



# НАША ДОРОГА

## NASHA DOROGA

PM40007760 ♦ літо/summer 2(37)/2010

### НАШІЙ ДОРОЗІ 40!

*В яку школу  
пошлете  
дитину?*

*Рушник ЛУКЖК*  
*The 65th UCWLC Anniversary  
ceremonial cloth*



**An  
INTERVIEW with  
EVHEN SVERSTIUK:**  
a moral compass in troubling times

**The KGB  
and the  
priest**

# Від редакторів



1970-2010



# From the editors

“ Даремно будете будувати церкви і школи, даремно будете відбувати місії й творити добрі установи, всі ті ваші заходи підуть намарне, коли не навчитеся уживати пробоевої оборонної зброї, якою є католицька преса. ”

— Святіший Отець Пій Х



**Anna  
Maria  
Baran,  
Redaktor  
1970-1973 pp.**

... одержавши благословення Блаженнішого Кардинала Йосипа і Преосвященніших Владик з нашим дорогим Митрополитом Максимом, ЛУКЖК започатковує свій журнал “Наша Дорога”.

... Завданням журналу є: зберегти, скріпити і поширити ідеологію ЛУКЖ, як нашу відповідь на вимоги часу; об'єднати членок ЛУКЖ на широких просторах Канади, зміцнити між ними почуття єдності у відданій праці для спільних цілей і співвідповідальності

за майбутнє української Церкви і української спільноти в цій країні нашого поселення. Журнал має причинитися до поширення громадської праці ЛУКЖ, зберігаючи цілі і престиж організації.

... Англomовну частину журналу впроваджено передовсім для тих членок організації, яким не пощастило вивчити в письмі і слові рідної мови, а які зберігають у своєму серці свідомість і гордість свого українського походження.

... конгрес в Едмонтоні 1969 року оформив ці вимоги членів в окрему резолюцію, як один з проєктів для відзначення 25 років діяльності ЛУКЖ. (Перша редакційна стаття, січень-лютий-березень 1970 р.)



**Vera  
Burchynska,  
Redaktor  
1973-1999 pp.**

... В модерних часах нашого століття жінка всюди відіграє важливу роль у всіх ділянках життя нарівні з чоловіком.

... А як представляється наша праця для церкви в нашій Канаді? Ми працюємо всіма силами, щоби піднести матеріальний стан нашої церковної громади. Жодна церковна імпреза не обійдеться без жінок.

... Працюючи для здобуття грошей тут в Канаді, ми думаємо, що гроші

є чимсь найважливішим в житті церковної громади. Ми, на жаль, забуваємо про духовні цінності, які є найбільшим скарбом людини. Ми забуваємо про поширення та скріплення святої віри серед наших членів та серед наших родин. Усю цю працю ми лишаємо священикові, наче б нас церква нічого не обходила. Ми не відвідуємо тих людей, що перестали ходити до церкви, ми не скріплюємо в вірі тих, що хитаються, ми не притягаємо тих, що блукають блудними дорогами збаламучені різними сектами.

(Редакційна стаття, січень-лютий-березень 1975 р.)



**Oksana  
Bashuk,  
Redaktor  
2001—**

Наша мета — розглядати теми, які торкають вас. Як бачите, ми представили справи здоров'я нашої духовності з о. Чировським, питання психології з Олею Генрі, оглянули важливі справи у нашій спільноті, познайомили вас із цікавими родинами тут і в Україні. Ми побачили українську жінку через перо п-ні Щербак та довідалися від Марші Скрипук, як підійти до написання родинних споминів. Ми познайомилися з успіхами видатних членів та старалися досягнути велику працю ЛУКЖК по цілій Канаді друкованим

словом і подати календар майбутніх подій.

We hope you enjoyed visiting with friends From Sea to Sea... Will you... respond to Marsha Skrypuch's challenge to finally do those family memoirs...?

We hope that Arts and Entertainment was informative and that meeting some of our members in their lives as mothers and professionals was inspiring. Hopefully, the Organization section and Jayne Paluck's musings as outgoing National President convinced you of the importance of our work in UCWLC.

There will be more in the issues to come, especially through your contributions to Letters, Issues and Opinions, Calendar and Sea to Sea features.

(Редакційна стаття, літо 2001 р.)



Редактору Оксані Башук Гепбурн  
та читачам Нашої Дороги:

*Христос посеред нас! Є і буде!*

З нагоди 40-ї річниці НАШОЇ ДОРОГИ — офіційного видання Ліги Українських Католицьких Жінок Канади — засилаємо наші найкращі молитовні побажання редакторові Оксані Башук Гепбурн та усім членкиням ЛУКЖК, що підтримують цей важливий часопис.

Протягом сорока років НД була для ЛУКЖК не лише важливим засобом спілкування та повідомлення про різноманітні аспекти життя українців у Канаді, але також служила ефективним засобом євангелізації через поширення Доброї Новини про особу та вчення Ісуса Христа.

Чимало часу, посвяти та коштів вкладалося у видання НД. Сьогодні ми висловлюємо особливу подяку за працю та віддаємо шану двом першим редакторам — Анні Марії Баран та Вірі Бучинській, а також усім тим, хто писав статті та підтримував цей часопис.

Членкині Ліги Українських Католицьких Жінок Канади можуть заслужено пишатися досягненнями НД. Я заохочую кожну з вас спільно працювати над подальшими успіхами цього видання. Я гаряче молюся, аби НД продовжувала служити не лише членкиням ЛУКЖК, але й усьому Божому народові у розпізнанні Божої волі у їх житті ще на багато років.

Нехай благодать Господа Бога і Спаси нашого Ісуса Христа буде з усіма вами!

*Високопреосвященний Лаврентій Туцуляк, ЧСВВ*  
Митрополит

Хочу привітати НАШУ ДОРОГУ з 40-літтям та побажати успіхів на майбутнє. Журнал НД вийшов у світ 40 років тому завдяки ЛУКЖК і від самого початку розвивався як модерний інформативний журнал наших членкинь у Канаді. У НД ми читаємо про все, що нам дороге — про наше членство, нашу Церкву, культуру та історію. Від імені Ліги складаю сердечну подяку пані Оксані Башук Гепбурн, фінансовій представниці Петрусі Дець та єпархіяльним представницям НД у видавництві та поширенні нашого журналу.

*Люба Ковальчик*  
Крайова голова ЛУКЖК

To the Editor, Oksana Bashuk Hepburn,  
and readers of Nasha Doroha:

*Christ is with us! He is and always will be!*

On the occasion of the 40th anniversary of NASHA DOROHA, the official publication of the Ukrainian Catholic Women's League of Canada, we extend prayerful best wishes to the editor, Oksana Bashuk Hepburn, and to all the members of the UCWLC who support this important publication.

During these forty years ND has provided the UCWLC organization with an important resource not only to keep its readers informed with articles covering various aspects of Ukrainian Canadian life, but more importantly it has served as a means of evangelization by spreading the Good News about the person and teaching of Jesus Christ.

Much time, dedication and funding has gone into maintaining ND and we acknowledge the work of the first two editors, Anna Maria Baran and Vera Buchynsky, together with those who have provided articles and support for this publication.

The members of the Ukrainian Catholic Women's League of Canada can be very proud of the accomplishments of ND and I encourage everyone to work together for the continued success of this publication. It is my fervent prayer that ND will continue to serve not only the members of the UCWLC but all the People of God, in discerning the will of God in their lives for many more years.

May the mercies of our great God and Saviour Jesus Christ be with all of you!

*Most Reverend Lawrence Husulak, OSBM*  
Metropolitan



On the occasion of 40th anniversary of NASHA DOROHA I express my best wishes for its future. First published by the Ukrainian Catholic Women's League of Canada 40 years ago it has evolved into a modern, informative magazine for League members across Canada and readership worldwide. In ND we read about our members, our Church, culture and history. On behalf of the UCWLC I thank ND Editor Oksana Bashuk Hepburn, Pat Detz, financial representative and the ND Eparchial representatives in the production and promotion of our magazine.

*Luba Kowalchuk*  
UCWLC National President



# Привіти з першого видання НД • 1970 • Greetings from the first issue of ND

... щоб [Наша Дорога стала] многоважним чинником у дальшій, так широко закровоєній праці на славу Христової Церкви і Українського Народу.

† Йосиф (Сліпий), Верховний  
Архієпископ і Кардинал

Вплив родичів, а зокрема матерів, наперед у родині, а потім через вибір школи, є... прямо незаступний. Ця велика правда має своє специфічне пристосування в нас у Канаді, де вплив плюралістичного оточення дуже часто відтягає нашу українську дитину від своєї Церкви й свого народу.

Тому дуже важливим є допомогти нашим українським матерям у цьому великому і святому їхньому завданні. Ваш журнал, що напевне обговорюватиме всі важніші проблеми нашого церковного, національного й громадського життя, зможе віддати в цьому Вашим членкиням та всім українським матерям дуже велику прислугу.

† Максим (Германюк), вр.,  
Митрополит

Так багато оригінальної ініціати-ви записали членки Ліги у своєму минулому 25-річчі на сторінках української преси у Канаді, що їхня діяльність зайняла одне із найпочесніших місць. Однак дотепер все те було порозкидане по місцевих провінційних і краєвих журналах.

† Ніл (Саварин), Єпископ

Журнал... багато причиниться до усвідомлення широких кругів українського жіноцтва у вірі й культі нашої Церкви, відновить молитовні й обрядові практики та

навчить виховувати молоде покоління у вірі наших батьків.

† Ізидор (Борецький), Єпископ

... журнал буде не лише віддзеркаленням корисної і великої праці ЛУКЖ для нашої Церкви та народу, але також причиниться до поширення та поглиблення ідеології Організації, і то не лише серед її членів, але серед українського жіноцтва взагалі.

† Кир Андрей (Роборецький)

Сподіваюся, що цей новий журнал дасть не тільки різні цікаві інформації для католицького жіноцтва, але буде постійно видвигати пекучі проблеми відносно Церкви та українського суспільства в Канаді. ... young and older women born in Canada to take pride in their Ukrainian Church, culture, language and people, which have immensely contributed to Canada's growth and progress in all aspects. We need courageous leaders to defend and develop our Canadian multi-cultural way-of-life...

Сенатор Павло Юзик  
• Senator Paul Yuzyk

Членство свідоме своєї місії повинно ширити ідеологію нашої організації не тільки серед нас самих, але теж повинно ширити віру ЄДНОСТИ, ЗГОДИ і ЛЮБОВИ між братніми організаціями та всім українським народом. Хай сторінки цього журналу будуть зв'язковим між нами, членками ЛУКЖ, і тими, кому лежить на серці добро нашої Української Католицької Помісної Церкви та Українського Народу.

Ірина Малицька,  
Голова, Красва Управа, ЛУКЖЖ

# Пройдений шлях журналу ЛУКЖЖ "Наша Дорога"

Творчі надбання НАШОЇ ДОРОГИ — релігійно-національної культури — підсилюють організаційну діяльність ЛУКЖЖ. Майже пів століття Анна Марія Баран, Віра Бучинська, а тепер Оксана Башук Гепбурн засобом журналу засвідчують свою відданість, як творити нове майбутнє, закріплювати любов, пошану до релігійно-національної культури в усіх її видах.

В багатогранній організаційній праці наші відділи ЛУКЖЖ будують єдність в ім'я добра спільноти для сильного релігійно-парохіяльного та громадського розвитку. В нашому суспільному житті треба правильно оцінювати та шанувати потужність праці наших релігійно-громадських надбудов.

Світовий Конгрес Українців (СКУ), Конгрес Українців Канади (КУК) та релігійні Метрополії відстоюють інтереси мільйонів українців та об'єднують організації українського суспільного життя. Необхідна потреба — це виховання молодого покоління, яке виростатиме на прикладах організаційної громадської діяльності.

Членство ЛУКЖЖ у своїх організаційних планах, проектах оцінює і шанує наші надбудови, їхню ідейність, самопосвяту у праці і обов'язок. У багатокультурному нашому поселенні Канади атрибутами суспільної єдності, вірності, дружбою здобувають могутню силу суспільного життя. А в нашого членства — це почуття краси душі і серця. Д

Ірена Вжесневська, ДПЧ  
Єпархія Торонто, 2010 р.



**RESOLUTION**

**Presented by the Ukrainian Catholic Women's League of Canada**, which was accepted at the Congress of the World Union of Catholic Women's Organizations, in Africa, in September of 1974.

1. Whereas the "Universal Declaration of Human Rights," officially proclaimed and adopted on the tenth of December in 1948 by the United Nations and signed by the Soviet Union, is constantly being violated by the latter in its own country, especially in the Ukraine, where the Catholic Church of the Ukrainian Byzantine Rite is brutally persecuted and excoriated by the political and legalistic lash - in flagrant violation of article 18 of said declaration.
2. Whereas the right to freedom of opinion and speech, guaranteed by said declaration (article 19) is perpetually violated in the Soviet Union, particularly in the Ukraine, where individuals such as Valentin Moroz, Viachyslav Chornovil, Iryna Stasiv-Kalynets, Stefania Shabatura, and a myriad of other intellectuals are arrested, tried behind closed doors, and sentenced without appeal or viable recourse to unconscionably lengthy and unquestioned terms in prisons, labour camps, and mental institutions programmed towards effectation of their physical, mental, and spiritual disintegration for the ostensible "crime" of expressing verbally or in print their opinion of and attitude towards their government social and economic injustices, cultural discrimination, and the destruction of the Ukrainian culture and language.
3. Whereas, in like manner, the right to freedom of peaceful assembly and association guaranteed in article 20 of said declaration is constantly negated in the Soviet Union, especially in the Ukraine.

**The World Union of Catholic Women's Organizations**

1. Protest against the insidious persecution of the Ukrainian Catholic Church in the Soviet Union and appeals to all of the Christian Churches of the world and to all of the governments of the free world to intervene on behalf of this and other persecuted churches within the Soviet ambit, to the Soviet authorities, in pursuit of eliciting, under the aegis of the Universal Human Rights Declaration, the right to the existence and freedom of their respective religious orientation in their own land.
2. Protests against the nefarious persecution and institutionalized fettering of intellectuals in the Soviet Union, especially those in the Ukraine who are arrested and tried in a clandestine manner, to be systematically and mechanically parcelled off to prisons, labour camps, and mental institutions "torture chambers" because of their thoughts and writings espousing basic human liberties in opposition to the political totalitarianism of the Soviet government.
3. Appeals to the people of various countries of the world to ask their respective governments to intervene, to the Soviet authorities on behalf of those persecuted in these regions, particularly in the Ukraine, and to demand that the Universal Declaration of Human Rights, nominally agreed to by the Soviet Union in its subscription signature on it, be practically realized and applied within its boundaries.

It's time to formulate today's national and international issues and to set a new agenda.



# The Value of the Written Word

By Susan Lazaruk

The 40th Anniversary of NASHA DOROHA is a good time to reflect on the importance of Catholic communications to maintaining our Catholic faith.

The message of using media—whether through traditional print vehicles or as it's increasingly being done now online—is also timely for this special publication of NASHA DOROHA as it comes out soon after the Church's World Communications Day, celebrated every year on the Sunday before Pentecost, this year on May 16.

