, а також організували майстеркласи народного мистецтва, зокрема вінкоплетіння (Наталка Соневицька) і писанкарства (Софійка Зелік). Ми ж gratулюємо Наталці Соневицькій, довголітній членкині 64-го відділу США, яка вже 15 років поспіль є директором ЦУК, за утримання української музичної культури на теренах США.

Наша членкиня Зоряна Гуцуляк започаткувала безплатний розмовний клуб для тих, хто хоче покращити знання української мови. Що кілька тижнів відбувається Zoom-сесія, під час якої учасники розмовляють на обрану тему. Цього літа до участі у розмовній практиці приєдналися й українці з російськомовних регіонів України, які у Нью Йорку знайшли тимчасовий прихисток від російської агресії.

14 червня в Українському Інституті Америки в Нью Йорку д-р Марта Кебало — головна представниця СФУЖО в ООН, союзниця нашого відділу, була модератором розмови з колишнім послом США в Україні Марі Йованович (2016—2019). Розмова відбулася в контексті презентації книжки М. Йованович «Lessons From the Edge: A Memoir» (2022), де авторка поділилася особистими та сімейними історіями, а також розповіла про свою кар'єру у дипломатичній службі, що завершилася з поверненням в Україну послом США. Марі Йованович висловила велику підтримку Україні в час російської агресії. Учасникам заходу було цікаво з нею спілкуватися, зокрема дізнатися про можливості подальшого захисту інтересів України. Наприкінці інтерв'ю Софійка Зелік, членкиня 64-го Відділу США та референтка з питань культури СФУЖО, коротко ознайомила п. Йованович з виставкою писанок «The Pysanka A Symbol of Hope» і подарувала їй писанку.



Посол Марі Йованович і д-р Марта Кебало.

У своїх молитвах ми просимо Всевишнього зберегти життя захисникам України та уклінно дякуємо за турботу благодійникам зі США.

З вірою в Збройні сили України разом до Перемоги!



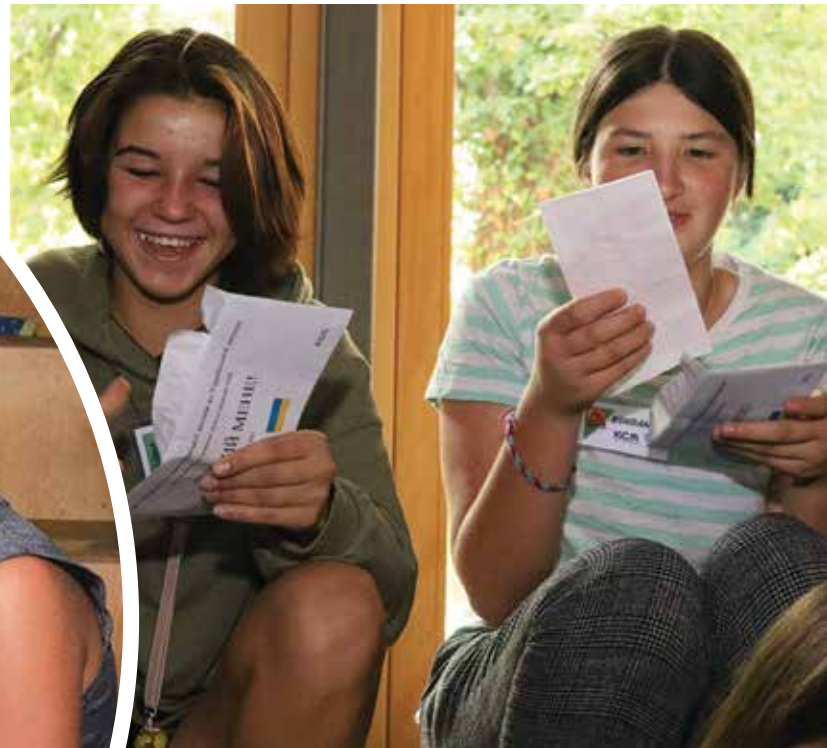
Letters of Love and Hope,

THANKS TO PROJECT COLORADO CARES



The Project Colorado Cares team: Vance Murphy, Steve Popovich, and UNWLA Member-at-Large Larysa Martyniuk.

