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The Magazine of Ukrainian Things

Spring 1998

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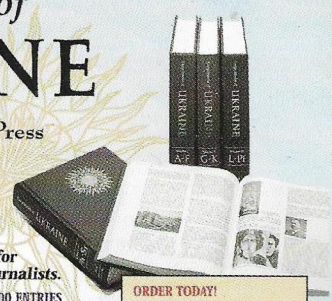
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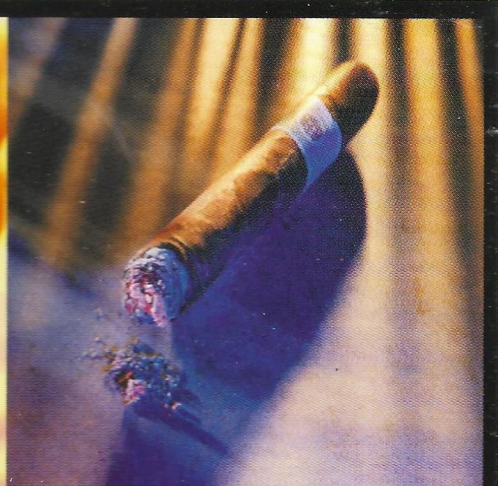
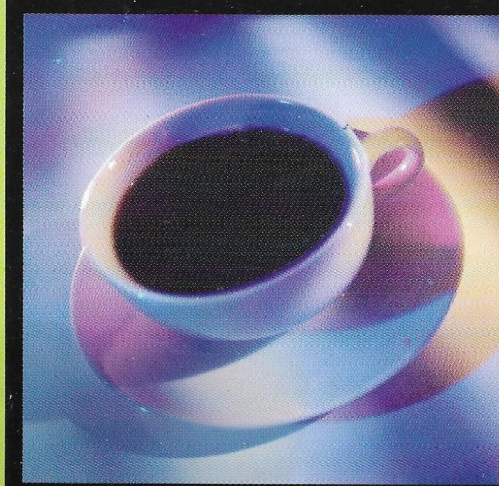
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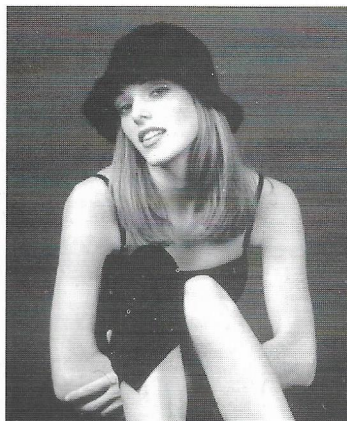
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The Magazine of Ukrainian Things

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Model Olanna Taskey wearing Lida Baday:

Photo by Yuri Dolnycky.

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# Zdorov!

The Magazine of Ukrainian Things

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# Editorial

Following up on the success of our Winter 1998 issue, our magazine is finally becoming a bit less of a work-in-progress and a bit more of a solid publishing effort. Not only does the production of our magazine flow more smoothly with each issue, but its acceptance by the community at large seems to grow exponentially. Just recently, the editorial staff heard the extremely pleasing news from our distributor that *Zdorov!* is consistently beating magazine industry standards for bookstore and newsstand sales. Creating this magazine is a reward in itself, and frankly I think we'd continue doing it even if we only had a readership of a couple of hundred. But knowing that people are noticing *Zdorov!* in bookstores across Canada (U.S. distribution deal still in the works) and stopping to pick it up reaffirms our belief that all those countless of hours we put into *Zdorov!* are all worth while.

In closing we'd like to leave you with a few words about a couple of the writers who worked with us for this issue..

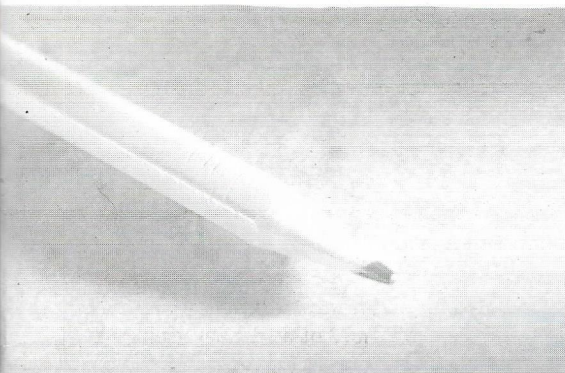
Aleksandra Basarab is our regular health columnist. A RN with the College of Nurses of Ontario, she graduated with a B.Sc. in Nursing from the University of Toronto in 1996. Currently she's pursuing a double Masters degree in Nursing Administration and Business Administration. When she's not traveling or churning out quarterly columns for *Zdorov*, Aleksandra dances in the Vesnivka Dance Ensemble of Toronto and donates her time to various community organizations.

Peter Carter is the Senior Editor of *Chatelaine*. He has lived in the west end of Toronto for the past 10 years. His three children and wife Helena have turned him into a lover of children's literature.

Roma Ihnatowycz writes our food column but in real life works as a consultant for the Kiev-based publishing company KP Druk. In her free time she is writing a cookbook on Ukrainian cuisine. Previously, she worked in Kiev as a correspondent for United Press International and The Associated Press. She has also had articles published in numerous other newspapers and magazines.

Yuriy Diakunchak  
Nestor Gula

Cover photograph by Yuri Dolnycky.  
Model Olanna Taskey wearing Lida Baday.



# Letters

All complaining all the time...

Here we go again, reading the constant whining and groaning of Heather Olivetz (winter 1998 issue). Sharpen your *olivetz* Heather, because your writing is getting real dull. Instead of encouraging readers to attend these concerts, you are actually doing more harm than good. It is concerts like this that maintain our heritage and culture, and pushing youth away will only encourage more distance than already exists.

Why do you find it necessary to go on bashing the Ukrainian community about lacking media savvy? Instead, you should focus on how one can make these concerts newsworthy. In this multicultural country of ours it is pathetic how Ukrainians don't toot their horn enough. And with such icons as Sopinka and Kolesnuk passing on, our Ukrainian identity really needs boosting. So, instead, maybe you can write an article that shows the older Ukrainian generation in a good light!

When one looks at surrounding communities in Canada one can see how they promote themselves. The Chinese New Year, holocaust

museums, Italian sports etc., all these are known to the general public. Yet we still pride ourselves on perogies and *sharavary*! But our culture is so rich, that sharing it with the rest of the world would only prove to be beneficial. Instead you find it necessary in your article to spend countless paragraphs making fun of our incompetencies rather than giving actual sound advice!

I enjoy your writing style Heather, but I am getting very tired of your themes of attacking the older, if not sometimes wiser, generation. So, next time you're settling down to watch your favourite TV show, let's hope you will struggle to stay awake for the Taras Shevchenko biography on A&E

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# GYPSIES IN SOUL IF NOT IN BODY

by Nestor Gula

My back is to the stage. The music starts and mingles with the background sound of conversation, clinking of utensils and glasses.

Shit! Where am I? Back in Ukraine? No, it's Toronto, January 29, 1998, and I'm at the world-music venue, The Bamboo.

The band is Djalem. They are billed as a gypsy band but the only gypsy thing about them is the name, which means "lets go" in that language according to the singer/guitarist/Ukrainian in the band Anatoli Iakovenko. Djalem has its musical roots squarely in the Soviet restaurant music style. This music is really big in the restaurants in the former Soviet Union. It is a weird blend of folk, disco, pop and easy listening music. It is a music that is not without its charms, but too much can lead to severe brain hemorrhaging. The music is meant to be heard occasionally. In a restaurant. Djalem fits this bill perfectly.

Appropriately the band had its conception in a Russian restaurant in Montreal. Anatoli and the Moldavian violinist

Sergei Trofanov both played there. They attracted a couple of other artists including musician/producer, Claude Simard who is well known in classical music circles and has produced pop, urban and world music recordings. They produced a self-titled debut album in 1994 and their latest, Souvenirs, (see review page 13) has recently been released.