Pope Benedict XVI used the opportunity to encourage priests to use websites and web logs (blogs) to enhance their pastoral ministry, reminding them of St. Paul's exclamation: "Woe to me if I do not preach the Gospel."

Pope Benedict continues Pope John Paul II's message of the New Evangelization, reaching out to young people or those fallen away from the church using all types of media. Pope Benedict noted in his 2010 Communications Day message that priests who use the Internet to pastor to others "should be less notable for their media savvy than for their priestly heart, their closeness to Christ."

That message can also apply to all Catholics. What's most important is not to be polished communicators but to share what's in our hearts to help us to grow spiritually and to help others know how Jesus and Catholicism can help them. The more I carry God's message to others, by telling others how God has helped me and continues to help me, the more it helps me to grow in my faith.

We ladies of the UCWLC are fortunate that we have a vehicle for sharing our spiritual journey with each other in NASHA DOROHA. We are encouraged

to use it to tell our stories of our faith and culture, especially the older ladies so their stories won't be lost to those coming after them.

We can also carry God's message to others by clipping an inspiring article, forwarding an email or passing along our copy of NASHA DOROHA to others. Let literature carry the message, too.

Lastly, I can't communicate my spirituality if I don't nurture it. In addition to attending Divine Liturgy every Sunday and Holy Days and engage in the Sacraments, it's important that I continue to read Catholic magazines, newspapers and books, as well as the Bible, to attend Bible study and to watch Catholic television, such as EWTN and Salt & Light TV, and access the many Catholic websites available online. There is no shortage of quality Catholic media being produced. It's up to Catholics to seek it out and support it financially so it can thrive.

The Evil One knows the power of media and uses it to flood our homes through TV, movies, books, video games and daily newspapers to lead us away from the Catholic faith, which isn't always easy to follow in the face of such superficial and fleeting "pleasures." It takes a daily and concerted effort to counter that powerful, all-pervasive message that is sometimes blatant and usually subtle with an intentionally Catholic one and to avoid morally offensive programs and movies, particularly around children, teens, young adults and other vulnerable people. ✎

*Susan Lazaruk is a journalist as well as the ND representative for the New Westminster Eparchy.*

▶▶▶ УВАГА!

*Call for manuscripts!*

**120 років історії  
українців Канади**

**120-year  
Anniversary of  
Ukrainian Canada**

Next year the 1.2 million Ukrainian community of Canada will be celebrating its 120 birthday. To mark this event ND hopes to publish

*The 2nd  
Nasha Doroha Anthology*

with your stories and poems representing the different experiences of the four immigration waves from Ukraine. The deadline is Canada Day, July 1, 2011. Start writing now!

Щоб гідно відзначити 120-літнє існування українців в Канаді в 2011 р., НАША ДОРОГА заохочує всіх до писання споминів, оповідань, віршів з пережиття 4-ох імміграційних хвиль, які опинилися в Канаді з України. Твори помістимо в

*2-ій Антології  
Нашої Дороги.*

Річенець День Канади,  
1-го липня, 2011 р.

**Оксана Башук Генбурн,  
редактор  
oksanabh@sympatico.ca**





## Від Крайової Голови From the National President

On June 30, 2007 in Toronto the XXII Congress of Ukrainian Catholic Women's League of Canada elected me as President of UCWLC National Executive and entrusted me with leadership of our organization in Canada. On my way home I asked myself: what can I contribute to UCWLC using my God-given talents? Will my leadership appeal to a laywoman working in the Church? Our founding members left us with aims of our organization to follow which are just as important today as they were then. They make us *who we are*. I had a vision for us to reconnect the UCWLC with other organizations that held the same ideology and became more active in the Canadian Ukrainian community in which we live. One of the important events for the UCWLC happened in Winnipeg in August of 2008 when we hosted delegates of the World Union of Catholic Women's Organizations (WUCWO) with Catholic Women League delegates. The UCWLC National Executive, in co-operation with the Archeparchial UCWLC Executive, welcomed our Sisters in faith to St. Mary's Ukrainian Catholic Church in Winnipeg for a Liturgy under the leadership of Metropolitan Lawrence Huculak and other clergy of the Archeparchy. Catholic women of the North American

continent were united in prayer in our Eastern Church.

On March 20-21 of 2009 I was invited to Rome to represent the UCWLC at the first International Conference organized by the Pontifical Council for Justice and Peace. The theme was "Life, Family, Development: The Role of Women in the Promotion of Human Rights". I was one of the only 60 other participants from around the world. Indeed a great honour for the Ukrainian Catholic Women's League of Canada and our Church to be recognized at this level by the Universal Church. UCWLC contribution to our church was recognized by the Holy See.

On August 18-20, 2009, I attended a conference at the University of Lviv, Ukraine, organized by the World Federation of Ukrainian Women's Organizations. WFUWO is the umbrella organization for the Ukrainian Women's organizations of the world with 40 member organizations. Currently their head office is in Toronto, Canada. The UCWLC is a Ukrainian Catholic women's organization representing Catholic women of our Church. We are connected with other Ukrainian women's organizations from around the world and share our challenges in attracting new members to our prestigious organization. All participants of

the conference paid tribute to the Ukrainian women who lost their lives in the fight for freedom and peace. At the cemetery in Lviv, on behalf of Ukrainian Catholic women I laid the wreath and lit the candle to the well-known hero in the Ukrainian women's movement, Olha Basaraba. She gave her life so that we, Ukrainian women of today, can freely express ourselves.

The Ukrainian Canadian Congress, National Executive, is the highest body in Canada representing Canadians of Ukrainian descent in Canada and in Ukraine. The UCWLC National President is on the UCC Board of Directors *with the right to vote*. I personally attended all of UCC's board of directors meetings and teleconferences. We are part of the Ukrainian community in Canada and should be actively involved in community life as well. In attending the UCC meetings I found so much in common with other organizations' presidents. We and they are trying to preserve our community in Canada for future generations. We need to do even more at home so that the heritage we received from our grandparents doesn't end with our generation.

One of my wishes was also to connect with the UCWLC grassroots membership and listen to

their concerns and their suggestions for our National Executive. In attending Eparchial conventions I had the opportunity to meet many of you. I have heard that you and our National Executive tried to address issues presented by you and your Eparchial presidents. I especially wanted to hear from smaller branches because I came from a small branch and the National Executive seemed so far away. All UCWLC

Branches and all members are equally important to the League. Together we make the League membership part of the National Executive and by working together on all levels we will be a strong and healthy organization.

My wish for all of us is to continue to follow in the footsteps of brilliant women before us with a vision for our League and the future of our Church. We need to be an example to others

in how we tolerate and respect each other. As laywomen working in the Church we have a huge responsibility to preserve our culture, tradition and faith. At times it might seem that we are decreasing in numbers and the task before us is too big to handle. Have faith in God and pray to Mary, Mother of God, to help us and protect us. *Д*

*Luba Kowalchuk,  
National President of the UCWLC*

## Листи ... Letters

I am a faithful reader of the *NASHA DOROHA* that I receive as a member of Sts. Peter & Paul UCWLC. I anxiously await each new edition and read it from cover to cover. It is most interesting and I especially love the stories that are presented. Keep up the good work.

I was particularly interested in the article by Molly Warring where she writes about the stories her grandmother used to share with her. My grandmother lived with us for many years after our grandfather passed away and our family was blessed to hear many stories of Ukraine and the experiences they shared. I am in the process of now putting some of these stories together for our grandchildren and other family members to treasure.

*Olga Stefaniuk, Saskatoon*

Хочу Вам подякувати за розміщення в останньому числі *НД* статті-листа про працю і завдання Українського Католицького Університету. Вже було кілька гарних відгуків.

Дякую Вам за редагування журналу — цікавий і динамічний!

*Богданна Мончак, Монреаль*

Congratulations for producing an outstanding national journal for UCWLC membership and the Ukrainian community at large. There is much in *ND* that all spouses would benefit from reading—history, past and present, human interest stories, spiritual guidance, literature, poetry, and local news from across Canada. The layout, graphics and photography are very professional, comparable to most 21st century publications, without the annoying glut of commercialism.

Your sensibility and understanding of our relationship with Ukraine and current social issues in Canada provide important values for this

generation. Presently, we are inundated by a flood of electronic devices that confuse our decisions in an ever growing secularization of society and often in conflict with the values of our Ukrainian Catholic faith.

I have especially enjoyed articles such as “To friends who still don’t understand the brutal process of Russification in Ukraine for the last 400 years.” It is critical that the balance of both English and Ukrainian languages be maintained if our present and future generations is to be included in your readership. We are in a race against time for survival in the diverse nature of Canadian society—for example, assimilation pressure and not wanting to be “ethnic.”

I await each quarterly of *ND* that my wife, Ann Kvitka, a member of UCWLC Protection of the Blessed Virgin Mary, receives. I strongly urge all members to share this subscription with their “men.”

*Adam J. Kozak, Vancouver*

**Псалом 1** Блажен муж, що за радою несправедливих не ходить, і не стоїть на дорозі грішних, і не сидить на сидінні злоріків, та в Законі Господнім його насолода і про Закон Його вдень і вночі він роздумує! І він буде, як дерево, над водним потоком посаджене, що родить свій плід своєчасно, і що листя не в'яне його,— щаститься йому!



## Наша Дорога

XL – 2(37)/2010

### Nasha Doroha

Квартальний журнал Ліги Українських Католицьких Жінок Канади

Quarterly publication of the Ukrainian Catholic Women's League of Canada

La Journal de la Ligue des Femmes Catholiques Ukrainiennes du Canada

**National Executive mailing address:**

Luba Kowalchuk, President  
15317 131 St NW, Edmonton, AB T6V 1B5  
Phone: 780-478-7683  
lembergm@shaw.ca

We welcome your letters and written contributions.  
Вітаємо співучасть. Просимо пересилати листи,  
листи до редакції. Please send to:

**РЕДАКТОР/EDITOR**

**ОКСАНА БАШУК ГЕПБУРН**

**OXSANA BASHUK HEPBURN**

1360 ch. d'Aylmer Rd, Gatineau, QC J9H 7L3  
Phone: 613-769-5996  
oksanabh@sympatico.ca

**ТЕХНІЧНА ОБРОБКА/TECHNICAL PRODUCTION**

Ігор Кодак • Ihor Kodak

234 Cochin Cres, Saskatoon, SK S7K 4T2  
Phone: 306-934-7125  
ikodak@sasktel.net

**УКРАЇНОМОВНИЙ КОРЕКТОР/  
UKRAINIAN LANGUAGE PROOFREADER**

Люба Андріїва • Luba Andriyiv

**МАРКЕТИНГ ТА АДМІНІСТРАЦІЯ/  
MARKETING & ADMINISTRATION**

Р. Нагнибіда • Rosemarie Nahnybida  
20 Greystone Cres, Sherwood Park, AB T8A 3E4  
Phone: 780-467-4710  
uscjulian@telus.net

Петруся Дець • Patrice Detz

110 Toronto St, Regina, SK S4R 1L7  
Phone: 306-543-1740 Fax: 306-924-5961  
pndetz@sasktel.net

Висловлені погляди не конечно відповідають  
Редакції. Матеріали не повертаються. Opinions of  
authors are not necessarily those of the Editorial  
Board. Material will not be returned.

People in photographs are identified left to right.

Copyright © UCWLC. All rights reserved.

**RETURN UNDELIVERABLE**

**CANADIAN ADDRESSES TO**

**NASHA DOROHA**

**110 TORONTO ST**

**REGINA SK S4R 1L7**

ISBN 1-894022-75-0

**PRINTWEST**  
www.printwest.com

Printed by PrintWest Communications  
1150 8th Avenue, Regina, SK S4R 1C9  
Phone: 306-525-2304 Fax: 306-757-2439

**Верхня обкладинка / Front cover**

*Рушник 65*, що вишивали члени ЛУКЖК  
від моря до моря з нагоди 65-ліття існування  
(фото Стефана Боднара, Едмонтон).

*Rushnyk 65*, the UCWLC 65th Anniversary  
Ceremonial Cloth, was embroidered  
from sea to sea by members of the UCWLC  
(photo Stephan Bodnar, Edmonton).

## Зміст ✧ Contents

8 Letters ✧ Листи      10 Коротко ✧ Briefly

### Nasha Doroha is 40! ✧ Нашій Дорозі 40!



3 Greetings ✧ Привітання

4 Пройдений шлях журналу ЛУКЖК “Наша Дорога”  
*Ірена Вжесневська, ДПЧ*

6 The Value of the Written Word *Susan Lazaruk*

7 From the National President ✧ Від Крайової Голови

### Спеціальні статті ✧ Special Features

11 Our Spirituality ✧ Наша духовність

13 З України ✧ From Ukraine

Memorandum from the Ukrainian Catholic University

*Fr. Borys Gudziak* ✧ Інтерв'ю з Євгеном Сверстюком

18 Education ✧ Освіта

The English-Ukrainian Bilingual Program Can Open Doors for Your

Child *Vicky Adams* ✧ Чому суботня школа? *Соня Міцневич*

✧ Canada-Ukraine Parliamentary Program

### Organizational Items ✧ Організаційні справи

22 Від моря до моря ✧ From sea to sea

24 Organization Matters ✧ Організаційні справи

27 Вічна пам'ять ✧ Eternal Peace

29 Многая літа!

30 Profiles ✧ Особистості

### На кінець ✧ Closing Features

32 Women's Health ✧ Здоров'я жінок

35 Культура і розвага ✧ Arts and Entertainment

37 Our Youth ✧ Наша молодь

38 Останнє слово ✧ Last Word

*The photo of Olympic Torchbearer Holly Paluck, Regina (Spring 2010 p. 39) should have been credited to the University of Regina Photography Department.*

## КОРОТКО



## BRIEFLY

### ● Repression of media in Ukraine:

Six journalists from the widely read “Ekspress” newspaper chained themselves to a Budapest-to-Moscow train in early May in Lviv to protest restrictions on the independent media.

The train goes from Europe—where press freedom exists—to Russia, where it is limited. Ukraine is at a crossroads between Russia and the West. “Ekspress” editor-in-chief Ihor Pochynok said that since Viktor Yanukovych became president earlier this year, the situation regarding independent media has significantly worsened and that journalists in Yanukovych’s Ukraine do not feel safe. In March, a case was filed against the Ekspress publishing group that alleged it had failed to pay 2.6 million hryvnia (about \$328,000) in taxes. The publisher said the additional demand is illegal and the charges were “fabricated.” In April, several “Ekspress” journalists were beaten by police.



Ми, журналісти України, заявляємо про початок громадського Руху «Стоп цензури!» як реакцію на низку подій, які посилюють тиск та спроби запровадити цензуру в українських ЗМІ.

● Honourable Dr. Martha Palamarek Bielish, the first woman of Ukrainian heritage to be appointed to Canada’s Senate in 1979, died May 18, 2010 in Warspite, Alberta.

Of further historic significance is the fact that 50 years after the Famous Five fought for female appointments, Senator Bielish became the first female senatorial appointee from Alberta.

● У Львові створять Сад світового українства: У червні Львів втретє прийматиме українців зі всіх континентів світу під час Міжнародного конгресу «Діаспора як чинник утвердження держави Україна у міжнародній спільноті», ініціатором та організатором яких є Міжнародний інститут освіти, культури та зв’язків з діаспорою Національного університету «Львівська політехніка».