UNWLA Member-at-Large Larysa Martyniuk's vision of sending letters of encouragement to Ukrainian refugee mothers and children came to fruition a few months ago with Project Colorado Cares. With the support of a number of partners and sponsors, Larysa and her small team of volunteers were able to set up writing stations in several Colorado libraries. There, local children and their parents use the provided writing materials to write letters of love and encouragement to Ukrainian refugees.



Ukrainian refugee children receiving letters of love and hope from the U.S. thanks to Project Colorado Cares.

NEW HAMPSHIRE MAL HELPS RAISE FUNDS

for Humanitarian Aid to UKRAINE

After Russia's invasion earlier this year, Olga Sobko Webb, a UNWLA Member-at-Large in New Hampshire, spoke at a vigil for Ukraine in Enfield, NH, organized by a member of La Salette, a Catholic Church organization with several priests who are currently serving in Ukraine. After hearing Olga speak, the organization enlisted her help in coordinating a Day for Ukraine on June 11. About 2,000 people attended the event, which raised over \$36,000 for Humanitarian Aid to Ukraine. Day for Ukraine celebrated Ukrainian culture, heritage, and courage with music, singing, dancing, and art. The beautiful day ended with a special mass celebrated by three Ukrainian priests, bandura playing, and a "Prayer for Ukraine" sung by Teryn Kuzma and Stephan Zaets.





Members of the Board of UNWLA Branch 56, North Port, FL.

TOGETHER, WE CAN DO THIS

Patricia Zalisko, Press Secretary, Branch 56, North Port, FL

The UNWLA has been a formidable partner in the fight for Ukraine now, extraordinary in its fundraising efforts for humanitarian relief and related dedicated funds. The foundation of the UNWLA's success is its incredible women. I am honored to be able to call many of those women, my fellow branch "sisters," my friends.

Since February 2022, immediately after Putin's horrific attack on Ukraine, members of Branch 56 in North Port, FL, met and strategized their fundraising and a much-needed community awareness campaign. They have been relentless in their labors ever since.

Under the leadership of branch president Bohdana Puzyk, these women have organized educational or related events, like Dance for Ukraine, in collaboration with local businesses and associations (Fred Astaire Studios and Sarasota National Golf Club, for example) to raise local consciousness about Ukraine's importance in the fight for democracy and money for the UNWLA's designated relief funds. They have also met with members of the southwest Florida community and collected generous donations from non-ethnic Americans in order to foster public awareness.

They have individually and collectively hosted yard sales and sold handmade crafts to benefit the UNWLA's relief funds. They've written countless letters to the editors of local newspapers or authored essays about their culture, and they've forged relationships with a local Jewish community center and synagogue and other non-Ukrainian organizations to promote greater understanding. They are steadfast in combatting vicious propaganda about Ukrainians and their motives, myths that Putin and his sympathizers have propagated. Our members have provided widely publicized

recorded interviews to encourage UNWLA fundraising efforts; arranged or participated in vocal public protests of companies that have supported the Kremlin and Putin; and actively reached out to key federal and local politicians to enlist their support. Some of us have even politely but tenaciously disabused others, including some powerful individuals, who advance pro-Kremlin propaganda in Florida and the U.S. We won't countenance it, just like we wouldn't suffer those who malign or assault the democratic institutions of the U.S., for which many of us or our family members have sacrificed their lives and safety. The members of Branch 56 have been unwavering in their support for Ukraine.

Thanks to the tireless efforts and initiative of members like Ivanka Olesnycky, Bohdana Puzyk, Lieda and Olena Boyko, Ksenia Kuzmycz, Larissa Shpon, Ksenia Rakowsky, and many others, Branch 56 has contributed more than \$24,800 to the UNWLA Humanitarian Relief Fund and to special projects, like that to raise money for life-saving medical equipment. Our member Olena Boyko has

traveled to Ukraine to provide badly needed basic medical supplies, and financed the purchase of a much-needed ambulance that she arranged to have imported there. She joined her brother, Bohdan, who is also in Ukraine, providing his professional services as a physical therapist and treating victims of Russia's war on Ukrainians. Several Branch 56 members, like Vira Bodnaruk and her husband, Bohdan, have been responsible for generating large individual and corporate donations to the UNWLA's relief efforts.