Iakovenko says that the band has no real concept for its music. "We just play the songs we grew up with," he says about himself and Trofanov. "Sergei (Trofanov) or I will start playing something and the other follows." As to the gypsy moniker, he admits there is no gypsy in the Band. "The root is Eastern European/Slavic folk," says Iakovenko. He looks rather uncomfortable when



asked if the gypsy title is just a marketing ploy. "For us the word gypsy means soul. Our music comes from our soul but we are not soul music in the traditional American sense of the meaning."

I leave the Bamboo early. There is only so much of this music I can bear without copious amounts of vodka.



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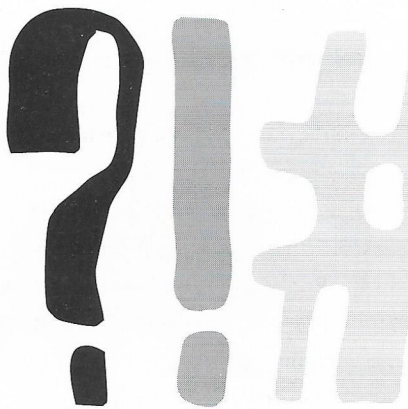
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6. You don't have to beg to get *varenky*.
7. You can still have *varenky* when your partner has a headache.
8. You are never too old or too young for *varenky*.
9. When you are having *varenky* you don't keep the neighbors awake.
10. With *varenky* – size does not matter – they are always good.

– reprinted from ZDOROV! UK

## WOOD HELPS THE CHILDREN

by Nestor Gula

What does a geriatric rock-n-roller have to do with orphans in Ukraine?

Give up?

Well when Ron Wood, the Rolling Stones' *other* guitarist, was in Toronto recently promoting his silkscreen and drypoint paintings, he chose to give 10 per cent of the sales to Help Us Help the Children (HUHC).

Joining Mister Wood at Toronto's trendoid Sassafras restaurant was HUHC project coordinator Ruslana Wrzesnewszkyj. "Both Ron Wood and his wife Jo really loved the silver brooches which are also our symbol. I gave them these brooches and they put them on

right away and wore them all evening," she said.

HUHC was able to get in good with Ron Wood through the help of event organizer Yuri Curkowsky, who handled the art show. Knowing that Mr. Wood usually gave a percentage of the proceeds from the art sales to a local charity, he was able to get Wrzesnewszkyj in with the aging rock-star.

Down to practical matters Wrzesnewszkyj admits that the event, besides raising some cash, really raised the profile of HUHC in the eyes of Toronto's media. They were featured in two of Toronto's daily papers, the

*Toronto Star* and the *Toronto Sun* and in the weekly entertainment rag *Now*. "Now the editors of the society pages will finally return my calls," laughs Wrzesnewszkyj.



# CLEARING THE MINEFIELDS

by Yuriy Diakunchak

For millions of people around the globe, land mines pose an immediate danger to life and limb. The countless mines buried in former war zones like Bosnia, Afghanistan, and Chechnya will continue to kill and maim for a long time to come. But this past December, delegates from over 150 countries met in Ottawa to ensure that new mines won't add to the terror and suffering. At the end of the conference, most of the countries signed on to a treaty banning the use, production, transfer, and stockpiling of anti-personnel land mines.

One of the main players in Canada's role in the treaty process was Ralph Lysyshyn, an official in Canada's Department of Foreign Affairs. Lysyshyn began working on Canada's initiative to hold an international conference on land mines in early 1996.

A Saskatchewan native of Ukrainian heritage, he has been in the foreign service since 1972. He chaired the October 1996 meeting in Ottawa at

which Canada's Foreign Minister Lloyd Axworthy challenged other world leaders to sign a treaty by the end of 1997.

For Lysyshyn, this meant more meetings, first in Brussels, then in Oslo, where the pressure was on to convince other diplomats to put the land mine issue on the fast track.

"We did a lot of lobbying," says Lysyshyn. They met with a few hurdles. The unprecedented nature of Axworthy's challenge caught some people off guard. "Initially the international community was sort of stunned. A lot of people said 'That's not how you do it,'" according to Lysyshyn. Some countries tried to derail the treaty by attempting to link it up with the conference on disarmament in Geneva. Others tried to write in extra clauses into the treaty. The Americans, for instance, wanted to exclude mines planted in the Korean peninsula.

In the end, around 100 countries signed the treaty in Ottawa this

December. Lysyshyn acted as the Secretary General of this conference. The treaty will become international law six months after 40 countries ratify it.

Lysyshyn credits public opinion for positively influencing the outcome of the conference.

"Things have changed over the last year or so because of public opinion. Countries were forced to think about the dangers mines pose in the field."

Canada has pledged \$100 million dollars for implementation of the treaty.



A "toe-tapper" land mine.

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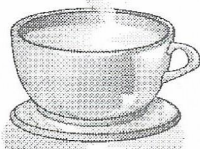
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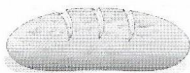
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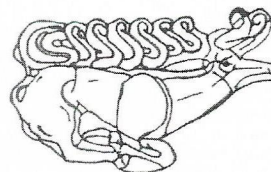
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# LIVING WITH THE LANGUAGE TYRANTS

by Heather Olivetz

It wasn't all that long ago that the Russian language was used in Ukraine as a means of oppression. Ukrainian speakers were shunned, persecuted, and barred from positions of power. Ironic then, that many who escaped that tyranny of language have no problem using Ukrainian as a means of controlling power in North America. Similar *hivno*, different language.

I recently attended the annual meeting of a Ukrainian organization in my hometown. Being one of the few under-35s there, I gravitated towards my peers. Two of them (I'll call them Daria and Walter) had volunteered to serve on one of the organization's most important committees. Both had impressive credentials: graduate degrees, professional designations, managerial positions, long associations with Ukrainian youth groups, extensive experience with respected organizations outside the Ukrainian community. I couldn't wait for Daria and Walter to be introduced. Surely those gathered would say, "Look at the caliber of people our organization attracts!"

Yes, I am naïve but ever hopeful.

The meeting was conducted almost entirely in Ukrainian.

Though both had told me their spoken Ukrainian was either very weak or nonexistent Daria and Walter understood what was going on. (incidentally, committee meetings take place in English). When they were called on to introduce themselves, Walter began with "Hello, my name is Walter," in Ukrainian and then switched to English. Daria spoke entirely in English.

Like lambs to slaughter.

One woman stood up and sneered, "I didn't understand a word you said. Speak Ukrainian."

Excuse me? You've been in this country for forty-plus years and you can't understand a few simple words in English? And yet you have the temerity to chastise a Canadian-born for understanding Ukrainian but not speaking it?

No, better some *yolop* who speaks perfect Ukrainian than an English-speaking person who can actually contribute valuable knowledge and experience.

I have been shushed for quietly translating the proceedings of an event for non-Ukrainian speaking friends, yet when Daria and Walter took the floor and spoke in English, many of the old folk chattered with impunity. Was this some form of protest? Or a show of their ignorance and lack of common courtesy?

I was embarrassed. For Walter and Daria. For the organization. Yes, even for the sneering oldster who, I guess, felt it her duty to humiliate Walter and Daria in public. (Later I was told this woman's grandchildren don't speak Ukrainian. I expected more from one who has experienced the difficulty of raising Ukrainian speakers in an English-speaking land.)

Daria shrugged it off, "I'm used to it. I get it all the time."

After the meeting, I circulated around the room. Most of the conversations were in English.

Funny how the same people who salivate over every celebrity with an alleged Ukrainian connection are quick to disown young, educated, eager individuals who are willing to contribute their time and effort to the Ukrainian community. Wayne Gretzky's only claim to Ukrainian fame may well be a craving for *varenyky*, and he is considered a demi-god. But what has he done for the *hromada*?