З цієї нагоди Інститут, підтримуючи ідею головного редактора газети «День» Лариси Івшиної, виступив з ініціативою закласти «Сад світового українства».

Українці кожної країни будуть мати своє дерево: разом вони творитимуть Сад, де ростимуть дерева України. Сад як символ краси, сили, збірний образ українських традицій, символ збереження і примноження нашого українства, нашої єдності, що передаватиметься з покоління у покоління.

● 6-місячні діти вже відрізняють добро і зло: дітям віком від 6 місяців до року, що брали участь у експерименті психологів з Йєлю, більше подобалися персонажі мультфільмів або іграшки, які “поводилися” добре. Іграшок-забіяк малюки навіть намагалися покарати. Результати дослідження, який проводився командою психологів з Infant Cognition Center, суперечать твердженням

психологів на чолі із Зігмундом Фройдом, що малюки народжуються “аморальними тваринами” та лише згодом, за відповідних умов, набувають розуміння, що є правильним, а що ні.

● Canadian Ukrainian Catholics reach out to our Church in Central and Eastern Ukraine: Bishop Vasyl (Medvit), auxiliary bishop of the Donetsk-Kharkiv Exarchate, was in Canada on an official visit earlier this year on the invitation of Bishop Stephen Chmilar, Eparch of Toronto, to acquaint the faithful of Toronto’s Eparchy with life of the UGCC in this part of Ukraine and to present the needs of the Church in eastern Ukraine to Canadians.

“I have hope that people who are interested in helping the development of our communities will come forward. I hope warm connections between parishes in eastern Ukraine and in the Toronto Eparchy will form, which will lead to permanent co-operation,” concluded the auxiliary bishop of the Donetsk-Kharkiv Exarchate.

Today on the territory of the Kyivan Archeparchy and three exarchates—Donetsk-Kharkiv, Odesa-Crimean, and Lutz’s—there are 180 parochial communities ministered by 146 priests and 26 deacons. About 35,000 faithful regularly take part in the divine services.

● Статистика Канади показує, що в третій генерації майже 70% подружніх пар потрапляють у змішані категорії. ЮД буде цікаво почути, чи це відповідає дійсності вашого оточення. Додатково, як нашій громаді діяти в такій ситуації?

# Наша Духовність

## Some Reflections on Abusive Polls

By Reginald W. Bibby

(Recently) an Ipsos Reid poll was released, informing the nation that more than 2 million Canadians have family members, friends, or acquaintances who have been sexually abused by a Roman Catholic priest. The finding was described by the polling company as “astonishing” and “shocking.” The senior vice-president of Ipsos, John Wright, told a Global National television audience the day of the release, “If we were experiencing H1N1 tomorrow with 2 million people, we would in fact shut down this country, because it would be a calamity. We’re dealing with what appears to be an epidemic.”

Such an alleged discovery in turn needs to be described as inaccurate and unnecessarily inflammatory. Let me be clear from the outset. I have no pro-Catholic axe to grind. I also share with everyone else the need to denounce and respond to sexual abuse wherever it is found.

But the best interests of everyone are not served by hyperbole—including hyperbole on the part of pollsters who should know better. While I have much respect for Ipsos Reid and John Wright, I have little respect for the claims surrounding this particular survey. If John were in my Survey Methods class, he would have received an “F” for this project.

The reason is fairly prosaic to anyone who reflects for a few moments on what such a survey actually tells us. Suppose, for example, that Ipsos Reid had asked Canadians, “Do you have family members, friends,

or acquaintances who have been divorced?” I’d venture to say that the question would have resulted in as many as 90 per cent of people across the country saying, “Yes.” The actual figure—my own latest national survey shows—is probably around 15 per cent

The first question asks individuals about the people they know—and who doesn’t know someone who has been divorced? The other asks individuals about their own experiences. Awareness does not equal incidence. Both are important. But obviously they are two very different things.

Ipsos Reid probed awareness, not incidence. One person in a neighbourhood or larger community could have been assaulted—and hundreds and maybe thousands of people would be aware of it. No time-frame was given, meaning awareness of an incident could span up to 80 or 90 years—not just the post-1950s, for example. In short, the reporting net was an extremely large one.



# Spirituality

“... sexual abuse of children by priests or anyone else is a heart-wrenching tragedy that calls for a response.

Again, I would emphasize that sexual abuse of children by priests or anyone else is a heart-wrenching tragedy that calls for a response. But let’s not reduce the credibility of sexual abuse claims by dramatically exaggerating their incidence.

A second item in the survey that has received considerable media attention is the finding that 58 per cent of Canadians believe that Pope Benedict “has perpetuated a climate of silence and cover up around pedophile and hebephile priests.”

Now that could be interesting and important information. The problem, however, as George Gallup pointed out sometime ago, is that we who poll people for a living have to pose questions that they have a mathematical chance of being able to answer. In this case, I hope that Ipsos Reid, for starters, defined “hebephile.” Beyond quibbling about words, one cannot assume that everyone from British Columbia to Newfoundland has a clue who Pope Benedict is... or that abuse has taken place... or that the Pope himself has been linked to a cover-up.

And to the extent respondents can meet those basic information criteria for being able to offer an informed

response to the question, what I want to know is this: how on earth do Canadians have the inside scoop on whether or not the Pope has been a part of the alleged scandal? A follow-up question to the effect of, “On what are you basing your opinion?” may have been extremely telling.

Obviously, most Canadians who offered a take were simply offering views based on information they have received from media and acquaintances. In short, the item doesn't tell us very much—beyond Canadian conjecture.

Throughout my career as a chronicler of social and religious trends in Canada, I have felt pretty much like the reporter sitting up in the press box, calling the game as I see it. Individuals and groups may not like what I write and say. But I have always tried to be objective, fair, and academically sound.

I know that Ipsos Reid and John Wright have the same aspirations. However, this particular poll and

interpretations did not meet their usual high standard. Of considerable importance, if we were only having an academic debate at some professional meeting somewhere, we could shake hands at the end of the session, and go out together for a drink, with the world continuing on pretty much the same.

Unfortunately, the results and their dissemination have the potential to have a significant impact on both public perception and one specific company—the Roman Catholic Church in Canada.

I have penned this in the hopes of influencing that perception and impact. *Д*

*Reginald W. Bibby holds the Board of Governors Research Chair in the Department of Sociology at the University of Lethbridge. He is one of Canada's most-respected trend-watchers, having carried out national surveys of adults and teens since the 1970s, sharing his findings with Canadians through some twelve best-selling books. His newest book, Beyond the Gods and Back, will be published in the early fall of this year. He is an Officer of the Order of Canada.*

**Преподобний Антоній,**  
родом з Чернігівської  
губернії, прийняв  
чернецтво на Афоні, там  
спочатку ніс подвиг, потім  
повернувся на Русь; на  
березі Дніпра у м. Києві  
разом з прп. Феодосієм  
Печерським він заснував  
Києво-Печерський монастир  
(Лавру) був прозорливим,  
розумними порадами і  
молитвами зцілював недуги  
душевні і тілесні.  
Помер 1073 р.



## Ukrainian Catholic Women's League of Canada National Executive

### **The Vera Buczynsky Ukrainian Studies Scholarship**

The National UCWLC is offering one scholarship of \$500 to a person of Ukrainian Catholic descent who is planning to enroll in Ukrainian Studies at the post-secondary level. Applications are available from and should be submitted to

#### **The Vera Buczynsky Ukrainian Studies Scholarship Committee**

Barbara Olynyk, Chair  
3457 Hillview Cres.  
Edmonton, AB T6L 2C9

### **The Mary Dyma Religious Studies Scholarship**

The National UCWLC is offering one scholarship of \$1000 to a lay woman of Ukrainian Catholic descent who is planning to enroll in Religious Studies at the graduate level. Applications are available from and should be submitted to

#### **The Mary Dyma Religious Studies Scholarship Committee**

Barbara Olynyk, Chair  
3457 Hillview Cres.  
Edmonton, AB T6L 2C9

**Deadline for receipt of complete applications is October 1**

*The memorandum from the Rector of the Ukrainian Catholic University (UCU) represents a troubling development in Ukraine. Please read.*

## **Memorandum Regarding the Visit to the UCU of a Representative of the Security Service of Ukraine (SBU) (former KGB) (responsible for contacts with Churches)**



**A**t 9:27 in the morning Fr. Borys Gudziak received a call on his private mobile phone from a representative of the Security Service of Ukraine requesting a meeting. The meeting was scheduled for 20 minutes later at the rectorate of UCU. This official had had contacts with the UCU rectorate a year ago at the time of the visit to the university of the then President of Ukraine Viktor Yushchenko. He had made a visit to the rectorate in the late afternoon on May 11 with regard to a request of the Ecumenical and Church History Institutes to sign an agreement to use the SBU archives. At that time members of the rectorate were away from the office. He had, what Dr. Antoine Arjakovsky, director of the Institute of Ecumenical Studies, called a “very good meeting.”

Upon arrival on May 18 in a polite manner the agent related that certain political parties are planning protests and demonstrations regarding the controversial (and in some cases inflammatory) policies of the new Ukrainian authorities. Students are to be engaged in these protests. There is a danger that some of these manifestations may be marred by provocations. He stated that, of course, students are allowed to protest but that they should be warned by the university administration that those involved in any illegal activities will be prosecuted. Illegal activities include not only violent acts but also, for example, pickets blocking access to the workplace of government officials (or any protests that are not sanctioned by authorities).

After his oral presentation the agent put on the table between us an unfolded one-page letter that was addressed to me. He asked me to read the letter and then acknowledge with a signature my familiarity with its contents. He stated that after I had read and signed the letter it would be necessary for him to take the letter back. Since I could see that the document was properly addressed to me as rector (I also noticed that it had two signatures giving it a particularly official character) I replied calmly that any letter addressed to me becomes my property and should stay with me—at least in copy form. Only under these conditions could I agree to even read the letter (much less sign).

**“ Our conversation also had a pastoral moment. I cautioned the agent of the fact that the SBU as the former KGB, with many employees remaining from the Soviet times, has a heavy legacy of breaking and crippling people physically and morally and that he as a young married person should be careful not to fall into any actions that would cause lasting damage to his own identity and shame his children and grandchildren. ”**

The agent was evidently taken aback by my response. It seemed that the situation for him was without precedent because in my presence using his mobile phone he called his (local) superiors to ask for instructions on how to proceed. The superior refused permission to leave me either the original letter or a copy, saying that the SBU fears I “might publish it in the internet.” I questioned this entire procedure and the need for secrecy and refused to look at the letter and read its contents. The young official was disappointed and somewhat confused but did not exert additional pressure and did not dispute my argumentation.

Our conversation also had a pastoral moment. I cautioned the agent of the fact that the SBU as the former KGB, with many employees remaining from the Soviet times, has a heavy legacy of breaking and crippling people physically and morally and that he as a young married person should be careful not to fall into any actions that would cause lasting damage to his own identity and shame his children and grandchildren. I sought to express this pastorally as a priest. To his credit he both acknowledged the past and declared his desire to serve the needs of Ukrainian citizens. He also asked that I indicate to him if I feel that he is exercising improper pressure.

Finally, I expressed my and the general population’s profound disappointment that the work of the SBU is so uneven, that security and police officers live lavishly on

low salaries because they are involved in corrupt activities, and that the legal rights of citizens and equal application of the law are severely neglected. I gave the recent example of my cousin, Teodor Gudziak mayor of Vynnyky, who in February 2010 (three days after the election of the new president) was arrested in a fabricated case of bribery that was set up by a notoriously corrupt political rival and former policemen through the regional and city police. Despite the fact that two weeks before the fabricated affair the mayor, based on a vote of the town council, had given the SBU a video of plainclothes policemen breaking into his office and safe in city hall in the middle of the night and using town seals on various documents, the SBU took no action. (The leadership of the Church, specifically Cardinal Lubomyr Husar, fears that by manipulated association this case may be used as a device to compromise the rector of UCU and the whole institution which has a unique reputation of being free from corruption.) I also related that I had reliable testimony and audible evidence that my phone is tapped and has been for many months.

The population of Ukraine continues to fear and distrust both state security and police personnel because of the woeful track record of law enforcement and because of the diffuse practice of police intimidation of honest politicians, journalists, common citizens and the wanton extortion practised by security institutions and police with respect to middle and small business. I asked the young agent to convey these concerns to his superiors. I had the impression that personally he is open to moral argument but that he also was simply doing his job. It was clear to me that he was dutifully “following orders.”

During our conversation the agent asked me about the imminent (May 20-22) General Assembly of the

Federation of European Catholic Universities (FUCE) that will be hosted by UCU in Lviv. He characterized it as an important event (it has received considerable publicity) and asked about the program and whether it is open to the public. It was clear that he would have been interested in participating in the proceedings. I said that the main theme, “Humanization of society through the work of Catholic universities,” was announced in a press release as will be the outcome of the deliberations. The working sessions of the university rectors, however, are not open to the public. I explained that the 211 members of the International Federation of Catholic Universities (IFCU) and the 45 members of FUCE follow closely the development of the only Catholic university in the former Soviet Union. They will be monitoring the welfare of UCU, especially since in Japan in March at the annual meeting of the Board of Consultors of IFCU I had the opportunity to describe some of our socio-political concerns and the threats to the freedom of intellectual discourse (imposition of Soviet historical views, rehabilitation of Stalin and Stalinism, to whom a new monument was unveiled in Zaporizhzhia 5 May 2010) and new censorship of the press and television that are incompatible with normal university life.

Subsequently, as had been arranged at the beginning of the meeting, I called in the UCU Senior Vice Rector Dr. Taras Dobko to whom the official repeated the SBU’s concerns.

Besides noting the SBU’s solicitude for stability in Ukrainian society there are a few conclusions to be drawn from the encounter and the proposals that were expressed:

1. Signing a document such as the letter that was presented for signature to me is tantamount to agreeing to co-operate (collaborate) with the SBU. The person signing in effect agrees with the contents of the letter and their implication. **In KGB practice getting a signature on a document that was drafted and kept by the KGB was a primary method of recruiting secret collaborators.**
2. **Such methods have no known (to me) precedent in independent Ukraine** in the experience of UCU and of the Lviv National University whose longtime rector (and former Minister of Education, 2008-10) Ivan Vakarchuk I consulted immediately after the meeting. These methods were well known in the Soviet times.
3. The confiscation of the letter after signature makes the letter and signature instruments to be used at the complete discretion of the SBU

## Золоті думки

„Де общее добро в упадку, забудь отца, забудь і матку, лети повинність і справлять”

*І. Котляревський*

„Коли вам хтось покаже хочби й дуже грубу банкову книжку, не згинайте перед ним голови, не знімайте шапки, коли він не має власної бібліотеки і жадної газети.”

*Ю. Лисовий*

„Земля наша велика і щедра, а порядку в ній нема.”