One member, Oksana Lew, has been an exemplar of such advocacy. She is responsible for contacting her old friends, the Ircha family, whom she described to me as "a kind and giving family, community-oriented," one that upholds Ukrainian American institutions and supports Ukraine. When Russia invaded Ukraine, it became apparent to Oksana that Ukraine would need humanitarian assistance. As an active member of Branch 56 and knowing the UNWLA's great work in supporting Ukraine, she recommended the UNWLA to Steve Ircha. He is the brother of Suzanne Ircha

Johnson, the wife of Woody Johnson, who owns the NY Jets.

Oksana sparked Steve's interest in the UNWLA's work, and he asked her to formally introduce him to UNWLA President Natalie Pawlenko. The rest, as they say, is history!

The NY Jets had made a \$1 million commitment to support Ukraine by donating \$100,000 to ten worthy, reliable causes. Thanks to Oksana's introduction and advocacy, the NY Jets, Suzanne and Woody Johnson, and Steve Ircha chose the UNWLA as one of the \$100,000 recipients. Oksana Lew is duly humbled by their trust in her and our organization.

Just like the earliest UNWLA members, like my mother and grandmother before me, we all rose to our organizational mission and moral commitment to care for fellow Ukrainians in our ancestral homeland.

We haven't forgotten that homeland, our heritage, or our legacy. Whether the Kremlin likes it or not, the members of the Ukrainian diaspora, and these women in particular, are far stronger than Putin.

Indeed, Ukraine will not perish.



The Boyko siblings (l-r): Olena, Bohdan, and Lieda.



Oksana Lew with Steve Ircha.

ЗАГАЛЬНІ ЗБОРИ 111 відділу СУА

Оля Старов, секретар 111-го Відділу

18 вересня 2022 р. 111-й Відділ СУА провів свої Загальні збори, на яких було обрано нову голову та новий склад управи. Людмила Вусик, референтка Управи СУА у справах освіти, запропонувала кандидатку- правонаступницю на посаду голови відділу і після жвавого обговорення всі членкині відділу проголосували на її підтримку. Пані Людмила, як справжній лідер, впродовж багатьох років вела союзянок вперед своєю мудрістю, великим та відкритим серцем і стала рідною людиною для кожної з них. То ж цього дня не обійшлося без сліз.

Новообраною головою 111-го Відділу у Лос-Анджелесі стала Анна Майстренко. Вона народилася у Київській області, пішла до школи вже у Києві і навчалася у фізико-математичному ліцеї «Голосіївський» № 241. Там пощастило зустріти вчительку, яка виявила та розвинула здібності Анни до англійської мови, що надалі зіграло одну з найважливіших ролей у її житті. Після ліцею Анна вступила до Київського національного економічного університету ім. В. Гетьмана й отримала диплом бакалавра з міжнародної економіки та менеджменту, а потім здобула ступінь магістра з міжнародного бізнесу.

Перша робоча посада Анни була у банківській сфері у відділі депозитів фізичних осіб. Потім — інший банк і відділ аналітики корпоративного бізнесу. Але через 3,5 роки праці у банківській справі Анна гостро відчула потребу у



Учасники Загальних зборів 111-го Відділу



Новообрана голова 111-го відділу Анна Майстренко (праворуч) та її попередниця Людмила Вусик

роботі «для людей». Вона прийняла рішення перепрофілюватися та поїхати на програму навчання готельно-ресторанного бізнесу до Швейцарії.