A Daria and Walter in hand are worth twenty Gretzkys in the bush.

*Heather Olivetz truly believes some day things will change.*



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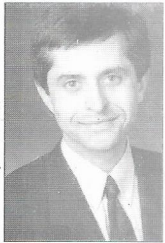
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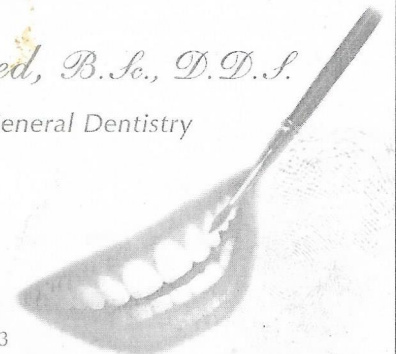
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## BANDURA MUSIC OLD AND NEW

Music for solo bandura

Artist: Julian Kytasty

Bandura Magic

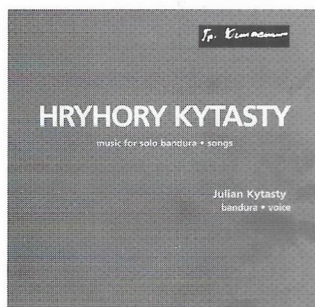
Artist: Victor Mishalow

In the hodge-podge of cultures that make up Eastern Europe there are few things that any one culture can call exclusively their own. The bandura is one of those few things, and it's ours!

As standard at Ukie-ghetto concerts as the *hopak* is at Ukie-ghetto weddings, the bandura has not weathered the 20th century very well. Many still learn it, but few pursue it as a mode of expression.

In 1939, the *kobzar*/bandurist storyteller and myth-maker tradition was wiped out when most of the kobzars in Ukraine were shot on Stalin's orders.

Music for solo bandura, Julian Kytasty's tribute to his great-uncle Hryhory Kytasty and Victor Mishalow's *Bandura Magic* – represent two attempts at bringing the bandura out of the basements of *ridna-shkola*; two attempts at breathing life into the instrument and the art-form itself.



In 1939 Hryhory Kytasty was concertmaster of the Ukrainian SSR state Bandurist ensemble and thus not a target of the Stalinist purge. During WWII he conducted the renamed Shevchenko Bandurist chorus. Later, he left Ukraine and settled in Detroit with most of the choruses members.

In putting together a tribute to his great-uncle, Julian Kytasty evokes the spirit of the *kobzars* rather than the mega-choral ensembles we in North America are much more used to. It's just Julian, his bandura, and the stories. Sung in his beautiful untrained 'authentic' voice, the *dumy* and songs, though composed by Hryhory outside Ukraine, nevertheless resonate with Ukrainian soul and are loaded with a lot of good old-fashioned slavic melancholy. This probably comes from the fact that Hryhory always waited for the day when he could return. Songs like "Remind Me, Bandura", "Foreign Land", and "I Do Not Regret the Years", bear testimony to this.

Julian Kytasty's performance of the bandura standard "Echo of the Steppes" contrasts sharply with the typical bombastic deliveries, while still evoking the power and depth of the steppe and the Kozaks who lived there.

The recording is exceptional, the music is beautiful and it is obviously performed by someone who lives the music and does not just play it.

Victor Mishalow's *Bandura Magic* is the flip side of Julian Kytasty's CD. Mishalow seems to believe that to bring the bandura to life we have to bring it into the 90's; show tunes and new age, synthesizers and lots and lots of post production. Of the 12 tracks on the CD there are a few Ukrainian folk melodies, a synthesized sounding "Echo of the Steppes" and a bandurized Pachelbel's "Canon". Mishalow is asking us to listen to the various things the bandura can do. He is taking the bandura to places it has never gone before, and frankly ones I'm not sure the bandura itself wants to go.

Mishalow needs 6 different banduras in order to make the instrument fit



the program. This experiment ends up being about gizmos and electronics to such an extent that in some of the tunes the bandura takes a back seat to thumping rhythms and lush electroinstrumentation.

Admittedly, I am biased against the Zamfirization of any instrument, the bandura included. However, I realize I am in the minority as Zamfir sold millions of recordings and toured the world. I sincerely wish Mishalow luck!

My heart is with the old *kobzars*, and with music it is the heart that I follow.

Review by Taras Gula

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# APLAYGROUND PARABLE

*I Miss Franklin P. Shuckles*

Author: Ulana Snihura

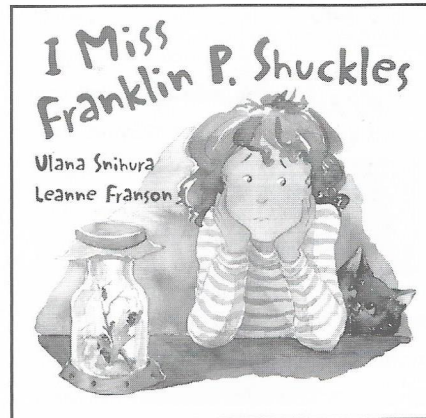
Every week, the editors at the Toronto-based book publishing company Annick Press Ltd. receive about 60 unsolicited manuscripts. Taking two weeks off for holidays that translates into about 3,000 a year.

Of those, three or four get made into books. And you thought winning the lottery was tough.

Two years ago, Annick received a manuscript from one Ulana Snihura (nee Remeniuk), a 32-year-old special education teacher currently living in Toronto's Ukrainian-blest Bloor West Village. The publishers had never heard of Ms. Snihura before, so her short kids' story was simply one among the thousands of others. That is, until Anne Millyard read it. Millyard founded Annick 23 ago years and knows a good book when she sees it, and what she saw in Ms. Snihura's little story *I Miss Franklin P. Shuckles* was a good book. Possibly a great one.

This January, Annick produced *I Miss Franklin P. Shuckles*, and as a father of three little readers and husband of a woman who has collected, literally, more than 2,000 children's books over the past few years, I'd have to say that Anne Millyard's instincts couldn't have been sharper.

*I Miss Franklin P. Shuckles* is the story of Molly Pepper, a girl of about seven years who falls in "like" with a new kid at school named Franklin P. Shuckles. Then, because he's a bit of a nerd and her friends don't like him, she turns against the poor guy. Not long afterwards, she realizes that she misses



him and I don't have to tell you the ending. It's a lovely story.

Anne Millyard described it as "authentic". She (Ulana Snihura) knows the scene, she wrote from the point of view of the child that did the ostracizing, and that was quite unusual.

"If you look at Annick books, you'll find that many of them are written by teachers who are very very close to the lives of these kids. And if they're sensitive, like Ulana, you'll find that they know what children are about; the language, what their concerns are."

In this case, Millyard adds, "the writer knows about feeling like an outsider."

Ulana, on the other hand, says everyone knows what it's like to be a Franklin P. Shuckles. Ditto Molly Pepper. "I think in a way we can all relate to both characters," she laughs. "We've all teased and we've all been teased". She didn't start out planning to be a writer. Left to her own devices, Ulana might have wound up being...who knows what? "I was always a tomboy and loved playing with G.I. Joes instead of Barbies," she laughs. The youngest of three girls raised in Detroit by their widowed mom (Ulana's dad passed away when she was eight) she became a

teacher and taught Special Education in Detroit's Inner City. "I suppose being a teacher, you see a lot of the effects of peer pressure, and that's really what the book's about," she says.

When she discusses the progress of her delightful little book, her voice slips up a half an octave, a capriciousness aerates her words. "I was in a writing course daydreaming and came up with the name Franklin P. Shuckles and it started there. Then I basically wrote the book for myself, my mom, sisters."