*Посли Київської Русі — Варягам*

4. The possible scenarios for the exploitation of such a document include the following:
- In case of the arrest of a student the SBU could confront the rectorate and charge that the university was informed of the danger to students and did not take necessary measures to protect them from violence or legal harm. In this case the university administration could be charged with both moral and legal responsibility. A charge with legal ramifications could become an instrument to try to force the university to compromise on some important principle (freedom of expression, forms of social engagement and critique, even religious practice, all of which have precedent in recent history). Furthermore, the authorities could use such a pretext to exert a high degree of pressure on the university to curb any and all protest by students.
  - After a hypothetical arrest of a student or students the students and their parents as well as other members of the university community could be shown the document with which the administration was warned and counselled to curb student activities. Since the administration did not stop the students from the activities that became the pretext for the arrest, parents or others could draw the conclusion that the university does not have adequate concern for the welfare of its students. This would be a most effective way of dividing the university community and undermining the university's reputation among its most important constituents—students.
5. The apparent genuine surprise of the agent at my refusal to do as requested could mean that he is not used to such a reaction. He had explained to me that he works with clergy on a regular basis. It could be assumed that other clergy (who work with youth, students, etc.) have been approached and that they have not refused to sign such documents.
6. **Measures of this nature create apprehension and unease.** They are meant to intimidate university administrations and students. They are part of a whole pattern of practice that is well known to the Ukrainian population. The revival of such practices is a conscious attempt to revive the methods of the Soviet totalitarian past and to re-install fear in a society that was only beginning to feel its freedom.
7. Since only two of the approximately 170 universities of Ukraine have been voicing their protest regarding recent political and educational developments and many rectors have been marshalled/pressured to express their support regarding the turn of events, it is clear that in recent months fear and accommodation are returning to higher education at a rapid pace. It can be expected that **UCU will be subject to particular attention and possible pressure** in the coming months. **The solidarity of the international community, especially the academic world, will be important in helping UCU maintain a position of principle regarding intellectual and social freedom.**
8. **Speaking and writing openly about these issues is the most peaceful and effective manner of counter-acting efforts to secretly control and intimidate students and citizens.** As was apparent during this incident, state authorities are particularly sensitive about publicity regarding their activity. Information can have a pre-emptory, corrective and curing role when it comes to planned actions to circumscribe civic freedom, democracy, and the basic dignity of human beings.
- It should be noted that on 11 May 2010, when Ukrainian students were organizing protest activity in Lviv as well as Kyiv, a representative of the office of Ihor Derzhko, the Deputy Head of the Lviv Regional Administration responsible for humanitarian affairs, called the rectorate and asked for statistics on the number of students participating in the demonstrations. UCU's response was that the university does not know how to count in that way.
- Please keep UCU and all the students and citizens of Ukraine in your thoughts and prayers. Д**

*Fr. Borys Gudziak, Rector, Ukrainian Catholic University  
19 May 2010*



*Привіти з першого видання ЖД  
• 1970 •  
Greetings from the first issue of ЖД*

Христос — наша дорога, свята Українська Католицька Церква — наша дорога, наш великий український народ — наша дорога, наш родинний дім — наша дорога, наші діти й наша молодь — наша дорога, кожне наше найдрібніше християнське діло та вчинок — це також наша дорога!

*о. Володимир Жолкевич, духовний асистент  
Краєвої Управи ЛУКЖК, 1970 р.*



*Evhen Sverstiuk, a former dissident, is widely considered a moral compass for today's Ukraine which, some say, is being governed by "forces of darkness" under President Viktor Yanukovich. In this now famous interview, Mr. Sverstiuk, author and journalist, comments on recent vilification of Ukraine's national symbols—elimination of Holodomor material from the official government site, freedom fighters, patriotism—by Russia, the leftover Communist apparatus, Education Minister Dmytro Tabachnyk, by some academics in the West, too. ND offers excerpts and a few comments to give readers the flavour of the discussions that are defining Ukraine's future and, perhaps, even that of global security. For more, please refer to <http://www.unian.net/ukr/news/news-372384.html>.*

Оксана Климончук, UNIAN

## Інтерв'ю з Євгеном Сверстюком (скорочено)

*Євген Сверстюк — український дисидент, моральний авторитет, людина, яка ніколи не служила політикам і не вихваляла владу. Він нічим не зобов'язаний жодному українському президентові чи прем'єру. Мабуть, тому йому ніщо не заважає бути відвертим у своїх оцінках.*

**UNIAN:** *Чому, на Вашу думку, нинішні політики так вчепилися до звання Героя України Бандері?*

Гадаю, це ім'я зачіпає певні стереотипи, пов'язані з позицією бандерівської послідовності й твердості, часом і жорстокості.

Якщо говорити в рамках здорового глузду, то Бандера є українським націоналістом, якого переслідували все його життя, і практично він ніколи не був у бойових операціях, діях. Він сидів у польській в'язниці, сидів у німецьких концтаборах. І це були дуже жорстокі концтабори... Потім його було вбито советським агентом.

... Є певні імена, які за кремлівською режисурою стали одіозними. На те, щоб вони були одіозними, працювала колосальна пропагандистська машина, цілі покоління. Тому дуже важко протистояти безглузді анафемі на храмоводівника Мазепу. Дуже важко реабілітувати ім'я Петлюри, оскільки він був утіленням українського національного опору. Він теж був убитий більшовиками.

... Повстанці взагалі були шляхетні люди. Я їх дуже добре пам'ятаю. Навіть раніше дивувався, звідки вони цього набралися. ... Повстанці були ідеалістами. Я був з ними в (концентраційному) таборі. І деякі з них зберігали цей ідеалізм по 25 років. Уявляєте, як це важко, адже це ціле життя. Вони були ув'язнені тоді, коли я вступав до університету. Університет, аспірантура, 60-ті роки... А вони все сиділи, сиділи, серед бруду в усіх відношеннях, серед мату, серед начальства, яке було дуже близьке до блатних. Якось навіть один журналіст сказав: «Я не знаю, як Бандера, але бандерівці — це порядні люди».

**“** *Якщо говорити про такий політичний, злий колабораціонізм, то, безперечно, на першому місці стоять Сталін і Молотов. Бо саме від 1939 до 1941 року цей колабораціонізм, ця політична співпраця була інтенсивною... Це була не просто співпраця, а співпраця (до створення початку) Другої світової війни. Це є злочин перед людством.*

Якщо говорити про право судити за колабораціонізм, то серед поляків, які хотіли вижити під час окупації, були мільйони колабораціоністів. Мільйони!

Якщо говорити про такий політичний, злий колабораціонізм, то, безперечно, на першому місці стоять Сталін і Молотов. Бо саме від 1939 до 1941 року цей колабораціонізм, ця політична співпраця була інтенсивною... Це була не просто співпраця, а співпраця (до створення початку) Другої світової війни. Це є злочин перед людством.

... А як співпрацював Бандера? Він був просто в'язень, який вийшов на волю і шукав певні можливості, спільні точки, які б могли бути в нього з німецькою владою.

... Використання німецьких вишколів могло мати місце. Як і в Шухевича. Але в час війни це було цілком нормально. Хто як міг використовував різні можливості. Якщо не було власної зброї, то використовувалася будь-яка можливість узяти її у противника.

... А те, що гітлерівська Німеччина була для націоналістів противником — то це записано в їхній програмі. Вони орієнтовані лише на власні сили, а не на чужу допомогу.

“... Якщо говорити про «націоналізм» в Україні, то майже завжди він означав «патріотизм».

... У нас немає націоналістів типу бандерівців. Тобто людей послідовних і безкомпромісних. Людей, які вірять і які готові жертвувати життям. У нас є дуже багато людей, котрі граються в націоналізм, використовують націоналістичну риторику, але насправді жодною мірою чи своїм життям не підтверджують того.

... Якщо говорити про «націоналізм» в Україні, то майже завжди він означав «патріотизм».

... (Сьогоднішня) влада не має великого впливу на українське суспільство і не має майже ніякого авторитету. Тому навряд чи можна говорити про деукраїнізацію. Вони лише затопчуть багато того, що було посіяно.

... У нас у політику пішли люди зіпсуті комуністичним режимом, жадібні до матеріальних благ, безпринципні.

... (Дмитро) Табачник (міністр освіти і культури) є людиною абсолютно пересічною і не вартою уваги. ...Треба розуміти, що Табачник кинутий нам як пробний камінь. Це виклик.... Та він постійно займається нечистими операціями: то щось краде, то фальсифікує героїв, тобто завжди зайнятий фальшивими речами. Д

## КОМЕНТАРІ з Інтернету

■ **Веніа** (Israel): Націоналісти — патріоти своєї нації. У нас до Кнесету не сіоніст не пройде, хоч як би він п'явся туди. Є декілька депутатів від арабів — ось вони не сіоністи. У нас жоден публічний політик не скаже, що він не сіоніст. Сіонізм — вищий штиб націоналізму і ми пишаємося цим. В Україні соромляться націоналізму, бо є дурні, а ще у вас багато внутрішніх ворогів.

■ **Олена** (Ukraine, Kyiv): Дякую УНІАНу за цю розмову зі справжнім моральним авторитетом в Україні. Є якась надія, що, крім тих, хто по службі читає статті на вашому сайті і пише ці огидні коментарі, ще і нормальні люди, особливо молодь, щось для себе дізнається і зрозуміє.

■ **Рен** (Ukraine, Lviv): Яка глибина порядності, українськості, патріотизму, пане Сверстюк! Надзвичайно мудра людина, авторитет нації! Дякую Вам за все! Слава Україні!

■ **Вадим** (Ukraine, Kyiv): Доки серед нашого народу є такі люди, як Ви, він ще не зовсім пропав. На жаль правлять ним люди зовсім інших якостей, гірші з гірших, клептомани, котрі поняття не мають ні про честь, ні про порядність, ні про жертвовність. Дай Вам Боже довгих літ, здоров'я та наснаги бути вогником у мороці брехні, тотальної корупції та безнадії.

■ **Ray** (United States): ... Чарівним міфом вояків УПА була боротьба проти московського комуністичного імперіалізму, і пам'ятайте, люди, УПА виграла, бо до її боротьби включився цілий волелюбний світ. В 1950 р. почалась війна проти Північної комуністичної Кореї, відтак повстання у Мадярщині, Празі, поява в Польщі "Солідарності" і аж до Путчу в 1991 р.



## Привіти з першого видання НД • 1970 • Greetings from the first issue of ND

Сподіваємося, що видання цього журналу увінчається славою для нас, українців-католиків.

*Відділ ЛУКЖК при парафії св. Андрея Анастасія Барабаш, Голова Віра Вербенюк, секретар, 1970 р.*

Друковане слово формує уподобання, думки, погляди, переконання і прагнення, виробляє світогляд людини, від чого залежить економічна, політична, релігійна та навіть фінансова політика не тільки окремих груп, але й цілої держави.

Журнал ЛУКЖК має інформувати членство про хід справ, давати напрямні у всіх ділянках, що нас

інтересують; а найважливіше, писати про історію Української Церкви і Народу для молодого покоління, щоб воно знало про нелегкі зусилля та напрямні в минулому, підложжя для потреб його часу, щоб збудити в нашій молоді гордість свого походження та бажання перевернути провід в свою чергу.

*Катерина Кравс, кол. голова ЛУКЖК, почесна членка ЛУКЖК, 1970 р.*

... жінка-українка була і є символом душі нашого народу, твердинею нашої вікової культури і твердинею нашої віри та нашого буття.

*Стефанія Потоцька, 1970 р.*

В часі срібного ювілею ЛУКЖ та на протязі другого чверть століття він [журнал], наче ластівка, прилітає до нашого членства, яке щиро і охоче прийме цей журнал так, що він знайде собі місце серед нас усіх.

*Єпархіяльна Управа ЛУКЖК Альберти і Британської Колумбії, 1970 р.*

Щире признання ініціаторкам, що зважились на такий крок: започаткувати видання журналу.

*Єпархіяльна Управа ЛУКЖК Саскачевану*

**There is no substitute for a good education. A Ukrainian Catholic one is a privilege accorded to those who live near these fine institutions, but Catholic schools are more readily available. Ukrainian Heritage Bilingual Programs are offered in several Canadian cities, too.**

*Summer is a fine time to reflect on your children's*

**education. Will you take advantage in strengthening your child's identity? Will there be attendance in Saturday morning language classes? Might there be an exchange program this summer in Ukraine? To help you consider this once-in-a-lifetime opportunity, NASHA DOROHA presents a selection of readings.**

## The English-Ukrainian Bilingual Program Can Open Doors for Your Child



By Vicky Adams

There has been much study recently on the benefits of learning languages. Research shows that students who learn additional languages are developmentally advanced. They excel academically and acquire an increased capacity for learning new skills. Students who study a second or third language tend to achieve at a level equal to and more often above that of unilingual program students. This not only applies to language skills but also transfers to math and science achievement. Daily exposure to two or more languages assists students in developing oral and written communication skills. Research has dispelled the myth that students become confused and will mix one language with another. On the contrary, each language learned enhances the learning of other languages.

Learning languages has economic advantages. Major corporations in the global marketplace need employees who are familiar with the language and culture of the countries with which they do business. Many career ads illustrate the demand for workers and professionals with Ukrainian language fluency. Doctors, nurses and others in hospitals and care homes experience a greater advantage if they are able to communicate with a Ukrainian patient in their native language.

Learning Ukrainian also opens the door to understanding and easier

learning of other Slavic languages. Many of our young people are involved in dance ensembles that take them to Ukraine to perform or to study folk dance. What an advantage it is to those who understand and can communicate in Ukrainian.

Students who study languages have a much broader world view. They are more tolerant and have a greater appreciation of other cultures. With every language learned, it provides an extra window with which to view the world.

Brain research has provided a better insight into the way language is learned which, of course, has modified methods by which language is taught. Researchers have discovered that children are born with the capacity of learning many languages at a very early age which decreases as they mature, hence the importance of early exposure. That is why enrollment in the English-Ukrainian Bilingual Program begins in Nursery or Kindergarten.

Students who are enrolled in the bilingual program have the added benefit of an enriched cultural experience through music, dance, drama/theatre, choir, etc., and participate in Ukrainian language camps and student exchange programs. There is more involvement of parents in the Ukrainian Bilingual Program thus creating in the students a more positive attitude and greater enthusiasm towards learning. Parents whose children are in the program belong to the

“Students who study languages have a much broader world view.

**They are more tolerant and have a greater appreciation of other cultures. With every language learned, it provides an extra window with which to view the world.**

Manitoba Parents for Ukrainian Education. This organization provides for extra activities to enhance the cultural component of the program in the twelve Manitoba public schools where the EUBP is offered.