Сама Анна розповідає: «Після одного року життя, навчання та практики за фахом у цій країні, славнозвісній своїми традиціями у сфері гостинності, мій світогляд розширився, і я продовжила цей шлях у Таїланді — третьому світовому лідеру у сфері гостинності після Швейцарії та Дубаї. Життя в Азії внесло свої корективи у систему цінностей. До США я приїхала наприкінці 2018 р. Спочатку продовжила стежу готельно-ресторанного та івент-менеджменту, потім перейшла в авіацію, де мене й застав світовий локдаун. Коли світ почав потихеньку «відкриватися», спробувала себе у швейцарському рекрутинговому агенстві (підбір кадрів) знову-таки для готельно-ресторанної індустрії. У лютому 2022 р. я не могла продовжувати цю працю, бо початок війни в Україні змінив пріоритети і я вже не могла стояти осторонь».

Поклик допомагати українцям узяв своє. 3 липня 2022 р. Анна працює перекладачем та допомагає нашим біженцям отримувати повноцінний доступ до медичних, страхових, соціальних, освітніх та інших послуг. У вільний час Анна займається волонтерством на користь української спільноти, малює картини та відвідує концерти живої музики. Її гобі — читання, джаз та «спілкування» з природою.



Ihor Magun, MD, FACP

One of the greatest public health advances of the century has been the use of vaccinations. Immunization practices in routine health care have provided control of diseases and prevented mortality. Despite all the positive aspects of vaccination, universal immunization has invariably remained an unattained goal.

Vaccination describes the actual process of providing immunity, whereas immunization is just the administration of a vaccine. A booster literally provides a “boost” to a vaccine, making it more effective.

Artificial induction of immunity mimics what we see in nature and is what helps us develop, improve, and expand our vaccine armamentarium.

Approaches to vaccination follow specific guidelines based on the type of immunity needed and can take on multiple forms of administration, including needle injections, nasal sprays, and oral doses.

Live vaccines use genetically altered organisms that are dramatically attenuated yet provide the immune response needed. The immune system reacts well to the live vaccine and typically remembers the pathogen for a long period of time. An example is the measles, mumps, and rubella vaccines.

Immunizations, Vaccinations, Boosters – Oh, My!

Taking a live pathogen and inactivating it manufactures inactivated vaccines. The inactivated pathogen creates the desired immune response. Examples include the annual influenza vaccine.

Toxoid vaccines use inactivated toxins to destroy toxic activity that a bacteria creates, basically causing a neutralization effect. An example is tetanus.

Subunit vaccines are manufactured from a piece of a pathogen and do not contain any live component. Examples include the pneumococcal vaccine and shingles vaccine.

Viral vector vaccine uses a harmless virus that delivers to cells a genetic code of the antigen (a molecule capable of inducing an immune response to produce antibodies in the host organism). This is capable of producing a strong immune response. An example is the COVID-19 Johnson & Johnson/AstraZeneca vaccine. This is the vaccine method used for the Ebola virus as well.

mRNA (messenger RNA), created in a laboratory, teaches cells how to make a protein that triggers an immune response inside our bodies. mRNA vaccines do not use any live virus. Once inside, they use the cell machinery to produce a harmless piece of what is referred to as the spike protein. This triggers our immune system to produce antibodies and activates other immune cells to fight off an infection. Examples include the Pfizer and Moderna COVID-19 vaccines.

Of note, researchers have been working with mRNA for decades. mRNA can be developed rather quickly in a laboratory using readily available materials. An additional benefit is the ability to produce large quantities in a relatively short time.

Regarding booster vaccines, especially the recommended COVID-19 boosters, the virus has been able to mutate and produce strains that are more contagious, and the initial vaccine was not specifically targeted toward the new strains. The new mRNA booster targets these mutated strains and is highly recommended (provided you have already received the primary vaccine series).

The immune system is complex, and despite all the new innovations there will always be questions and concerns. I sincerely hope this small review permitted you to have a better understanding of this ever-changing, interesting, and important topic.

I hope you are up-to-date with all your vaccines regardless of your age.



НАШИМ ДІТЯМ

БАБУСИНА ТОРБИНКА

Оповідання Сумеї Денисюк, 1-й Відділ, Округа Нью Йорк США

Мій нечемний вчинок

День сьогодні був не такий сонячний, або мені так здавалося. Жовтогаряче листя майже опало з дерев і вже не прикрашало барвами похмурі осінні дні. Настала пізня осінь, коли все навколо тьмяніє. І змінити отаку кольорову похмурість може хіба що білий, чистий сніг. Мій настрій, як дощова погода, був пласивий. Бо ранкова сутичка з мамою не дала мені позитиву.