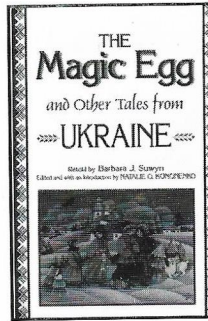
She sent the manuscript to about 20 companies, and Annick bit. They united her words with the playful watercolors of Montreal artist Leanne Franson, and the result is a surprisingly realistic parable about kid-life. Crystal clear, it could only have been written by a person who truly empathized with the hardships of little girl playground politics. According to Ms. Millyard of Annick, the first reviews have been raves and she'll be mighty upset if we don't see more books from Ulana Snihura. And Ulana hopes so too.

But her publisher might have to wait. Peer pressure has consequences beyond the playground. A few years ago she was at a Ukrainian wedding in New York where she met Toronto native Taras Snihura. Their first baby's due in September.

Review by Peter Carter

## THE MAGIC EGG

The Magic Egg  
and Other Tales From Ukraine  
retold by Barbara J. Suwyn  
edited by Natalie O. Kononenko



me, of lying curled up listening to my *babusia* or my parents spinning wondrous tales of sly foxes and nasty dragons. The story about Oh! a mischievous dwarf

three sections are fairly short and are suitable for all young children. The last section contains slightly longer stories. The youngest children may find some of the subject matter, such as vampires and witches, a bit frightening. However, children with better reading comprehension skills will enjoy this section the most.

My love of children stories is like a heroin addiction.

I can't pass by a collection of fairy tales without picking it up, trying to recapture the magic of childhood, when dwarves and princesses and talking vegetables seemed so real, so possible. Capturing the high of pure imagination gets harder and harder as one ages, but it's satisfying nonetheless to revisit some of the tales that caused so much pleasure for me as a kid.

The *Magic Egg's* 33 stories elicit more than a few nostalgic memories for

who transforms a farmer's lazy son into a hard working slave rings a familiar bell for me. The tales about Little Fox remind me of the fun I had listening to my mother read Ivan Franko's *Lys Mykyta* (Mykyta the Fox).

The *Magic Egg* is divided into four sections titled *Animal Tales*, *How and Why Stories*, *Moral Stories* and *Legends and Fairy Tales*. The tales in the first

The only drawback of this book is the lack of illustrations to go with the stories. There's a section of photos in the middle of the book, but they don't relate directly to the stories. This may make the book less interesting to the youngest children who need more visual cues to keep their attention.

Review by Yuriy Diakunchak

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## THE RISKS AND COSTS OF INVESTMENT

**THE MONEY MANAGEMENT GAME:  
What they don't tell you about  
mutual funds**

Author: Andy Filipiuk

Picking the best strategy to invest your money can be a daunting task – even for an experienced investor.

Should you buy bonds or mutual funds? Should you risk it on a rising stock or invest in real estate? There is a ton of slick promotional material out there touting various funds and what-not, but is the investor getting the information he or she needs?

Andy Filipiuk, stock broker and author of *The Money Management Game*, cautions his readers that the current mutual fund craze may lead to seri-

ous repercussions for investors who don't find out about the costs and risks involved in this type of investment. Filipiuk cites various fees attached to mutual funds which eat away at earnings, and the disregard for risk displayed by many fund investors.

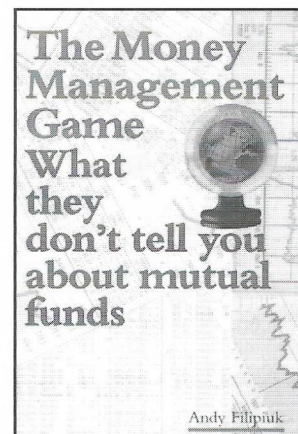
Filipiuk cautions against borrowing money to purchase equity mutual funds. He calls this "a very dangerous process based on some faulty assumptions."

The book is not a condemnation of mutual funds, but rather an eye opener to "complacent" investors who may feel the market will continue to rise ever upward. Filipiuk points out that stocks prices are at a historical high and are unlikely to continue to rise indefinitely.

Much of the information in the

book will not be anything new to a seasoned investor, but its 16 chapters, filled with a lot of material on topics from fund fees, to prospectuses, to performance of funds, provide a good starting point for those taking their first steps in investing their hard earned money.

review by Yuriy Diakunchak



## SOUVENIRS EASY LISTENING SLAVIC POP

**Souvenirs**

Artist: Djelem

I tried to like this album. The first listen through was pleasant but the more I listened to this disk the more ambivalent I became.

First off, this band – Djelem – is marketed as a gypsy band. In fact, this disk is devoid of gypsy content. What the band plays is passable Soviet-restaurant music. But what sounds better to a marketing executive – a gypsy band or a Soviet-restaurant band. (For more see the review of their concert on page 4.)

The production quality is excellent yet the whole experience leaves me limp.

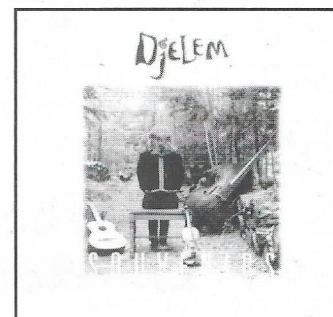
Not from a nationalistic perspective, all but two of the songs are in Russian – it's what they played in restaurants in Ukraine, but because the music reminds me of being in those restaurants – a good time but bad memories.

Some of the songs are catchy such as the first one "Montreal Quebec", sung in Russian about friends in Montreal. The song has a video which I haven't seen. The standout song is "Tiha Voda", a Lemko song which finishes with a spirited rendition of "Verkhovyno" – a Hutsul song. This kind of mixing is well evident on the disk. It's in Djelem's arrangements of traditional melodies and in their original compositions. It's dis-

tracting because you are constantly wondering where they lifted the riffs from. It's like all the sampling in hip hop and rap – but much different.

Some people will love this CD – easy listening pan-slavic pop. Others will cringe and cover their ears.

by Nestor Gula



# Tripping Ukraine

## RELATIVES IN LVIV

by Yuriy Diakunchak

Lviv is the first place many people visit in Ukraine simply because various people who claim to be their relatives live there. They're everywhere and unless you are a master of stealth and disguise, there is no way of avoiding them. I've developed a number of theories about relatives in Ukraine.

**Theory #1: The Law of Exponential Relations.** The longer you remain in Lviv, the more relatives you acquire. After visiting Lviv at least six times, I believe I have gathered enough evidence to substantiate this theory. A person from the West is in serious danger of becoming related to every single inhabitant of Lviv if he or she spends more than two weeks in Lviv. Any longer than that and we're talking everybody within a 12 mile radius of the city.

**Theory #2: The Law of Progressive Genealogical Regression.** This is a very simple theory for the layperson to grasp. People in Lviv will trace your family tree back to Adam and Eve to prove that you are their long lost third cousin. They're very good at it. By the time the guy driving the bus explains to you how his great-aunt Paraska used to visit her mother-in-law Kateryna who also happened to be your great-great-grandmother, you'd believe the pope was your father.

**Theory #3: The Law of Boris Yeltsin.** Lviv relatives figure life is a big waste of time if they can't fill their Western guests with enough *horilka* (vodka) to kill a team of oxen. The older relatives are the worst. They know they haven't much time left in this world, so they start in on you as soon as breakfast is served. Perhaps they fear dying without discharging this righteous duty.

### Theory #4: The Law of (G)Astronomic (Pro)Portions.

This is very much akin to the way goose farmers produce good pâté de foie gras. During meals, when the effect of *horilka* has thrown you off your guard, your relatives will attempt to seize you and force feed you as many *varenyky* as the *hospodynia* can produce. There is only one sure fire way to prevent this. Save the piece of *salo* (pig fat) they gave you for dessert the night before and grease yourself down with it before sitting down to any meal.

**Theory #5: The Law of Inertia.** Lviv relatives will tell you that the less you travel about their fair city, the less likely you are to get mugged by some horrible, bad, ogre-like, nasty person. In fact, by keeping you in a safe area, they hope to forestall Theory #1 (see above), thereby saving you all for themselves. If other relatives do manage to find out about you, expect to witness a typical Lviv scene:

Vuyko Taras: "You just saw Yuriy last week."