In Manitoba there are many non-Ukrainian children in the EUBP program because their parents place great value in second and third language learning. The curriculum content is the same as that taught in the regular English program and students in the program also learn French. Parents who enroll their children in the program understand that bilingual and trilingual children have better advantages in our global society, not only because they are fluent in more than one language, but also because they have acquired better work habits and have developed a more positive attitude in functioning in an increasingly interdependent world. It is unfortunate that more children of Ukrainian ancestry do not take advantage of this opportunity, if not for its academic benefits then at least for learning their ancestral language and acquiring a better knowledge of their heritage. ✧

*Vicky Adams served as Principal of Ralph Brown School in Winnipeg from 1988 to 2002, where since 1979 over 1200 children were enrolled in the Ukrainian Bilingual Program.*

## Чому суботня школа?

Соня Міцневич

Від того часу, коли почала курси українознавства, я часто питала себе та моїх батьків: “Чому я йду до школи в суботу, я б могла поспати вранці?” Звичайно мама відповідала: “Тому що ти мусиш знати про наші традиції”. І це є правда, але це проста відповідь батьків, щоб дитина дала їм спокій. Кожна людина відповідь на це питання знаходить після закінчення школи. Як нова випускниця Св. Миколаївської школи я нарешті знайшла відповідь — щоб навчитися про себе. Очевидно, я б могла прочитати історичні книги або подивитися в атлас і таким чином сказати, що я



здобула знання про моїх предків та географію України. Кожний знає, що це так не працює, таке знання ніколи не порівняється зі знанням, отриманим студентом у класі з іншими учнями того самого походження, де можна говорити своєю рідною мовою і дізнатися про граматику своєї мови. Цьому книжка нас не може навчити, особливо у такому багатонаціональному місті, як Торонто. Серед великої різноманітності інших національностей у Торонто легко можна загубитися в інших культурах і забути свої власні коріння. На щастя, наша діаспора має українську суботню школу, щоб допомогти нам повернутися до рідних коренів і усвідомити себе дітьми козацького роду. Завдяки суботній школі я познайомилася з багатьма українцями. Українська школа нас єднає.

Студенти, так само як і я, завжди нарікають, що суботні школи марнують наш час, бо ця школа не буде потрібна в нашому

“ Найголовнішу нагороду від суботньої школи ми отримуємо, коли зможемо поділитися нашими знаннями з майбутніми дітьми і зберегти українську культуру в Канаді та по всьому світі.

майбутньому академічному житті, але це неправда — все, що ми робимо в нашому житті, буде в кінцевому рахунку нам допомагати. Від дев'ятого класу до закінчення школи студенти отримують кредит за кожний рік, а наш кредит за дванадцятий клас можна використати під час навчання в університеті. Також українська школа буде присутня в житті студентів після університету, у праці та в реальному світі. Найголовнішу нагороду від суботньої школи ми отримуємо, коли зможемо поділитися нашими знаннями з майбутніми дітьми і зберегти українську культуру в Канаді та по всьому світі. *Д*

Соня Міцневич закінчила Курси Українознавства у Свято-Миколаївській Рідній школі у Торонто.

### Catholics have scored a victory!

## Sex Education in Canada

**O**ntario Premier Dalton McGuinty has announced that he is indefinitely suspending plans to implement the new sex-ed curriculum across the board, due to the intense backlash that it has received.

This is a 180-degree reversal from requiring schools to teach the new explicit sex education curriculum. Critics of the bill, including Catholics, Muslims and mainstream media columnists, were supported by the Progressive Conservative party led by Tim Hudak who may be interested in stressing family values.

The message? In order to influence governments it is paramount to work with like-minded partners and find supporters in the media. And, most importantly, have something credible to say. Will the UCWLC, Toronto

Eparchy, be involved in the next round?

At present, sex education across Canada varies from province to province. However, common elements include learning about:

- Kindergarten – inappropriate touching, gender differences
- Grade 4 – physical and emotional changes with puberty and the basic reproductive system
- Grade 6 – the acts of sex and homosexuality

Parents need to monitor the content of the courses and use their right to have children removed from sex education classes if they so wish. — *OBH*

## Canada-Ukraine Parliamentary Program

### What Learnings are Interns Taking Back to Ukraine?

*Since Ukraine's independence, some of its university students have been interning, a few months each year, with Canada's parliamentarians in Ottawa to experience how Canada governs. NASHA DOROHA's Editor spent a wonderful half-day with 25 interns discussing change, in general, and how Canada changed them. Meet some of these well-spoken, trilingual, even quadrilingual young people who have agreed to share their thoughts with you.*

#### Yaroslav KOVALCHUK

- CUPP '09 Coordinator, University of Ostroh (National University of Ostroh Academy)
- Dopomoha Ukraini Foundation Scholarship
- Intern to Tilly O'NEILL-GORDON, MP, Miramichi, New Brunswick

Одним з найважливіших уроків, які я взяв для себе з участі у КУПП, є усвідомлення того, що навіть одна людина має важелі впливу для того, щоб змінити свою громаду, свою країну, а відтак і світ навколо себе на краще. Потрібно лише правильно вибрати засоби. Коментар, залишений на форумі, офіційне звернення до політика, який представляє твої інтереси в парламенті, стаття у друкованому виданні чи навіть проста розмова з друзями — це все має вплив на оточуючих, адже думка матеріальна і якщо вона вже висловлена, вона продовжує жити своїм життям, змінюючи, навіть якщо у невеликих масштабах, світ навколо. Кажуть, що помах крил метелика в одній частині світу можуть спричинити ураган в іншій. Людина не метелик і її дії, особливо якщо вони добре виважені та мають підтримку з боку однодумців, можуть спровокувати щось набагато більше, ніж просто атмосферне явище. Вони можуть проникнути в серця людей, підняти бурю в їх головах та об'єднати їх під стягом однієї ідеї — ідеї розбудови своєї країни та забезпечення добробуту свого народу.

#### Iryna BILONIZHKA

- University of Lviv (Ivan Franko National University of Lviv), Faculty of International Relations
- Malanchuk Family Scholarship
- Intern to James BEZAN, MP, Selkirk-Interlake, Manitoba

Найціннішим здобутком життя закордоном є різниця — культурна, духовна, економічна, політична, психологічна. Перебування всередині цієї різниці спонукає задуматись і переосмислити себе і довколишніх, дає можливість побачити світ через іншу призму. Канада змінила мій

світогляд і трансформувала моє відношення до людей і речей — відкритість і щирість і водночас невидима межа, за яку тебе, чужинця, ніколи не впустять, але якою й ніколи не хизуватимуться. Нам, українцям, бракує цієї ненастороженої відкритості і виваженої обмеженості. Ми занадто щирі і відверті, але інколи не знаємо межі. Треба навчитись ставити її — непомітно, невимушено, але впевнено, не ображаючи і викликаючи довіру.

#### Oleksiy BOHUN

- University of Kyiv (Taras Shevchenko National University of Kyiv)
- Antin Hlynka Scholarship
- Intern to Dean DEL MASTRO, MP, Peterborough, Ontario

From the enormous experience I gathered here in Canada I would like to take some things with me back to Ukraine and be able to implement them in my Home Country: democracy, freedom of speech, the transparency of the parliament, dialogue between government and opposition, and the attitude toward subordinates.

#### Evhenia VIATCHANINOVA

- University of Kyiv (NTSU of Kyiv)
- Antonina and William Bazylewych Scholarship
- Intern to Hon. Jason KENNEY, MP, Calgary Southeast, Alberta

I never imagined that some Canadian MPs do not own cars and get to work on foot. Nor could I ever have fancied that parliamentarians' dachas in the Crimea or Carpathian mountains would 'beat' in luxury the Quebec residence of the Governor General. In Ukraine, our parliamentarians seem to be gods ruling 'mere mortals': in addition to high allowances, they enjoy immunity that encompasses luxurious state-owned cars, as well as security and innumerable residential possessions provided by law.

Members of parliament should serve people and be accountable for every deed they do.

## Khrystyna HUDYMA

- Lviv Polytechnic National University
- Humeniuk Family Scholarship
- Intern to Cheryl GALLANT, MP, Renfrew-Nipissing-Pembroke, Ontario

Among the extremely valuable experiences I obtained during my internship in the House of Commons—the key political learning I would like to transfer from Canada to Ukraine—is that MPs are elected officials obliged to represent their electors in the best way possible. Otherwise, they will pay a very high price.

## Sofiya YEVCCHUK

- Lesya Ukrainka Volyn National University
- John & Julia Stashuk Scholarship
- Intern to Hon. Maria MINNA, MP, Toronto, Ontario

I think that probably the most dramatic change in my personality that took place after my coming to Canada was the attitude to immigration. Earlier I thought that moving to another country you have to assimilate completely with the locals to become accepted to a new community. Having met many representatives of

the Ukrainian Diaspora in Ottawa I have got to know that it is possible to live in Canada preserving your originally native religion, customs, traditions and find friends among other Ukrainians here. I am not planning to leave Ukraine; still, it is very important for me to know that there is a country where a person can move to. *Д*



Members of CUPP Class 2009 with Oksana Bashuk Hepburn, Editor ND and former executive and Ken Hepburn, former Sr. Assistant Deputy Minister. Both were with the Government of Canada.

*It costs about \$5,000 to sponsor an intern. Due to the shortage of funds, CUPP is being substantially cut back next year. And fewer Ukrainian students will be able to benefit from the Canadian experience. All interns receive a Canadian-sponsored scholarship. If you wish to be a sponsor, please contact Ihor Bardyn, CUPP Director. Also, if any of the MPs who have accepted the Ukrainians as interns in their parliament offices are from your riding, please call them, or write, to thank them for this gesture of good Canada-Ukraine relations. For more information visit [www.KATEDRA.org](http://www.KATEDRA.org)*

## НАША ДОРОГА ✧ NASHA DOROHA – Subscription Form

**1 year/рік \$20 2 years/роки \$40 (or equivalent in international funds plus \$10 postage)**

Ось мій список. Here's my list. I understand each friend will receive a card announcing the gift subscription.

I've enclosed \$ \_\_\_\_\_ for \_\_\_\_\_ gifts at \$20 each (\$25 US for USA and \$30 US for overseas\*).

### MY NAME

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

### Gift #1

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

### Gift #2

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

**Mail cheques payable to  
Publishing, NASHA DOROHA  
110 Toronto Street  
Regina, SK S4R 1L7**

**Enrich the women  
in your life with a  
ND subscription!**

\* to be paid as American Money Order or Foreign Draft in Canadian Funds



*New Westminster Eparchy*

## 15 PAST PRESIDENTS HONOURED

The Vancouver Branch of the Ukrainian Catholic Women's League of Canada celebrated its 60th anniversary on September 27, 2009, at the Protection of the Blessed Virgin Mary (St. Mary's) Ukrainian Catholic Church.

After the Procession with Flags, His Excellency **Bishop Ken Nowakowski** and parish priest **Rev. Daniel Wach**, OSBM, concelebrated the Divine Liturgy, sung by St. Mary's choir, followed by a Panakhyda for deceased presidents of the UCWLC.

After the service, members and guests, including Bishop Ken, were welcomed to a banquet luncheon in the Ukrainian Catholic Centre by Branch President **Mrs. Ann Kvitka Kozak**.

At 93, the Branch's oldest member, **Mrs. Bessie Lashin**, received flowers as did member **Olga Kotelko** for her athletic pursuits in track and field at age 90.

The keynote speaker for the lunch was **Mrs. Barbara Kamin-sky**, the chief executive officer of the B.C. Cancer Agency, who spoke on the importance of healthy living and eating, and reminded women to take 1,000 mg daily of cancer-fighting Vitamin D.

**Mrs. Lil Saranchuk**, President of the New Westminster Eparchial UCWLC, extended her congratulations on behalf of her executive.

"Sixty years of hard work, tireless efforts, friendships and the

building of a church family is quite the achievement and is certainly a milestone," she said.

Certificates of merit were awarded to founding members **Mrs. Olga (Tiny) Zarski**, **Mrs. Rose Kuzik** and **Mrs. Julia Stashuk**, and certificates of appreciation were handed out with gratitude to

the 15 past presidents who served between 1949 and 2009.

The Svitanok Chorus, directed by **Mrs. Kozak**, entertained the ladies after lunch and **Father Daniel** and **Bishop Ken** also addressed the luncheon and gave a final blessing.

The afternoon ended with the ladies singing "O Spomahai Nas."

*Edmonton Eparchy*

## EDMONTON UCWLC EPARCHIAL MUSEUM HOSTS GERDAN WORKSHOP

with **Maria Rypan** from Toronto, sponsored by the Alberta Council for the Ukrainian Arts. **Maria** is an international designer, artist and publisher of beadwork instruction books and a recognized expert in

"gerdany," the Ukrainian style of beading.

The two-day workshop began with a slide and power point presentations on the history of the gerdan, showcasing hundreds of styles from the different regions of Ukraine. In two sessions, forty registered participants worked on individual patterns with instructions and assistance from **Maria**. Everyone left with enthusiastic ambitions to complete the numerous in-progress projects and to start new ones.

*Reported by Helen Sirman, ND Rep.*



## "BLESSED ENDEAVOUR II,"

a publication of the UCWLC, Eparchy of Saskatoon, has just come off the press. The book covers activities and commitments of the Branches in the province for the period of 1982 to 2002.



To purchase, please contact

**Marlene Bodnar**

1209 Lancaster Blvd.

Saskatoon, SK S7M 3V6

or email [mbodnar@tcu.sk.ca](mailto:mbodnar@tcu.sk.ca).

The price is \$35.00 per copy plus shipping. It will also be available at the Congress in Edmonton.

We are very proud of this edition and in this regard much credit goes to **Gloria Leniuk**, editor.

*Patrice Detz*



One Sunday morning, a mother went in to wake her son and tell him it was time to get ready for church. He replied, "I'm not going."

"Why not?" she asked.

"I'll give you two good reasons. One, they don't like me, and two, I don't like them."

"Now I'll give you two good reasons why you *should* go: One, you're 59 years old, and two, you're the pastor!"

*With thanks to Olya Danylak*

## MARCH FOR LIFE UKRAINIAN CATHOLIC PRESENCE AT MARCH FOR LIFE

Thursday, May 13, 2010 saw the biggest crowd yet on Parliament Hill for the annual March for Life in Ottawa. About 15,000 people, including families, religious and many, many students listened to speeches, carried placards and walked through downtown Ottawa in defence of life.

Many Canadians don't realize that Canada is the only Western nation with no abortion law (abortion is legal through all nine months of pregnancy) and that about 100,000 abortions are done each year in Canada—that works out to approximately one out of four pregnancies!

That day happened to be the Feast of Ascension and Divine Liturgy was celebrated at the Ukrainian Catholic Shrine of St. John the Baptist by **Bishops Stephen Chmilar** and **John Pazak** (Slovak) and seven (!) concelebrating priests. (Roman Catholics and other denominations had their own prayer services at the start of the day). The church was filled by parishioners and many Ukrainian Catholic visitors from out of town—mostly from the Toronto area—who came to the March.



### Невеличке прохання

— Чому це на моєму столі стоїть ваза з трояндами? — запитує свою дружину неуважний професор.

— Сьогодні річниця твого шлюбу!

— О, як приємно, що ти пам'ятаєш! — розчулився професор. — Маю до тебе невеличке прохання: попередити мене, коли наблизиться дата твого шлюбу. Я хотів би зробити й тобі щось приємне.

The ladies of the UCWLC Branch very graciously hosted us out-of-towners to an unexpected but very delicious brunch—true Christian hospitality in action! Then all headed to the March. Afterwards, the Ukrainian Catholic Chaplaincy of Ottawa organized and led a *Moleben in Defence of the Unborn* in front of the Parliament buildings, which was very well attended.

This was truly an inspiring event. Make plans to attend next year! Local marches are held around the same time in most provinces.

*Tania Kohut*

Приблизно 15,000 людей взяло участь у цьогорічному Поході за Життя в Оттаві 13 травня.