Я так і не змогла второпати, за що на мене нагримала мама. Чому вона була така збентежена, коли побачила у сміттевому відрі викинуті мною канапки з сиром. Не скажу, що мені було соромно. Я тільки жалкувала, що на цей раз мій вчинок був помічним. До цього випадку все проходило гладко. Тепер же я напевно знала, що весь день буду думати над тим, як згладити свою провину. Бо мамин погляд був осудливим і несхвальним.

...День добігав кінця, а у моїх планах ще — приготування вечері для батьків.

Тому я забула про щоденні дівчачі посиденьки на ганку школи і понеслась додому. З усіх страв у мене добре виходили тільки канапки та яєчня, то ж я вирішила скористатися цим «безпрограшним варіантом». Коли мама повернулася додому, я побачила по її очах, що гнів минув. Але усмішки вона мені не подарувала. Тому я почала одразу діяти.

— Мамо, привіт. Зголодніла? Сідай до столу, я сьогодні вечерю приготувала, — проторохтіла я незвично тихо.

— Привіт! А що раптом сталося? — іронічно відповіла мама. Однак у куточках її губ я побачила легку посмішку, від якої мені полегшало. Бо сварки з мамою я переживала важко, від них у грудях боліло майже на фізичному рівні.

— Мам!.. Я намагаюсь реабілітуватися

за свій вчинок: нагодую тебе вечерю, а ти зможеш недоїдки викинути у смітник. Обіцяю, дутися не буду.

Однак я одразу пожалкувала за такі слова. Мама різко відвернулася від мене та повішала своє пальто до шафи. А після того, як поправила зачіску, залізним голосом додала:

— Сідай, Карино. Поговоримо, поки тата немає.

Думки в моїй голові почали роїтися і я ніяк не могла втямити, що на цей раз я зробила не так. Чого мій жарт не сподобався мамі? Зазвичай, мої жартівливі відмовки легко сприймалися батьками, коли я з ними примирялася. Але не цього разу. То ж після того, як розклала по тарілках яєчня з беконом, я також сіла за стіл, а мама почала розмову першою.

— Сонечко, як зрозумію, ти навіть не здогадуєшся, що мене так обурило вранці? — мама вже з ніжністю поглянула на мене. — Я образилась на тебе не через те, що ти викинула мною зроблені канапки у смітник і тим самим недооцінила мою працю.

— Мамуню, я все зрозуміла, — намагалася я передати свій розпач.

— Карино, ти, мабуть зі школи знаєш про Голодомор в Україні? — перебила мене мама. — Я ніколи тобі не розповідала про те, як це жакіття зачепило і нашу родину: твоїх прадідів і прабабусь. Сьогодні вранці я зрозуміла, що настав час тобі дізнатися про життя моєї бабусі у той час. Щоб ти усвідомленіше поставилася до тих подій.

— Так, мамо, я знаю про Голодомор, але ви з татом ніколи не говорили, що моя прабабуся теж пройшла через той жах.

— Ці страшні події торкнулися майже всіх родин в Україні. То була найтрагічніша сторінка нашої історії. Зараз я принесу альбом.

Мама вийшла з кімнати і повернулася з родинним альбомом моїх прадіда і прабабусі. Вона гортала його пожовтілі сторінки та лагідно торкалася рукою чорно-білих фотокарток. Зі старих фото на нас дивилися усміхнені рідні — маленька прабабуся та її батьки.



Спогади мами

Мама занурилась у спогади...

— Коли я була маленькою, — почала вона, — то завжди проводила всі канікули у бабусі Софронії. У неї була торбинка з домотканого полотна, куди вона збирала крихти та маленькі шматочки хліба. Кожен раз, коли родина вставала з-за столу, бабуся дбайливо змїтала їх рукою. Я ніколи не задумувалася, для чого вона це робить. Але одного разу вона побачила, що я струсила зі скатертини рештки хліба на підлогу, і сказала: «Не роби так, дитино, не поводяться так з хлібом! Цінуй можливість їсти те, що ти хочеш і коли хочеш. Бо були часи, коли люди в Україні не мали такої змоги».