Teta Fruzia: "You drove by too quickly, I barely caught a glimpse of him."

Taras: "Don't worry, he's not much to look at anyway."

Fruzia: "Look, my *striyna* used to go to school with his cousin's grandfather, that makes us third cousins."

Taras: "Okay, but my daughter will go with him to make sure he doesn't get lost."

Me: "But *vuyko*, Fruzia's house is right next door."

Fruzia: "Hush up my son, we're busy deciding what you want to do next week... Here, wash those *varenyky* down with this nice glass of *horilka*." ❗

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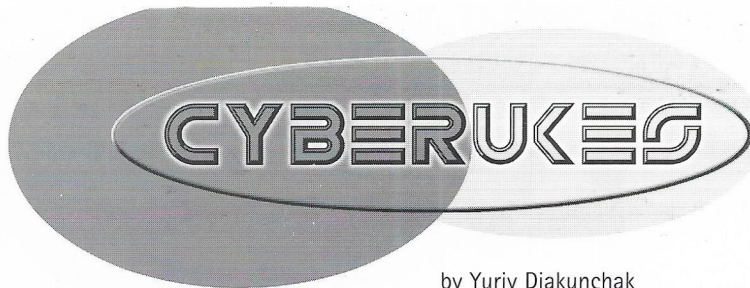
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by Yuriy Diakunchak

[http://www.brama.com/ukrainian\\_museum](http://www.brama.com/ukrainian_museum)

If I had a formal rating system developed for the sites that I review, Brama would be somewhere near the top. Brama, the New York Ukrainian Museum's home site, is a well thought out, pleasing and easy to use site. The upcoming events page is up to date (a very rare occurrence on Ukrainian web sites), only the course and workshop section is out of date. But I guess you can't have everything.

There are a number of things that impress me about this site. First of all, Brama has a well presented media kit directed at potential advertisers. I can't remember ever seeing something like that before on a Ukrainian site. Some sites solicit advertising, but the rest leave it up to the interested party to figure out who to contact or what to expect.

Brama also provides a web page making service, and

judging from the pages linked to the site, a number of people and organizations have already taken advantage of it.

The links to the site are somewhat topical to the page, unlike other sites that link to anything that moves. Brama links up to other galleries, some artists and a few community groups. There is also a quick link to some sports sites, which I found quite handy during the Olympics.

A brief history of the Ukrainian Museum includes future plans which revolve around moving to a new building. The site bills the new building as soon to be the "most active and diversified Ukrainian cultural centre in New York City." There's a photo of the new building, and while it's not the Guggenheim in Bilbao, it's impressive nonetheless.

Congratulations to Anna Kril and Max Pyziur who are the site's webmasters.



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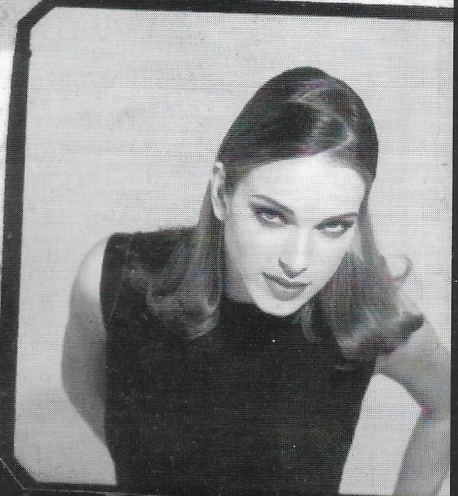
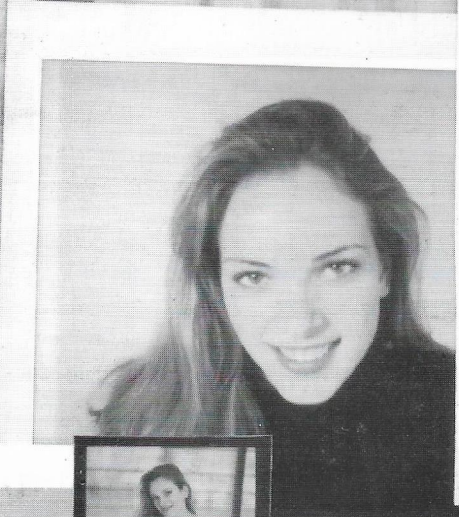
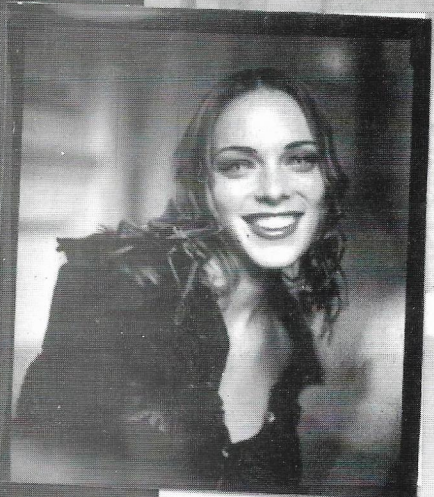
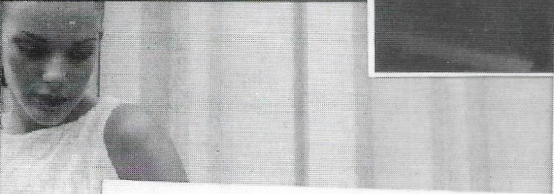
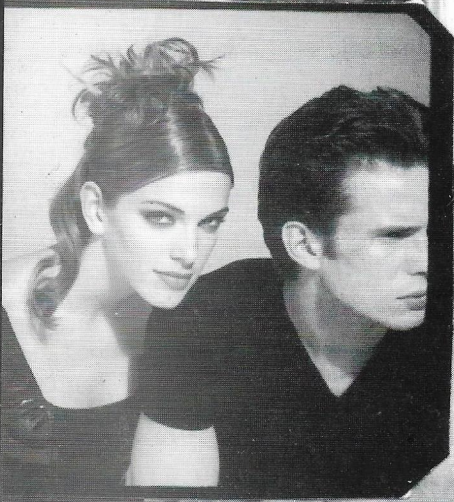
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# My little cousin, the model

by Christine Kurys

It's just Olanna, I keep telling myself as I get ready for the interview, it's just my little cousin.

It's hard for me to believe that the little girl I used to babysit is a successful model in Milan and Paris. Has she changed? Is she conceited? Will she think of me as an inferior regular person who loves Shopper's Drug Mart and doesn't wear Versace clothes? I have to admit, I was a little nervous going into this interview. Who wouldn't feel intimidated by a stunningly beautiful 20-year-old woman, who makes her living as a perfect size 6?

What's it really like being a model? Is it glamorous? Do models meet famous people? Can you make lots of money? Is it wickedly fun? How do you get into high fashion modelling anyway? I've always wanted to know the answers to those questions. And here was Olanna, with me at a local poolhall, The Crooked Cue, to shed some light on the subject.

As difficult as it is to believe, Olanna Taskey was scouted by agents on the streets of Toronto. Yes, this actually happens. If you've got the right look, agents will approach you at the local mall, a restaurant or wherever and tell you. If this hasn't happened to you, don't worry. You're not alone. Perhaps no amount of makeup would get an agent to look at me – but if they did, I can assure you I would be flattered. Sho' me the money!

At first, Olanna was embarrassed by all the attention. She's very down-to-earth and unassuming. She was approached so often that it bothered her. But a very persistent agent finally convinced her to try modelling.

Still she approached modelling cautiously. It wasn't until the last six months or so of high school, after some part-time modelling, that she realized the jobs were lining-up. She deferred her acceptance to the kinesiology program at York University indefinitely and focused her energy on a modelling career. After only a few months of modelling for Elmer Olsen's Elite Modelling Agency in Toronto, she was asked to go to Milan.