Вранці **владика Стефан Хміляр** та **Іван Пазак** разом з сімома священиками відправили Св. Літургію в свято Вознесіння в Храмі Св. Івана Хрестителя. Опісля членкині відділу ЛУКЖК погостили прочанів з околиці Торонто, які приїхали на Похід, чудовим сніданком.

У масовій демонстрації перед Канадським парламентом брали участь родини, духовенство і багато молоді. Після доповідей також відправили *Молебень в Обороні Ненароджених Дітей* на площі перед парламентом.

Це був незабутній день!

*Таня Козут*

*Some ten years ago the author presented her views on a convention floor. Are her thoughts still relevant?*

✧ *Років десять тому автор висловила думки, чому належить до ЛУКЖК. Чи вони відповідають вашому міркуванню?*

## Why I Am a Longtime Active Member of the UCWLC

*By Lena Sloboda, HLM*

1999

My first activities (in the UCWLC) were mostly associated with teas and bazaars when I noticed that the late Nellie Woytkiw, the first Branch President, was involved with the Eparchy. I wondered why she was interested beyond our parish Women's League. She informed me that the League had a constitution and a mission. I was both intrigued and puzzled by this. *What is our mission? Why do we have a constitution?*

I then discovered that the founders of the UCWLC (a group of visionary women and important members of Church hierarchy) agreed that an organization of women was necessary to our Church, and national life and development. Consistent with their vision, the UCWLC was created. The constitution tells us that the UCWLC is a spiritual, religious and a service organization, but it also is a social and cultural organization designed for the enrichment of all and the individual members.

It was now clear to me that the League is not just another organization; it represents "a way of life." It expresses a system of values which are key structural elements for building a meaningful Christian life. *This is the kind of organization I wanted to belong to.*

(I now realized that I would not be needing my fancy hat with flowers and gloves.)

Soon I began to accept positions on Branch committees, and eventually served on all three levels of the Executive as well as serving in the position of President at the Branch, Eparchial and National levels. Each position was a new challenge and opened a door to new opportunities to learn something new. Knowing my own shortcomings, I began to study the constitution, the mission of the organization and other skills such as parliamentary procedure. I attended every Eparchial Convention and Congress, the National Plenary Conferences, spiritual retreats and took a variety of religious education courses. Very quickly the League became less of an obligation and curiosity, and much more of a driving force behind my own development.

More importantly the League gave me opportunities to build the League by building relations with other organizations. I became a member of other national and international organizations whose aims and goals were linked with UCWLC. I became a member of the Ukrainian Canadian Congress, the World Federation of Ukrainian Women's Organizations, the Canadian Conference of Catholic Bishops Laity, and the Canadian Conference of Catholic Lay Associations. Each organization offered a unique and important perspective on the various aims, which are

“Personal growth and fellowship are the key attributes of the UCWLC membership.”

related to the League but with different objectives. I see all of this as a part of larger meaning of the relationship between ourselves and the Church in our role and responsibility as Christians in the changing world.

I now realize how privileged I was to be a member of an organization that stands proud of its notable past, plays a vital role in the life of Ukrainian Church, the community, and the Canadian cultural mosaic. The League's past contribution is acknowledged by our Church Hierarchy throughout Canada. A professor of the University of Alberta, Dr. Frances Swyripa, in her book, *Ukrainian Canadian Women*, describes our organization as "builders of Ukrainian community."

The UCWLC is a multi-layered organization with a rich history and impressive list of achievements. We have been a chartered organization since 1980. We have proudly adopted a symbolic flag with a theme, "For God and the People," we have our national journal "Nasha Doroha," we have

several outstanding folk-art museums throughout Canada, we are active members of several national and international organizations, we are the largest Ukrainian women's organization in Canada and our membership consists of women from all walks of life. Our organization is church-based, Church-centered, and respected by governments on all levels.

I have talked about how the League entered my life, and how it has carried me forward to a number of new involvements. I have talked about some of the League's many accomplishments. I would like to talk about what the League has done for me and why I was motivated to stay. The League offered me the possibility of further exploring my own faith and, at the same time, helping to build a community. My own journey involved a heightening of my understanding of our Byzantine

Ukrainian rite, an increased awareness of my cultural heritage and a deepening of my understanding of my Christian role and responsibility within the life of the Church and society.

All this helped to build my sense of identity and belonging. In addition, by being a member of the League, I belong to a select group of women with common goals and aims and I am involved with my own church.

The League is an organization of possibilities, but if someone is looking at the League thinking, "What can it do for me?" one will find nothing. The possibilities come to life only in the hard, committed process of involving oneself in the various contexts in which we participate. Not everybody has to work on the constitution or to study by-laws. The range of possibilities is many; it is up to individual members to choose

the range and involvement. However, each member has an opportunity to enrich herself spiritually and culturally and reach out with a helping hand to our church and community. Personal growth and fellowship are the key attributes of the UCWLC membership.

As I reflect on my own past 50-plus years and other women's dedication, I view this involvement in the League as a vocation that enriches my life and has a vital effect on my family.

I have now reached the golden year of my membership in the League. Would I change this if I had to do it over again. The answer is, "No."

My wish is one of prayer that God through His Immaculate Mother, our Patroness, will truly bless the members of the League as one big spiritual family and that when others see our "oneness," they will feel attracted to us. *✠*

## What Makes or Breaks an Organization

*By Lena Sloboda, HLM*

A word that can either make or break an organization — that word is **attitude**.

Keep in mind that only positive attitudes will bring about unity, peace and harmony in our branches and parishes.

Another key word is **appreciation**. Talk well of senior members. Respect is a virtue, in style at all times. Give recognition and praise. Let members know they are appreciated and that their dedication and hard work are making a difference in the organization. This makes the member empowered, motivated and committed to continued service. Always provide positive reinforcement.

Develop a good strong Catholic woman's **image** in the parish. Develop a sense of pride in belonging to the League as a national organization and support all levels of the League. Manifest this pride at all times when speaking about the League. Our perception of being a member of the UCWLC is the crucial element. How we perceive ourselves shapes our organization.

**Humour** is an invaluable overall ingredient. It relieves stress and helps people to relax and be themselves.

The last word is **enthusiasm**; it is catchy.

Finally, **act rather than react**: The greatest threat to success comes not from outside but from within. It is not what other people say or do that

influences and undermines our self-confidence, but the manner in which we react to it. Use this basic principle: Never pay any attention internally or externally to anything anyone says or does if in your considered and honest opinion it is untrue, unwarranted, unjust or just plain exaggerated. The corollary: never bother to defend yourself even to yourself or to explain anything to anyone who is unwilling or unable to accept explanation.

*And give hugs*, a symbol of love and acceptance making members feel that they are an important part of UCWLC. *✠*

*Lena Sloboda, HLM shared her thoughts at the UCWLC National Plenary Conference in April 2009.*

*The Greeks sought “the golden centre”—zolota seredyna—in their behaviour. Excessive or manipulative behaviour is detrimental in families and organizations. Drama queens, saviours, feigners and attention-seekers will, sooner or later, create difficulties in any relationship.*



## The Need for Attention

Human beings are social creatures and need social interaction, feedback, and validation of their worth. The emotionally mature person doesn't need to go hunting for these; they gain it naturally from their daily life, especially from their work and from stable relationships.

The emotionally immature persons, however, have low levels of self-esteem and self-confidence and consequently feel insecure. To counter, they spend a large proportion of their lives creating situations in which they become the centre of attention. It may be that the need for attention is inversely proportional to emotional maturity, therefore anyone indulging in attention-seeking behaviours is exhibiting emotional immaturity.

Attention-seeking behaviour is surprisingly common in families and organizations. It needs to be understood and kept in check. Here are some examples.

**The sufferer:** this might include feigning or exaggerating illness, playing on an injury, or perhaps causing or inviting injury. The illness or injury becomes a vehicle for gaining sympathy and thus attention. The attention-seeker excels in manipulating people through their emotions, especially that of guilt. It's very difficult not to feel sorry for someone who relates a plausible tale of suffering in a sob story or “poor me” drama.

**The saviour:** creates opportunities to be centre of attention by intentionally causing harm to others and then being their saviour. When not in saviour mode, the saviour may be resentful, perhaps even contemptuous, of the person or persons she is saving.

**The manipulator:** may exploit family relationships, manipulating others with guilt and distorting perceptions; although s/he may not harm people physically, s/he causes everyone to suffer emotional injury. Vulnerable family members are favourite targets. A common attention-seeking ploy is to claim s/he is being

persecuted, victimized, excluded, isolated or ignored by another family member or group, perhaps insisting s/he is the target of a campaign of exclusion or harassment.

**The mind-poisoner:** adept at poisoning peoples' minds by manipulating their perceptions of others.

**The drama queen:** every incident or opportunity, no matter how insignificant, is exploited, exaggerated and if necessary distorted to become an event of dramatic proportions. Everything is elevated to crisis proportions. Histrionics may be present where the person feels s/he is not the centre of attention but should be. Inappropriate flirtatious behaviour may also be present.

**The busy bee:** this individual is the busiest person in the world if the constant retelling of their life is to be believed. Everyday events which are regarded as normal by normal people take on epic proportions as everyone is invited to simultaneously admire and commiserate with this oh-so-busy person who never has a moment to oneself, never has time to sit down, etc. S/he's never too busy, though, to tell you how busy s/he is. *∞*

*From the Internet*

**Those who can, do. Those who can't, bully.**

### Human Relations

The **six** most important words:  
“**I admit I made a mistake**”

The **five** most important words:  
“**You did a good job**”

The **four** most important words: “**What is your opinion**”

The **three** most important words: “**If you please**”

The **two** most important words: “**Thank you**”

The **one** most important word: “**We**”



## Вічна пам'ять

Прийдіть, браття, попрощаймося з померлою, і подякуємо Богові, вона бо відійшла від рідні своєї і до гробу спішить. Вже не журиться про суєту світу і про многострасне тіло.

Come, Brothers and Sisters, let us bid a last farewell to her who has passed away, and also let us thank God. She is leaving her relatives and is hastening to the grave. No longer is she concerned about the vanity of the world and her human passions. Where are her relatives and friends? Behold we are parting now. Let us pray to the Lord for her repose.

## Eternal Peace

### † Olga (Mucha) Raffa

22.VIII.1923–29.IX.2009



Olga was born in Pisksarawrcza, Poland and immigrated to Canada in 1939. She married Peter Raffa in 1947. They moved to Red Deer, Alberta when Peter was appointed President of the Red Deer College in 1963. They raised a family of six. Olga and Peter were founding members of St. Vladimir Ukrainian Catholic Church in Red Deer in 1984 and two years later Olga became a founding member of its UCWLC Branch where she remained an active member until recently. She is remembered for the great interest she took in teaching younger women traditional Ukrainian crafts and customs.

*Glenda Stark, President,  
St. Vladimir UCWLC,  
Red Deer*

### † Helen Pikula

26.III.1921–17.II.2009



Born to Paul and Julia Tokarchuk of Rama, SK. Married William Pikula of Amsterdam, SK in 1941. They raised six children. Helen was an avid gardener and enjoyed flower arranging, ceramics, needlework and cross-stitching. She was UCWLC Branch President in Canora in 1976.

*Alice Derow,  
Canora Branch*

### † Lena Hudye

23.XII.1925–28.III.2009

Born in the Fort Pelly, SK district to Nick and Anne (Bartieski) Kuzyk Lena married Mike Hudye in 1943, settling in the Pretty View, SK area. They were blessed with four children. In 1996 they moved to Canora

and were active members in the Parish and Lena was a member of the UCWLC.



*Alice Derow,  
Canora Branch*

### † Sonja Therese Bodnarchuk

16.III.1938–25.VI.2009



Born in Kamsack, SK to Frank and Lena (Homenick) Tysowski, Sonja

married Michael Bodnarchuk in 1959 and settled in Canora, SK. Here Sonja taught at the Canora Senior Elementary School until her retirement in 1992. She gave of her time unselfishly to church and community organizations, as well as sponsoring children in Africa and Ukraine. She was an active parish member and held many executive and committee positions in the branch UCWLC.

*Alice Derow,  
Canora Branch*

✠ **Katherine Cherewyk**  
26.VII.1910–26.VI.2009



Born in Arabella, SK to George and Anne (Burtiniak) Olenick, in 1929 she married Mike Cherewyk of Norquay, SK. In 1959 they moved to Canora, SK. Katherine was active in the parish and UCWLC. She embroidered altar linens and banners. She was a strong believer in the preservation of Ukrainian culture, language and tradition. She is survived by three children, 10 grandchildren and 17 great-grandchildren.

*Alice Derow,  
Canora Branch*

✠ **Hattie Ruth Berlinski**  
20.IX.1933–2.VII.2009



Born in the Mikado, SK district to William and Mary (Boyda) Yakichuk. In 1962 she married Gregory Berlinski and worked together at their barbershop in Canora and on the family farm. Hattie was involved in many community organizations. Also, she was an active parish and UCWLC member. She was Branch President for five terms. She is survived by her husband, a daughter, one grandchild, two sisters and four brothers.

*Alice Derow,  
Canora Branch*

✠ **Mary Malayney**  
7.I.1925–12.I.2010



Mary taught school after obtaining her teaching certificate in

Saskatoon. She joined the UCWLC in Kamsack, SK in 1961. She served as Branch President and was Treasurer for 27 years. Mary also served on the Eparchial Executive. She was an active member until her passing earlier this year.

*Margaret Ratushny,  
Kamsack Branch*

✠ **Katie Yaremko**  
3.XI.1912–6.II.2010



Born in the Othon, SK district to Luca and Ann (Skilnik) Dobko, Katie married William Yaremko in 1931 and raised six children. A UCWLC member of St. Mary's in Yorkton since 1946, she served as Treasurer for eight years and on several committees. She was a member of St. Mary's Golden Agers. She leaves her loved ones treasured pysanky and quilts, which she spent countless hours producing. She is survived by a daughter, three sons, 15 grandchildren, 23 great-grandchildren, one great-great grandchild, and three sisters.

*Violet Kluk,  
St. Mary's UCWLC Branch,  
Yorkton*

✠ **Dorothy Sobchuk**  
9.IV.1929–13.III.2010



Born to Henry and Ksenia Koszman, Dorothy married Steve Sobchuk in 1948. They had two children, six grandchildren and eight great-grandchildren. She was a member of St. Basil's UCWLC and Senior's Club in Regina, SK. Before she passed away, she completed writing her memoirs.

*Lorraine Senko, Regina*

✠ **Mary Koszman**  
23.VII.1914–18.II.2010



Born in Sault Ste. Marie to Myron and Kathryn Malowany, she married Peter Koszman in 1934. Mary was a member of St. Basil's UCWLC in Regina for 58 years. She is survived by her son Mervin and his wife, three grandchildren and two great grandchildren.



# Многая літа!



## From Hlabeschak to Yorkton

Last February, St. Mary's UCWLC, Yorkton, honoured **Nettie Sakundiak** who had turned 98 years young on January 22. A moving tribute was given by her daughter Gloria Lischynski. Well wishes were conveyed in words and song, and guests enjoyed birthday cake.