Я відповіла бабуні, що не можу того уявити, і запитала, нащо збирати крихти, коли можна в будь-який час відрізати шмат хліба або піти в магазин та купити все, що заманеться.

— Це зараз так, — відповіла бабуня. — А були часи, коли на нашій землі панували більшовики. Вони були страшними людьми. З гвинтівками вони приходили у дім та забирали все їстівне, що було у хаті: зерно, картоплю і навіть худобу. Тоді ж родини були великими і мали багато дітей. Влада знала, що залишає людей без харчів, але нікого не жаліла.

Останні слова бабуся Софронія вимовила, витираючи сльози.

— Ой, бабуню, не плач! — сіла мама біля своєї бабусі та подала їй хустинку. — А чого ж люди не ховали харчі?

— Звісно, намагалися ховати і харчі, і худобу. Але це не завжди допомагало, — зітхнула вона. — Мій

батько вирив за хлівом яму, поскладав туди зерно й картоплю та обклав все сіном, аби воно не зіпсувалося. Таких схованок він зробив кілька. Але коли прийшли більшовики, то обнищпорили все у дворі. Ходили зі сталевими палками й тикали ними у землю. І все понаходили, крім одного такого «таткового скарбу». Ось він і врятував нас. У селі почалися перші голодні смерті, а ми трималися. Мати варила «пусту» юшку: кидала туди трохи гороху, лободи, якесь лушпиння... Їли все, що знаходили. На городі шукали всілякі корінці рослин, обдирали кору з дерев. Я з іншими дітьми потай бігала на колгоспне поле, аби назбирати колосків. За це тоді жорстоко карали. Одного разу мій молодший братик захворів та, через голод, ніяк не міг одужати. Мати у розпачі пішла на поле, аби назбирати зернятко. Там її спіймали охоронці, а потім засудили до 10 років таборів. Відправили мою матусю у Сибір, а вдома залишилося троє діточок...

Бабуся замовкала, бо від таких спогадів у неї переохплювало дихання та було важко говорити.

— Страшні то були часи, від голоду паморочилось у голові, в животі крутило від болю, сил не було ходити. Важко було татові, кожну крихточку хліба рахував і ділив порівну між нами, віддавав нам майже все, аби врятувати нас, — втирала сльози бабуня.

— Бабуню, я більше ніколи не викину крихти хліба на підлогу, буду брати твою торбинку і зсипати рештки туди, — моя мама міцно обійняла бабусю Софронію та поцілувала її.

Я переосмислюю події

На цих словах своїх спогадів моя мама замовкла. Очі її поблискували від сліз, а в голосі не було твердості. Уже на початку її розповіді я зрозуміла, за що на мене обурилася мама. Але мала ще одне запитання, над яким раніше не замислювалася.

— Мамо, а чому ж люди не вирощували більше хліба, або не чинили опір? Чому не можна було вигнати цих злодіїв? Чому ніхто не викликав поліцію, — обурено поцікавилася я.

— Ой, Карино, то ж саме поліція і виконувала накази влади. Люди голодували не через неврожаї та не тому, що лінувалися працювати. Ні! Українці дуже працьовиті, вони обробляли землю, займалися господарством. А совіти вчинили Голодомор, аби зламати їхній опір, відбити в них бажання створювати власну державу. Зрозуміла? — мама подивилася на мене так, наче хотіла прочитати мої думки.

— Мамусю, вибач мені за канапки. Мені справді дуже соромно за свій вчинок. Не можу уявити, як важко було людям без їжі. А ми зараз ми не цінємо те, що маємо, — підійшла я ближче до мами. — А

нащо ота торбинка у твоєї бабусі була? Що вона робила з цими крихтами? — поклавши голову на плече мами, запитала я.

— Вона тримала її про всяк випадок, і казала всім: «Діти, не будьте голодними, там є хліб!» — у мами потекли сльози, вона обійняла мене так міцно, наче довго не бачила.