In Europe, the agencies set their models up with apartments or houses, which they share with other models. They are well taken care of but there's a price. Their mornings start with a fax from their agents regarding their daily schedule. This will include a series of casting calls (go-sees). Ten a day is common. They go from one call to another where they are competing against possibly thinner, more beautiful, younger women. Holy ego deflation.

The myth that female models are conceited spoiled brats is just that – a myth. Mostly they're self-conscious, down-to-earth women who hear themselves being called things like "genetic defects" on television. Of course you get the odd

person who has a superiority complex, but what vocation doesn't?

If one of those casting calls turns into a job, Olanna will work from eight in the morning until nine at night. It can take as long as three days to get one "perfect" magazine shot. This is where boredom sets in. After three days of wearing the same clothes and doing the same poses, making love to the camera ain't that glamorous anymore.

According to Olanna, what's fun are the runway shows and commercials. Runways are so quick, she sometimes doesn't remember what clothes she wore for the show. How do they change so quickly? "You have dressers," says Olanna. Aren't they embarrassed changing in front of all those people? "You get used to it," then she adds with a smile, "They're mostly gay men, so it's not like they're ogling you."

Does she get to keep the clothes after a runway?

"Everyone asks me that! NO! They're not going to give away a \$26,000 dress!" But models do get discounts for the designer clothes they buy. What's her favourite designer? "Gucci. I love Gucci."

The runway shows are also fun, because, as you see on television, the first rows are always packed with famous people. And the parties afterwards....! Yes, models, even ones who haven't been labeled 'supermodels', party with the stars.

The parties are wicked. In Europe, there are parties every night where models, industry insiders, and famous people are in attendance. Usually Olanna's too tired to venture forth into the crazy party realm, "It's the same party repeated night after

night. It gets boring." Still, she does go once in a while. "It's great for models; they can wear absolutely anything and get away with it! It's cool. The crazier the better! Anything goes!"

If it's an after-a-runway-show party, the models sometimes stay 'in costume' so to speak. They'll keep their hair in funky do's and makeup in trashy colours. You know, you see them on FT (CityTV's Fashion Television) and say to yourself "There is absolutely no place on earth that you could wear those clothes, that hair, and that makeup." Well, you're wrong. Models actually go out like that. Imagine showing up to a *zabava* like that? People would be talking for months to come.

Olanna's partied with the likes of Jean-Claude Van Damme, Demi Moore, Boy George, Janet Jackson, the Versace family, and all of the supermodels. About the supermodels, yes, some are spoiled brats (I promised her I wouldn't name them). However, I can say that Kate Moss is super nice.

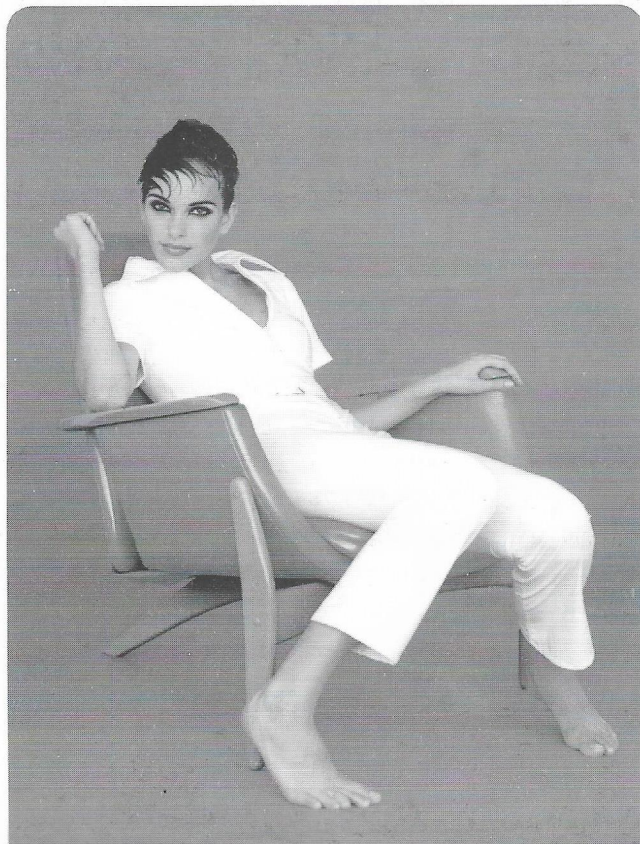
"You get used to that, too. At first, yes; you freak out! You can't believe that these people are in the same room with you! But then, the novelty wears off. It's clichéd, but stars are just like you and me." I think she meant stars are just like regular ol' me, not her. She's one of them after all..

Olanna was supposed to be in the Versace show. He died the day before the show was to run. A little anecdote: Olanna was with Donatella Versace when she was told of her brother's death. "The whole place became chaos. Donatella freaked and had to be hospitalized," Olanna says. This was in Rome, and there, he was like a king. "Versace dying is worse than the president dying. The whole city was swarmed with the press and people were mourning out in the open."

The pressures of the job come hand in hand with the fun and not everyone can handle them. Drugs and starvation diets have taken their toll on the industry. For some models, the pressure to remain thin is unbearable. I always imagine models starving themselves, counting calories in the air they breathe, but surprisingly, Olanna says they don't.

"Models eat more than the average person. Models these days are thin genetically. It's something they're born with, not trying hard to achieve. I guess we try to watch what we eat, but I gained the requisite 5 pounds this Christmas like everyone else. My job just happens to depend on my losing it! However, it's not the dieting and starvation of the old days. I go to the gym, I try to watch what I eat. Not fanatically though."

Many models smoke. There is still the belief that smoking makes you thin. Or at least it prevents you from gaining weight. This, of course, is not true, but I guess in an industry