Nettie was born in the village of Hlabechak, Ukraine. At the age of nine Nettie, her mother and sister immigrated to the Buchanan, SK area to join her father who had come six years earlier. In 1936 Nettie married Metro Sakundiak. In 1967 they moved to Yorkton, where she joined the UCWLC where she has participated in many activities. She has been a hostess of St. Mary's Golden Agers since it was formed. Nettie still enjoys baking and keeps her seven children, 30 grandchildren, 20 great-grandchildren and four great-great grandchildren well supplied with



traditional Ukrainian breads. Nettie lives by Mother Teresa's quote, "Let nothing perturb you, nothing frighten you, all things pass, patience achieves everything." Prayer and her devotion to our Blessed Mother have carried her through her 98 years. D

*Violet Kluk, St. Mary's UCLWC, Yorkton*



**Did you buy a gift  
subscription or two of  
NASHA DOROHA  
for your favourite people?  
For their birthday  
or anniversary?  
Please see page 21.**

**Deadline for fall  
issue submissions**

•• **НАША ДОРОГА** ••  
**15.VIII.2010**

**Річенець дописів  
на осінній номер**

**www.ucwlc.ca**



*Iryna Senyk was born in Western Ukraine in 1926. A philologist by training, she devoted much of her time to working for the needy in the social services network under the patronage of Metropolitan Archbishop Andrey Sheptytsky. It was probably as much her association with the Metropolitan as her involvement in the Ukrainian nationalist movement— she had worked for Ukraine's independence under General Taras Chuprynka of the Ukrainian Insurgent Army—that brought her to the attention of Soviet authorities and resulted in 1945 in her first arrest. Although ill, she was given a ten-year sentence by a military tribunal.*

*Released in 1968, she worked in the dissident movement with activists like Viacheslav Chornovil. For seeking human rights and self-determination in Ukraine, she was re-sentenced in 1972 for another 10 years plus one more for criticizing the Soviet regime. In 1976 she became a member of the Helsinki Group largely responsible for bringing attention to the abuses of human rights in the USSR and leading to its collapse in 1991. Her first book of poems dealing with the invincible human spirit was published in the United States in 1977. In 1983, after 34 years of horrid imprisonment, she was released and settled in Lviv.*

## Ірина Сенік 9.VI.1921–25.X.2009

(вибране з доповіді Лесі Храпливої-Щур, ред. ОБГ)

- Ростив дрібну, тендітну дівчинку Княжий Львів, повний такої живої ще романтики Визвольних Змагань. Плекали її з любов'ю й надіями — глибоко побожна мати Марія та батько Михайло, колишній Січовий Стрілець.
- Учениця народної школи була членкою Юнацтва ОУН, а вже в шістнадцять років стала повною членкою Організації. Виконувала безстрашно й успішно відповідальні й небезпечні завдання, підготувляла молодших подруг до трудів і небезпек національної боротьби.
- Починала писати вірші ще дев'ятилітньою і згідно з цими зацікавленнями вступила на філологічний факультет Львівського університету.
- У 1945-му році тюрма на трагічно-славній вулиці Лонцького, слідство з побоями, рани і суд — звинувачення як зв'язкової ген. Романа Шухевича.
- Десять років концентраційного табору в околиці сибірського Тайшету — лупання скал джаганом, пересування залізничних шпал, лісопвал. Писала потайки:
 

Я знала, я знала ще зрання,  
Що навіть найбільші страждання  
Не приносять народові волі.  
Її здобувають на бранному полі.
- Записувала поетичну творчість на важко здобутих і пильно хованих клаптиках паперу — що, одначе, попадали в злі руки і були нищені, а авторка — карана.
- Висловлювала свої мрії й погляди в мініатюрних вишивках, на окравках здобутого з трудом полотна.
- Дозволено їй два листи на рік... Та писати не було куди — всі найближчі були ув'язнені.

- Вийшла із табору інвалідом другої групи — на роки заслання; у час заслання закінчила заочно, та ще й з відзнакою, курси медсестер.
- У 1968-му році, відтерпівши повністю засудження, повернулася до Івано-Франківська. Познайомилася з дисидентським рухом — Черноволом, Морозом, іншими. Допомогала у поширенні самвидаву.
- Заарештована знов у 1972-му. Засуджена на п'ять років ув'язнення та п'ять заслання. Шостий рік докинув суддя за виголошення вірша критики на советський режим.
- Засудження відбувала у Мордовії, у відомому таборі № 385, де уже перебували Катра Зарицька-Сорока, Ірина Калинець, Ніна Караванська, Надійка Світлична, Оксана Попович, Степанія Шабатура.
- На другому засланні в 1979 р., Ірина зголосилася у члени „Української Гельсінської Групи” — напівлегальної, але теж пізніше жорстоко покараної групи охорони прав людини під проводом Миколи Руденка та інших, таких як Юрій Шухевич, Василь Стус, Данило Шумук, Надія Світлична.
- У 1977-му році з'явилася в діаспорі перша книжка віршів, документів та вишивок наших ув'язнених жінок, головно власне Ірини Сенік — „Нездоланий дух”, а опісля „Сувій полотно”.
- Після — на загал — 34-ох років неволі у 1983 р. поселилася недалеко Львова. Працювала далі: їздила по школах, жіночих товариствах, заводах, з'їздах, конференціях. Поширювала нарешті в повний голос свою й нашу вистраждану в довгій мовчанці правду. Передавала її щедро молодшим поколінням.
- З'явилися в Україні перші збірки її віршів „Загратована юність”, „Сив'язь слів, дротів і грат”, та ще „Казка Бабусі Ірини для внука”, „Метелики спогадів”.
- Її згадували у жіночих виданнях, таких як „Ми в історії”, „Українка в історії”. Відділ Ліги Українських Католицьких Жінок Канади при Парохії св. Димитрія у Торонто видав „Білу айстру любови” — розкішний альбом віршів, віртуозних узорів та моделей застосування української вишивки у сучасному одязі.
- В 1983 одружилася з колишнім політичним в'язнем, Василем Дейком.
- Раділа вистражданою свободою слова, відродженням державности. ♪

*О, Ти, Мадонно із Мадонн,  
Яка пройшла крізь всі Толофи  
Тобі кладу, як квіти, строфи  
Моїх зажурених пісень.*

*Ти знала серця ніч і день,  
Усі життєві катастрофи,  
Тобі кладу, як квіти, строфи  
О, Ти, Мадонно із Мадонн.*

*Часом здається, життя — сон,  
Який ніколи не відсниться,  
О, Ти, Мадонно із Мадонн,  
Нехай ім'я Твоє святиться.*

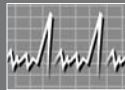
*Біла айстра любови. Ірина Сенік.  
Англійський переклад віршів Христина Борсук.  
ЛУКЖК при Церкві Св. Димитрія, Етобіко, 1992 р.*

*O Madonna of Madonnas,  
You have ascended every Calvary,  
At your feet I lay — like flowers —  
Verses of my troubled songs.*

*You comprehended the heart's day, and night,  
All of life's misfortunes  
I bring my songs, like flowers, to you  
O Madonna of Madonnas.*

*Sometimes it seems — life's a dream  
And ever a dream it will remain.  
O Madonna of Madonnas,  
Hallowed be your name.*

*White Aster of Love. Iryna Senyk.  
English translation of poetry by Christine Borsuk.  
UCWLC St. Demetrius Church, Etobicoke, 1992*



## From Victim to Survivor

By Olga Stefaniuk

*It is with great sadness that NASHA DOROHA has learned that Olga Stefaniuk passed away on May 17, 2010. Her story will live in the readers' hearts. Вічна Пам'ять!*

It was 24 years ago, in April 1986, that my life changed forever: at the age of 42, I was diagnosed with breast cancer. I was devastated, knew very little about the disease and was terrified of dying. Little did I know what God had in store for me.

Around the time of my diagnosis, I heard an interview with a person from a cancer support group in Vancouver. He told of people who survived cancer under incredible odds. That was exactly what I needed to hear, and it was the beginning of my healing journey. I went to his workshop and learned the importance of setting goals and **to never give up hope**. I was so inspired by the message that I, along with two other ladies, founded a support group and education centre in Saskatoon called HOPE Cancer Help Centre. We launched retreats for cancer patients in the prairies and I am proud to say the centre is still going strong to this day.

Ten years later I was diagnosed with liver cancer (for which I took six months of chemotherapy). No matter what came my way, I tried to stay positive and never lost hope. I did regular meditations and visualizations. I surrounded myself with positive people. I reached out for support (starting support groups if there weren't any). I asked my friends to pray with me and for me.

I asked for help and hugs when I needed them. I requested the doctors never tell me how long I had left to live, but instead, tell me something positive at every meeting—no matter how small it was. Recently I found that the cancer has spread to the bones and the liver.

Staying positive was a healing technique I learned through HOPE workshops, retreats, and from my eldest daughter, an oncology pharmacist in Toronto. When I had lost my way and sunk deep into depression, she presented me with a challenge: **"You have two choices,"** she said. **"You can choose to be a victim or you can choose to be a survivor."** What an impact those words had on me! Of course I wanted to be a survivor. It is easy to think positive when you are feeling well, but it is difficult to rise above negative feelings. That is where the hard work comes in. Now I know whatever comes my way, I can handle it.

It is now 2010 and I have faced breast cancer with metastases to the bones and liver. I am on a three-month break after 22 consecutive chemo treatments, and I have never felt more alive.

Cancer changes one's life in a profound way, and I feel blessed for having had the chance to learn what I have. After my initial surgery, a nun in the hospital told me God

chooses special people to be an example to others. Now I see what she meant: cancer gave me the chance to become who I was really meant to be. I have learned about my own strengths, weaknesses and what a person can accomplish with encouragement and support. With the help of my friends, my faith in God and my goals, I found strength I did not know I had. I have learned what it means to never give up hope, and I have discovered what I am really capable of. I realize how precious life is, and how each of us should be living each day as if it were our last.

As a legacy for those who come after me, I wrote a book about my life and cancer experiences: *A Rose Grows... Fighting Cancer, Finding Me*. I am grateful and humbled that many people have said they have found my story inspiring. Even strangers have come forward to say thank you for the lessons I teach simply by living life with a positive attitude. Hearing what I have gone through, all with a smile on my face, makes them realize what they can do too. We all have the power to overcome adversity—we just need to stay positive. There is always hope. ♡

*Olga Stefaniuk is the best-selling author of the 213-page book A Rose Grows... Fighting Cancer, Finding Me, available for \$16.95 at McNally Robinson Bookstores.*

# Brain Matters

By Marika Nosyk

**“If it doesn’t matter to you, it doesn’t matter to your brain.”**

— Dr. Michael Merzenich,  
Neuroscientist  
University of California

Unless we challenge our brain with new activities daily, there’s little hope of building a fit one and achieving a long and healthy lifestyle.

Activities that build brain fitness contain four essential elements.

## NOVELTY

The brain craves it. New experiences exercise the brain machinery that makes you bright and alert. We have 100 billion neurons in our brain. They transmit information by electric signals creating a neuron circuit, a connection. Our challenge is to make more connections by exercising the brain. And the only way to create new neural pathways is to learn something new.

## CHALLENGE

The best learning happens just beyond the comfort zone. When the brain is not comfortable it becomes alert. A challenge requires full attention and this focus drives chemical changes in the brain. To drive a positive change you need to push yourself and stay on the edge of your performance abilities. This means that as you become skilled at something, and the task becomes easy you need to increase the level of difficulty. Not so hard that it frustrates you; not so easy that your brain doesn’t even notice. Ask yourself what makes you

feel uncomfortable yet intrigues you and excites you? What two things are you willing to try next and do them.

## VARIETY

Our brain has four lobes and all need to be engaged.

Our frontal lobe regulates decision-making, problem-solving, controlling behaviours, and emotions. Our parietal lobe receives and processes sensory information from the body. Here, for instance letters form words, and words combine to express thoughts.

Temporal lobe regulates memory, emotion, hearing language and learning while the occipital lobe processes information related to vision.

A typical misconception is that crossword puzzles or playing bridge help to sharpen our brains.



## Smile ✨ Усміхнися

— Секрет мого довголіття — часник! — каже за столом старий-довгожитель.  
— Це ні для кого не секрет, — бурмоче сусід.

### В лікарні:

— Скільки вас тут працює?  
— З головним лікарем — тридцять чоловік.  
— А без нього?  
— А без нього ніхто не працює.

That is not true. A single activity, no matter how challenging, is not enough. Distinct areas all need to work. Do something new each and every day that engages all parts of brain.

If an activity is both rewarding and agreeable, you are more likely to stick with it. Rewards turn up the production of crucial brain chemicals that contribute to learning, memory and good spirits.

## BRAIN TIPS for a BETTER LIFE

Here are some ways to stimulate the brain and enrich your life. Remember change is the operative word.

- Learn to use the computer
- Try a new recipe
- Give your hairstylist free rein with the scissors; totally change your look
- Attend an event outside your usual repertoire—perhaps an art gallery, candidates debate, a choral performance
- Travel appears to slow the age related mental decline. Travel to Ukraine
- Take up a cause and make a contribution
- Learn to play the bandura
- Learn a new language or return to speaking more Ukrainian at home or with friends

And lastly, act confidently. In a situation where you feel unsure, choose to act confidently. Go ahead, surprise yourself. Your brain will help you. ☺

*Marika Nosyk is learning to reprogram her brain. Born a left but forced to use the right she is slowly changing her brain in Winnipeg.*

# Можна смачно їсти і при цьому лікуватись



Багато які овочі та фрукти мають цілющі властивості.

## Знищують мікроби:

часник, цибуля, яблука, банани, буряк, капуста, морква, селера, перець (гострий і солодкий), журавлина, мед, хрін, оливова олія, слива, чай, йогурт, натуральне столове вино.

## Підіймають настрій:

виноград, родзинки, інжир, кава, мед, йогурт, кефір, абрикос.

## Допомагають практично при всіх хворобах (антиоксиданти):

капуста (цвітна, брссельська, білокачанна), морква, перець, часник, цибуля, помаранчі, огірки, кавун, помідори.

## Розріджують кров та борються з тромбами:

перець чілі (можна і соус), часник, виноградний сік, цибуля, червоне натуральне вино.

## Противиразкові:

банани, капуста, інжир, картопляний сік, зелений чай.

## Стишують біль:

кофеїн, часник, лимон, імбир, перець м'ята, цукор.



## В'яжучі (від проносу):

сушені чорниці та відвар з їх листя, кориця, рис, часник, міцний чай, мускатний горіх.

## Проносні:

аніс, кинза, кріп, шавлія.

## Підсилюють імунітет:

часник, лимон, йогурт.

## Знижують артеріальний тиск:

селера, часник, зелена цибуля, оливова олія, грейпфрути (не можна вживати з бета-блокаторами).

## Знімають запалення:

чорна смородина, яблука, імбир, шавлія, цибуля, диня.

## Проганяють безсоння:

гвоздика, кмин, мед, шкірка та масло помаранчі, лимон, шавлія, цукор.

## Знижують рівень цукру в крові:

гречана, горохова, квасолева, вівсяна каші, кислі сорти вишні, яблук, винограду (особливо в поєднанні з сиром, кефіром), салат, червоний буряк. **Д**

## Киянин в Індонезії



У 1898 р. київський вчений Володимир Каравасєв здійснив подорож до Індонезії. Його супутником був професор Київського університету С.Г. Навашин.