Я зрозуміла, що до цієї розмови з мамою я не розуміла, яким страшним був голод. І тільки розповідь мами допомогла мені збагнути, що ми повинні завжди пам'ятати про ті жакіття страшної зими 1932—1933 років і не забувати про жертви, заморені совітами штучним голодом лише для того, щоб знищити український народ.

— Я усвідомила це! Я буду пам'ятати! Я обіцяю! — сказала я собі та мамі.

Напевно, якби додому не повернувся тато, ми б з мамою наплакали повні відра сліз... Але клацання замка вхідних дверей повернули мене та маму до вечере. Мама витерла сльози з очей і сказала мені:

— Доню, головне — пам'ятай, а ми будемо жити далі!

Переписи онлайн-ресторану «НЕПОРАХОВАНИ З 1932», який відкрито у пам'ять жертв Голодомору

Лариса Тополя, україномовний редактор

У День пам'яті жертв Голодомору українці покладають символічні горщики з зерном та запалені свічки до пам'ятників жертвам Геноциду в Україні. У такі моменти по-особливому відчуваєш смак хліба і намагаєшся глибше усвідомити, якою ціною українцям вдавалося вистояти і вижити. На вшанування мільйонів українців, які загинули під час Голодомору, а також заради утримання пам'яті про ті гіркі часи нашої історії Українська академія лідерства* разом з комунікаційною агенцією Gres Todorchuk PR започаткувала проєкт «Непораховані з 1932» (Uncounted since 1932) і упродовж кількох років поспіль організувала вуличні поп-ап ресторани (pop-up restaurants) зі стравами часів Голодомору та пригощали всіх охочих у містах України, а також у Бельгії та Ізраїлі. Однак через пандемічні обмеження проєкт набув формату однойменного онлайн-ресторану, який нині можна відвідати через інтернет.

На підтримку молодіжної ініціативи, пропонуємо незвичні і дуже короткі переписи, де немає виміряних в унціях складників (бо готували з того, що вдалося десь знайти), а також не прописано спосіб приготування їжі (а правильніше — «чогось»,

що можна було покласти до рота і хоча б на якийсь час втамувати голод). Більшість страв учасники проєкту відтворили за розповідями своїх бабусь і дідусів. У меню такого незвичного ресторану можна знайти затеру з кори дерев, паляницю з лободи і навіть суп з бур'яну та хлібці з соломи. Оскільки це лише мультимедійний проєкт, то страви замовити не можна. А після клацання мишею на «Дізнатися ціну» для умовних відвідувачів ресторану відкривається короткий опис страви часів Голодомору, повідомлення про тих, кого така страва вберегла від голоду, та відеосюжет, що пов'язаний з нею.

Так, про страву «Трав'яники» читаємо: «Ціна цієї страви — можливість жити українцям, яким пощастило витримати голодну зиму. Навесні було легше, бо сходили бур'яни: щавель, лобода, конюшина. У цьому відео дивіться, які жахи Голодомору пережила Марія Гурбіч. Тоді 12-річна дівчина допомогла вижити сусідському хлопчику, з яким зустрілася через багато років».

А випічка «Коржик» — це перетерта в борошно кора дуба, подрібнене коріння очерету і лободи.

Про неї у відеосюжеті повідомляє Ілона Котовщик: «Бабуся розповідала, як кору дуба або берези перемелювали в ступці з коренем лободи чи комишів, стеблом кульбаби або ромашки — і так пекли коржі. Я віддирала цю кору холодними руками й думала, як це робила моя бабуся, яка не їла декілька тижнів? Вона все життя вчила мене не викидати хліб і не гратися з їжею».

Здивує та викличе неабиякий смуток перепис-пояснення до страви «Хлібці». Адже це — «запечена кришена солома разом



із просяною й гречаною половою, макухою з конопляною сім'я, товченого в ступі». Однак навіть така «їжа» рятувала українців, як і сушена солома, картопляне лушпиння, гнилі кавуни, гарбузи, морква та буряки, що люди у буквальному сенсі «доїдали за тваринами». Разом з переписом хлібців пропонують відеоісторію Ф. Задереєва, чия бабуся потайки носила картоплю в чоботях, а він готував борщ із кропиви та подорожника молодшим братам і сестрі.