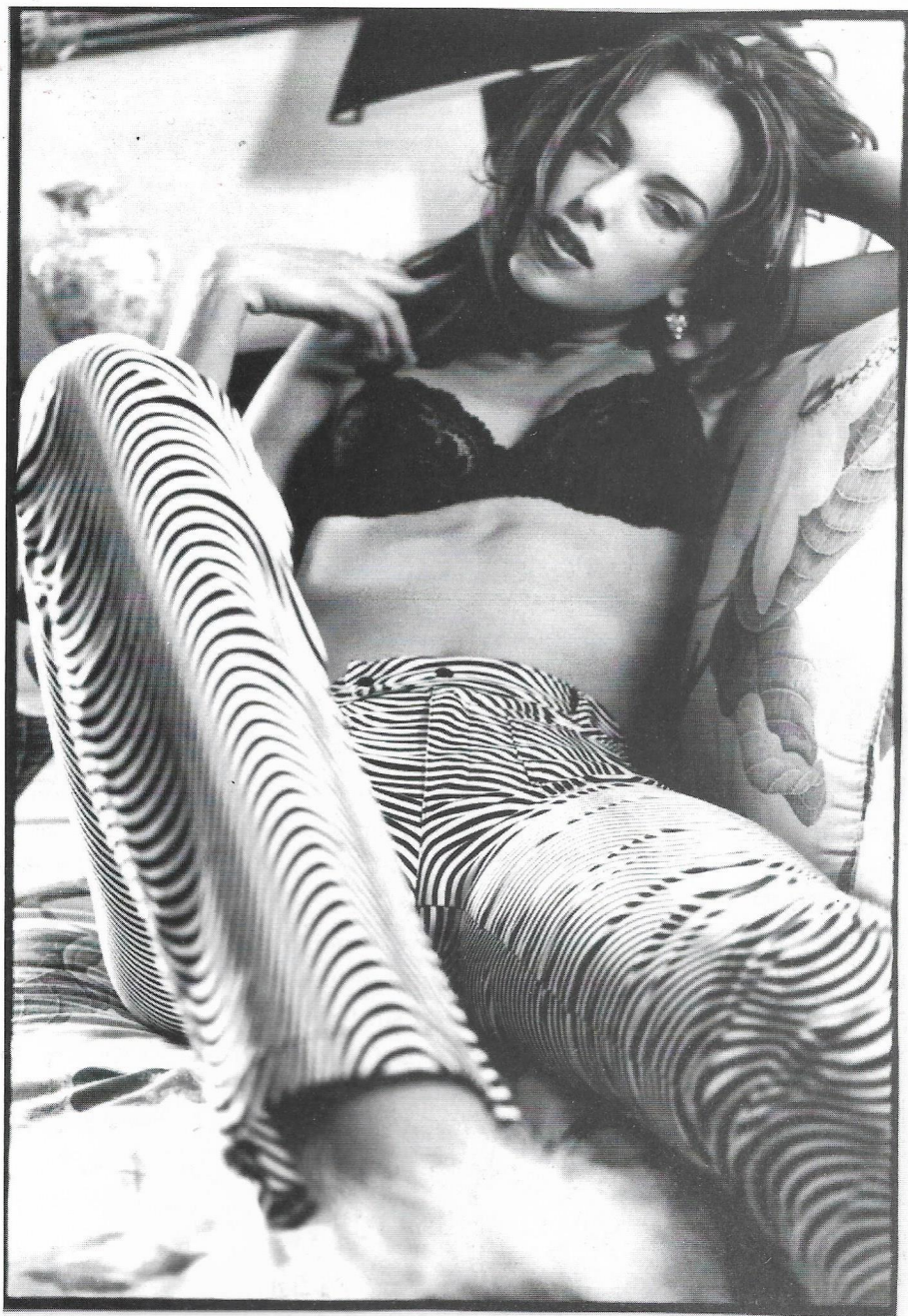
Photos courtesy of Olanna Taskey

where your looks are scrutinized as much as they are in this one, you'll do anything. Olanna doesn't smoke, though, and doesn't see much point in starting. (I take a drag on my menthol cigarette as she says this.)

As for drug abuse, Olanna doesn't believe it's a major problem in the fashion industry. "Yes, there is drug abuse within this industry. But there's drug abuse in every other industry as well." I'm a bit skeptical. There's probably drug users within my industry, graphic design, but I can't say it's EVIDENT. It's not like people would say, "Oh, she's a designer. Man, the pressure must be huge. She's probably starving herself so she can bid on that big project... I bet she takes drugs."

One habit that is not rampant in the modeling industry (which I find particularly comforting) is the use of drugstore makeup. "I use Christian Dior and Yves St. Laurent. I like their makeup. Models, contrary to popular belief, don't buy drugstore makeup. They buy Chanel and other expensive name brands. Why? Because the products are better." Now I won't feel any doubt when I go to the Chanel counter and ask about the new spring line. Yes there is a God....

Olanna says she hasn't had any bad experiences modelling. Not even from people back home, but she admits she's sick of telling people what it's like to be a model. "I wish everyone would stop asking me! It's really embarrassing. People think I have these amazing stories to tell. I don't! It's just a job. It's not all glamour and fame." But people don't treat her badly. They don't hate her because she's beautiful. I think a lot of that has to do with the fact that she tends to play down everything about her professional life. She's most comfortable with no makeup and plain, freshly-washed hair.



Ultimately, Olanna wants people to know that even though she has a high-profile job, it's just a job. It's also her private life. People feel like they have a right to know all about it. It embarrasses her. It's got its perks; she's now well-connected all over the world, she gets to meet famous people, she's considered beautiful. It also has its drawbacks; it's a difficult job, you're self-conscious all the time, you don't have a fixed

address, no job security. "I'm glad I deferred my education for a while to pursue this career however, I do think you have to be at a maturity level to stay grounded in this industry." But then, she was always grounded.

As we left the pool hall, I felt the eyes following me out the door. Then, I realized, it wasn't me they were looking at. **Z!**



# L I D A B A D A Y designing diva

by Nestor Gula



I received Lida Baday's press package when I showed up to her studio to choose the outfits for our photo-shoot. What struck me most was not the elegant cover nor the information contained inside. It was the paper clip which held the business card to the folder. I had never seen anything like it before. It is a single piece of wire, like most paper clips, but the wire is spun in a concentric spiral which makes two loops. Talk about not sweating the details. But then again that's what the fashion industry is all about.

"Fashion design was not something I dreamed of doing when I was a child," says Lida Baday who just happens to be Canada's leading fashion designer.

While growing up in Hamilton, Ontario she had been surrounded by fabrics and the accoutrements of the fashion industry due to the fact that her mother was a custom dress-maker. "She worked out of our home and even made all of my clothes," says Baday. However, this did not lead her to pursuing a fashion as a career. What steered her to her present calling was what is usually the most useless staffer in any high school – the guidance counselor. "It was after the suggestion that I consider fashion design as an option for study after graduating high school that I began to consider it seriously," she says.

In 1979, she finished a three year stint studying fashion at Toronto's Ryerson Polytechnical Institute. She then bumped around working for various designers until February 1987 when, approaching that magical of all ages 30, she took the plunge and came out with her own line of clothing under the Lida Baday label.

Success came early for her, although the diminutive Baday, 5' 2" on a day when gravity is light, claims she never

had the classic "big break". "I achieved my goals over a period of years which were filled with steady, hard work," she states. "I think the most influential element was the incredible positive encouragement I received from my family, close friends and co-workers."

In 1990, three short years after starting her own clothing line, she was noticed by Maison du Lin (the promotional arm of the Linen Commission in France) which bestowed their prestigious award, the Fil D'argent, upon her. She was awarded the City of Toronto Designer of the Year Award both in 1992 and 1996. As well in 1996 Baday was awarded the Vidal Sassoon International "Buyer's Designer of the Year Award" for her contribution to Canadian Design.

Baday has had other highlights – she custom designed Sigourney Weaver's red suit for her pivotal scene in the 1995 feature film *Copycat*. Her clothing was featured in Macy's/American Express Passport '97 "Fusion" HIV/AIDS benefit which was held in Los Angeles and San Francisco. There her clothing was worn by a bevy of supermodels. A personal highlight for her occurred in 1994 when she opened her showroom on 7th Avenue in New York. That same year Baday opened a shop in the swanky Bergdorf Goodman in New York.

Baday readily admits that most of her business is not in Canada but in the United States. "This is a reality of the business." But she has no plans to move down south. "Toronto is my home," she emphasizes. "I think I have proven the fact that a Canadian designer should not feel the need, or be expected, to relocate outside Canada as a prerequisite to achieving success internationally." Baday has found that there are no impediments to being based in Toronto. "At present we have a head office which consists of the design studio, showroom and administrative offices in Toronto and a showroom in New

York. That could change if in the future we decided to become more active in pursuing a wider market for the collection abroad," she explains. "Right now we are focusing on further developing a strong presence in North America."

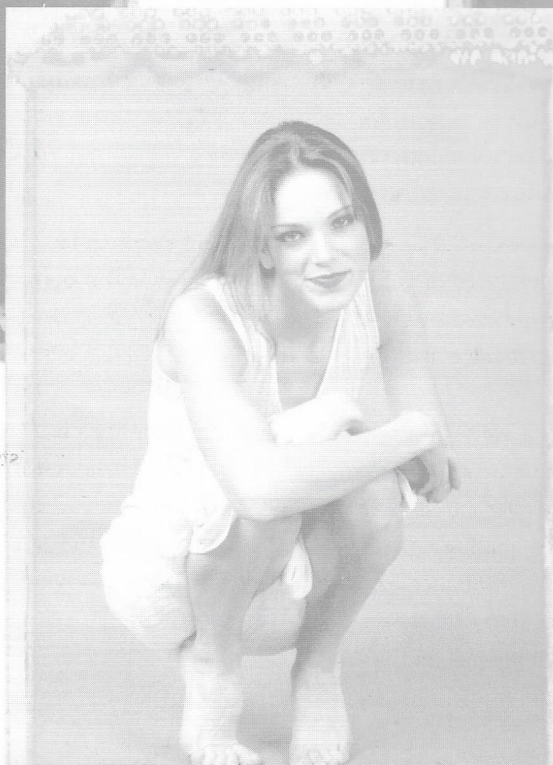
Marketing for her line has consisted mostly of word-of-mouth, although words from well connected and influential mouths. Baday has never advertised her collection, except in retail-sponsored promotions. Bronwyn Aikens, who handles Baday's promotions says they will wait with a major marketing push until they are sure they will be able to

make an impact. "In the U.S. market, you have to scream to be heard," she exclaims.