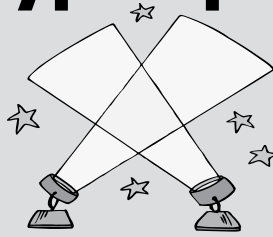
У районі Сінгапуру мандрівники зійшли на вершину Свинцевої гори і відвідали малайське місто Джохор, де не раз бував легендарний Миклухо-Маклай.

Потім був острів Ява. Київський вчений зібрав цінні свідчення про життя яванського народу, багату природу острова. Пізніше він написав книгу про свою подорож, пройняту повагою до народу Яви. **Д**

Історичний Календар 1998 р., Київ, 1997 р.

# Культура і розвага

*Огляд книжок, фільмів,  
радіо, телебачення, концертів,  
виставок та музики  
з українським змістом*



*A review of books, films,  
radio, TV, concerts, exhibits,  
music and theatre dealing  
with Ukrainian themes*

## Arts and Entertainment

### На ринку фільмів в Каннах буде стрічка про Галичину і Другу світову війну

Тема Другої світової війни та жертв, які понесла у ній Україна, досі залишається контрверсійною в українському суспільстві. Війна розкидала колишніх сусідів, друзів, а інколи і цілі родини по різних таборах. Вона випробувала людей на їх порядність та волю. Особливо трагічно це відбувалось на Галичині, де споконвічно проживали разом поляки, українці, євреї та інші національності. Тоді одні пішли служити в радянську армію, інші в Українську повстанську, велика ж кількість з тих, хто не загинув, стали жертвами концентраційних таборів та примусових робіт. Про три такі історії розповідає документальна стрічка — «Три історії Галичини», авторами якої є Ольга Онишко та Сара Фаргат. Фільм був представлений на ринку фільмів при Каннському кінофестивалі. **Д**



VOANEWS.COM

Ольга Онишко кінофестивалі. **Д**

*Голос Америки*

*Одне з оповідань є про Катерину Зарицьку, зв'язкову Ген. Тараса Чупринки. — ОБГ*

*Often members of the Ukrainian community who gain national or international prominence are not recognized or are unappreciated. Their fame, success and influence highlights all of us. Branches and Eparchies are encouraged to seek them out, reward and engage them. Here are two great achievers.*



**Vera Farmiga** was nominated for an Oscar, 2010, in the Best supporting Actress category in the film “Up in the Air.” She has several big movies to her credit including “Orphans” which has an uncanny resemblance to a recent American incident where a mother returned her adopted child to Russia due to mental problems.

One of seven children of a Ukrainian farming family in New Jersey, Ms. Farmiga attended Catholic schools and Saturday Ukrainian classes. Like many children of families that speak their mother tongue at home, she did not learn English until kindergarten. She speaks Ukrainian in her recent film, “Orphans.” Watch for it.

**Lucas Makowsky** (centre in photo) was one of three members of Team Canada’s speed skaters who won the Gold Medal at Vancouver’s Olympics this year.

Mr. Makowsky speaks Ukrainian and with brother Mykola are active members of the Ukrainian Orthodox Church. Before moving to Calgary to pursue a degree in Chemical Engineering and Economics he was a member of Regina’s Tavia dance group. **Д**



JENN LEE

## Who were the lead artists at the Olympics?

He has performed to full houses around the world. He has rocked the stage at the Edinburgh Book Festival, the Vancouver International Writers Festival, the Winnipeg Folk Festival and the 2007 Canada Day Celebrations in Ottawa.

**Shane L. Koyczan**, 35, grew up in Penticton, British Columbia. In 2000, he became the first Canadian to win the Individual Championship title at the US National Poetry Slam. He co-founded spoken word, “talk rock” trio, Tons of Fun University (T.O.F.U.). In August of 2007 Shane Koyczan and his work were the subject



of an episode of the television documentary series *Heart of a Poet*, produced by Canadian filmmaker Maureen Judge for broadcaster Bravo!

Koyczan has published two books, poetry collection *Visiting Hours*, and *Stickboy*, a novel in verse. *Visiting Hours* was selected by both the *Guardian* and *Globe and Mail* for their 2005 Best Books of the Year lists, the only book of poetry. It sold 2,500 copies in five months.

Koyczan’s “We Are More” and Ivan Bielinski’s “La première fois”, commissioned by the Canadian Tourism Commission, were unveiled at Canada Day festivities on Parliament Hill in Ottawa on 1 July 2007. Koyczan performed a variation on his piece at the Opening Ceremony of the 2010 Winter Olympics in Vancouver. Shane Koyczan is one of the world’s leading spoken word performers. *D*

### “We Are More” (excerpts)

By Shane Koyczan

When defining Canada  
you might list some statistics  
you might mention our tallest building  
or biggest lake  
you might shake a tree in the fall  
and call a red leaf Canada...

\* \* \*

but when defining Canada  
don't forget to mention that we have set sparks...

we are the home of the Rocket and the Great One  
who inspired little number nines  
and little number ninety-nines  
but we're more than just hockey and fishing lines  
off of the rocky coast of the Maritimes  
and some say what defines us  
is something as simple as please and thank you  
and as for you're welcome  
well we say that too  
but we are more...  
we are cultures strung together  
then woven into a tapestry  
and the design  
is what makes us more  
than the sum total of our history  
we are an experiment going right for a change...

we dream so big that there are those  
who would call our ambition an industry  
because we are more than sticky maple syrup  
and clean snow  
we do more than grow wheat and brew beer  
we are vineyards of good year after good year  
we reforest what we clear  
because we believe in generations beyond our own  
knowing now that so many of us  
have grown past what used to be  
we can stand here today

we are fathers brothers sisters and mothers  
uncles and nephews aunts and nieces  
we are cousins

we are found missing puzzle pieces  
we are families with room at the table for newcomers  
we are more than summers and winters  
more than on and off seasons  
we are the reasons people have for wanting to stay...

each life unravels differently  
and experiences are what make up  
the colours of our tapestry  
we are the true north  
strong and free  
and what's more  
is that we didn't just say it  
we made it be.

# OUR YOUTH



# Наша МОЛОДЬ

## UCYC, EDMONTON EPARCHY PRACTISING THE FAITH

The Ukrainian catholic youth are off to a fine start this year, continuing the enthusiastic work of the last two years. A new executive was voted in during the bi-annual convention in October. Since then, we have planned various successful events. In December a group of youth went carolling. Another fun event, which has now become a January tradition, is our dinner with the Bishop. We had about a dozen youth, as well as parent volunteers, come out and make from scratch a traditional Ukrainian Christmas dinner. We always include our own twist at the end of the night whether it be getting the Bishop on his feet with some wii, or playing some team/board games.

The latest event was held on February 14th, Valentine's Day. Our event was called "Feeding the Hungry," and that's exactly what we did! With the help of some local schools, fifteen of us got together after church and put together lunch bags. They consisted of a sandwich, pudding, juice and some Valentine treats. We made one hundred, then hopped in our vehicles and drove around the inner city. If there was anyone walking about who looked like they needed a lunch, we pulled over and handed one out. It was a wonderful experience



and all the people who received the bags were very appreciative.

Our next event will be a bit more spiritual. We are planning a Plashchanytsia Hop, where we will be visiting a number of parishes on Good Friday, taking the time to guard the shroud. Then this summer we will be hosting the UCYC National Congress from July 5-7 with a possible excursion on the 8th. We will be welcoming about 50 youth from across the country to gather, unify and re-energize the Ukrainian Catholic Youth throughout Canada.

We continue to look forward to our path ahead as the youth of the church. And as Bishop David pointed out at the bi-annual convention months ago, not only are the youth the future of the church, but they are the present. That is something we will continue to strive to be... the present. **Д**

*Christina Mandrusiak, President*

*Have you had to wonder how to write Ж correctly? Ukraine's official transliteration of the Ukrainian alphabet into the Latin alphabet tells it straight.*

## Затверджено офіційну транслітерацію українського алфавіту латиницею

Українська буква **Аа** відповідатиме латинській **Aa**, **Бб** – **Bb**, **Вв** – **Vv**, **Гг** передається латинською **Hh**, **Гг** – **Gg**, **Дд** – **Dd**, **Ее** – **Ee**, **Єє** – **Ye** (на початку слова), **іе** (в інших позиціях), **Жж** – сполученням **Zh zh**, **Зз** – **Zz**, **Ии** – **Yu**, **Іі**, **Її** – сполученням **Yi** (на початку слова), **і** (в інших позиціях), **Йй** – **Y** (на початку слова), **і** (в інших позиціях).

Буква **Кк** передається латинською **Kk**, **Лл** – **Ll**, **Мм** – **Mm**, **Нн** – **Nn**, **Оо** – **Oo**, **Пп** – **Pp**, **Рр** – **Rr**, **Сс** – **Ss**, **Тт** – **Tt**, **Уу** – **Uu**, **Фф** – **Ff**, **Хх** – **Kh kh**, **Цц** – сполученням **Ts ts**, **Чч** – сполученням **Ch ch**, **Шш** – сполученням **Sh sh**, **Щщ** – сполученням **Shch shch**, **Юю** – сполученням **Yu** (на початку слова), **іу** (в інших позиціях), **Яя** – сполученням **Ya** (на початку слова), **іа** (в інших позиціях).

Відтепер буквсполучення "зг" офіційно передається латиницею як "zgh", на відміну від "zh", що відповідає українській букві "ж".

Що ж стосується м'якого знаку та апострофа, то вони латиницею не передаються.

Транслітерація прізвищ та імен осіб і географічних назв здійснюється шляхом відтворення кожної літери латиницею. **Д**

*З подякою Ліді Василян*

# Останнє слово ... last word

**В**ravo to the League for its 40th year of publishing **NASHA DOROHA**. It's amazing how the issues of the day that drove its appearance are relevant today. Our values—church, heritage, family, children—need constant vigilance.

In Lviv, for instance, our Ukrainian Catholic University is visited by the SBU, former KGB (please see p. 13) This is worrisome. To his credit, Rev. Gudziak, the Rector described the event in an internet message and within days the entire world knew about the visit. Even *The Economist*, a leading international publication, featured the story.

The event teaches us a lesson: there is no virtue in silence when there is a threat to liberty and justice. And the Ukrainian Catholic Church knows a great deal about that. It has been severely harmed in the past—leadership arrested, killed or exiled; its churches confiscated or destroyed; its members forbidden to practise their faith—when Ukraine was occupied by foreign powers. That is why speaking out like he and others—Irena Senyk (p. 30) and Evhen Sverstiuk (p. 16)—have done is vital.

How can the UCWLC help in ensuring that justice and freedom prevail? There are several ways.

- On the personal level:
    - disseminate items like that from Rev. Gudziak throughout your internet network
    - develop contacts in Ukraine to know what is happening and to assist as needed
    - create a discussion group to follow events and to decide on action
  - On the Branch level:
    - pick a Ukraine project
    - urge your parish to twin with a parish to initiate exchanges
    - invite neighbouring churches for a movie night with films like *The Soviet Story* (to be reviewed in the upcoming issue), any of Yuriy Luhovy's films, *Three Stories From Galicia* (p. 35) or *Human Trafficking*—riveting!—and decide what else might be done
  - On the Eparchial level:
    - follow the Toronto Eparchy's initiative (p. 23) by inviting a Ukrainian eparch to visit
    - twin to develop contacts with a Ukrainian eparchy and assist in strengthening its women's power
  - At the national level:
    - establish contacts with Ukrainian Catholic women in Ukraine and assist them in becoming strong civic organizations and backbones of the Church like the UCWLC is in Canada
    - ensure that issues of our Church and culture are present and acted upon in the international organizations to which the League belongs (please see p. 5 for Resolutions from 1974)
- And remember: we are not as helpless as we might think.

**Д**еякі з нас хвилюються сьогоднішнім шкільництвом в Україні

під керівництвом міністра Табачника. Це правильно. Все ж таки ми в Канаді маємо українські цілоденні школи, до яких варто посилати наших дітей. Стаття Вікі Адамс (ст. 18) професійного науковознавця переконує про важливість рідного оточення у питанні виховання та ідентичності дітей. Ми робимо дітям добре діло, посилаючи їх до українськомовних або католицьких шкіл. Не минайте цієї нагоди, дитинство — це неповторна річ, а вересень не за горами.

Роками канадський Парламент гостить молодих і вишуканих українців, щоб поділитися з ними про спосіб державотворення і правлінням демократії. Це неабиякий вклад у завтрашній провід України. Якщо шукаєте корисний спосіб, як допомогти, пригляньтеся до цього проекту і спонсоруйте студента (ст. 20).

Гадаю, побачимося на Конгресі. Не забудьте дати вказівки вашим делегатам відносно майбутності Ліги, а також і **НАШОЇ ДОРОГИ**. Чекаю почути від вас.

А з нагоди 40-ліття НД радіймо і використовуймо його на поширення наших вартостей та ідентичності поза членами Ліги та парафій, як це зробили засновники.

I hope to see many of you at the Congress. For those who are not attending, you might wish to have your views about the future directions of our League and **NASHA DOROHA** expressed by your delegates.

Have a fine summer! Поговоримо восени!



*PS On the occasion of Canada having been blessed with having a few Ukrainians arrive on its soil and transforming it, over time, into a major global economic powerhouse thanks to their agricultural acumen, and having received thousands of people seeking freedom and refuge after the war, and thousands more seeking economic well-being, please make a gift to Canada. Share your stories. Please see announcement on page 6. More about this later.*



MYRON PARZEI



Слова: Ніна Бай

# Я – українка

Я народилась українкою на світі,  
У круговерті різних справ.  
Я посміхаюсь сонцю щедрому в zenіті,  
Трояндам ніжним в пелюстках заграє.

*Приспів:*

Я – українка, я – українка.  
Я народилась українкою на світі.  
Я – українка. Я – українка.  
Я народилась українкою на світі.



Я народилась українкою на світі,  
Співаю з радістю пісні.  
Коханий, диво-ласкою зігрітий,  
Дарує перші проліски мені.

*Приспів.*

Я народилась українкою на світі,  
Аби нести весну в життя,  
Щоб щебетали біля мене діти  
І квітли найсвітліші почуття.

*Приспів.*

Я народилась українкою на світі,  
В очах — любови Божий дар.  
У кожній неповторно-вічній миті  
Я Україні принесу нектар.

*Приспів.*



З подякою Вірі Боднарук, Сарасота

Фото з відео

<http://www.youtube.com/watch?v=RvX9-TTdCAk>

# Замки України

Фото Олега Жарія, Київ  
[www.zharii.kiev.ua](http://www.zharii.kiev.ua)

# Castles of Ukraine

Photos: Oleh Zharii, Kyiv



Київський державний академічний театр ляльок, Київ. Верхнє фото справа: Луцький замок, Луцьк. Нижнє фото зліва: Ластівчине гніздо, Ялта. Нижнє фото справа: Невідомий замок. ❖ Kyiv Academic Puppet Theatre, Kyiv. Top: Lutsk High Castle, Lutsk. Above: Swallow's Nest, Yalta. At right: unidentified.