Ще у меню є суп «Бур'ян», для приготування якого треба качан кукурудзи (без зерна) зварити разом з травою. Такий суп рятував, зокрема, життя членів сім'ї Каневських із Дніпрощини, як і хліб із перетертої дубової кори, жменьки висівок і листя лободи.

Відвідати онлайн-ресторан пам'яті «Непораховані з 1932», а також побачити інші фото страв часів Голодомору, що зробили автори проєкту у звичному для нинішнього часу форматі, можна за посиланням: <https://uncounted.uai.ua>.

* Українська академія лідерства — це національна мережа Центрів розвитку лідерства для молоді 17—20 років, що впливає на соціальні процеси в Україні через програми особистісного та суспільного розвитку.



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Valentyna Tabaka	2nd VP — Membership
Olenka Krupa	3rd VP — Public Relations
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Karen Chelak	Financial Secretary
Oksana Lodziuk Krywulych	Officer-at-Large

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Kateryna Tanchyn	New England
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Irena Chalupa	Branches-at-Large Co-Liaison
Olya Czerkas	Members-at-Large Liaison

STANDING COMMITTEE CHAIRS

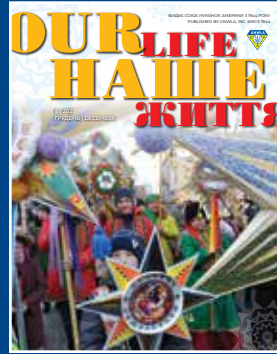
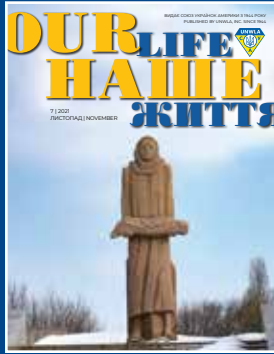
Marianna Tretiak	Advocacy
Iryna Buczkowski	Archives
Liudmyla Rabij	Arts and Museum
Oksana Piaseckyj	Culture
Liudmila Wussek	Education
Oksana Lodziuk Krywulych	Fundraising
Nadia Jaworiv	Scholarship
Dianna Korduba Sawicky	Social Media
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Ksenia Rakowsky	Alternate Member

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ПІДТРИМУЙТЕ «НАШЕ ЖИТТЯ»!

«Наше життя» — це найстаріший і найбільший український жіночий журнал за межами України, журнал, на сторінках якого звеличуємо Вас — надзвичайних жінок СУА, Вашу важливу працю та Ваші видатні досягнення. За останній рік завдяки Вашій співпраці та підтримці ми поділилися з усіма членами СУА численними звітами, що стосуються відділів, округ та організації в цілому... короткими нарисами про успішних жінок нашої організації та поза нею... поезіями, творами мистецтва та іншими внесками у культуру... і, звичайно, інформацією про вашу надзвичайну підтримку України та українців у часи відстоювання нашою Батьківщиною незалежності від російського поневолення. Оскільки СУА готується відзначити своє сторіччя у 2025 р., а журнал «Наше життя» з нетерпінням очікує на своє 80-річчя у 2024 р., просимо Вас продовжувати бути гарантом процвітання «Нашого життя», підтримуючи його через Пресовий Фонд СУА. Дякуємо!

Our Life is the longest-running Ukrainian women's magazine outside Ukraine. In each issue, we celebrate the extraordinary women of the UNWLA, your important work and your remarkable achievements. Over the past year, thanks to your collaboration and support, we have shared with all UNWLA members numerous reports about branch, regional, and organization-wide initiatives ... profiles of accomplished women within and beyond our ranks ... poetry, artwork, and other cultural contributions ... and, of course, your extraordinary support for Ukraine and Ukrainians as our homeland faces its most difficult challenge since independence at the hands of the russian aggressors. As the UNWLA prepares to celebrate its centennial in 2025, and as *Our Life* looks forward to its 80th anniversary in 2024, we ask that you continue to support *Our Life* by making a donation to the UNWLA Press Fund. Thank you!

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