The center of Baday's universe is her studio. Located in the Toronto's fashion district, near Queen and Bathurst, it is bursting at its seams. This is not immediately apparent as the reception area is a minimalist's dream. Behind the reception area and the adjoining showroom is the cutting area, which is quite a jumble. All Lida Baday clothing is cut here, sewn by various subcontractors and then brought back for quality control inspection. Then

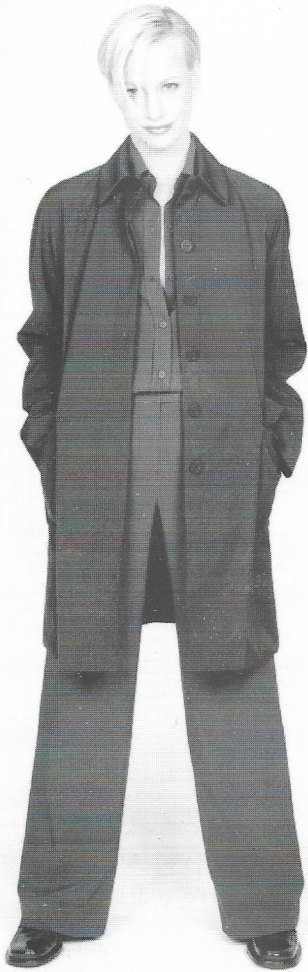
there are some design studios where people are working on the next lineup. "I rarely get to do any of the hands on cutting anymore," she bemoans. Baday mentions that they are looking to expand, either by taking over the space occupied by neighboring businesses or moving. "There are no real plans," she intones. The only thing for certain is that they will stay in Toronto's downtown core. "While I have nothing against the suburbs, I am an inner city girl and the whole fashion industry is here. I have to be here," she shrugs.

The success of the Lida Baday line



Photos this page by Yuri Dolnycky  
of model Olanna Taskey wearing  
Lida Baday





Photos this page by Kint Quon  
of model Moe Kelso wearing  
Lida Baday

is as much due to Baday's husband, architect Mario Zuliani, as it is to her vision. Her first collection was produced in an office they both shared. In 1992 Zuliani joined Baday full-time to handle the business side of the operation. He also designed the interior of her showroom.

Baday ensures that it is her vision which guides the Lida Baday line. "With my design team, a direction or look is developed over a period of weeks and sometimes over months," she says. "Drawing on my initial concepts while working with the fabrics we have selected or are experimenting with, a collection is designed which translates these ideas into new shapes and silhouettes. For me, the technical design process and ini-

tial creative conception are closely interrelated."

A product of a German mother and a Ukrainian father, Baday claims that their combined traditions have combined to her success. "I believe the understanding and upbringing I experienced in an environment so based on European standards and traditions has influenced not only my method of working but also my creative vision a great deal," she says. "I am often told that my designs and tastes combine the appeal of both European and North American sensibilities. I personally like to refer to it as a truly Canadian style." <sup>21</sup>

# Ukrainian

by Aleksandra Basarab

The conquest of space is a theme that has always fascinated me from an early age. On a recent visit to the Kennedy Space Center in Florida, I had an opportunity to talk to some people involved with the shuttle program.

When they found out that I was Ukrainian, they remarked how proud I must be that one of "your people" flew aboard the STS-87 shuttle mission as a payload specialist.

Proud I am. Unfortunately, in my opinion, not enough attention has been given to Ukraine's contribution to space science. Sure... some biographical data was given on the Ukrainian TV programs, but if you blinked then you might have missed it. So here goes.....

Colonel Leonid Kadenyuk, who flew aboard STS-87, is the first National Space Agency of Ukraine (NSAU) astronaut to be selected for a mission for the Collaborative Ukrainian Experiment (CUE). Back in November 1996, NSAU and NASA assigned him to be one of two payload specialists aboard Space Shuttle Columbia (in orbit from November 19 to December 5, 1997.)

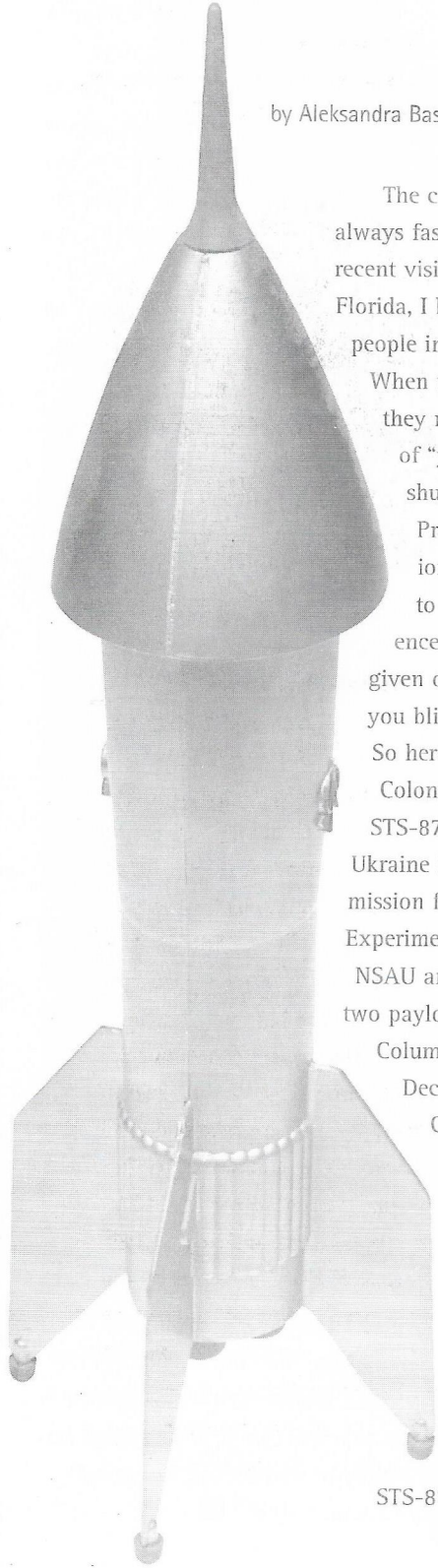
Prior to the mission Colonel Kadenyuk participated in payload specialist training at the Johnson Space Center in Houston, Texas. He spent a lot of time training for the zero gravity experiments. One of these training exercises was aboard the so called "vomit comet" (a special Boeing 707 simulating zero gravity environment).

STS-87 was the fourth United States

Microgravity Payload flight which focused on experiments designed to study how the weightless environment of space affects various physical processes and plant growth. Furthermore, observations of the sun's outer atmospheric layers were done, and two crew members performed a spacewalk to deploy and manually capture a Spartan satellite which took measurements of the solar wind. Yes, folks...solar wind affects the performance of your cell phones.

Various experiments were also done to test tools and procedures for future International Space Station assembly, part of which will be launched later this year. In completing his first mission with NASA, Kadenyuk orbited the earth 252 times, traveled 6.5 million miles and logged a total of 15 days, 16 hours and 34 minutes in space... I wonder if he collects frequent flyer miles with NASA? Who said that Ukrainians are not big on travel?

Colonel Kadenyuk was born January 28, 1951 in the Chernivtsi region of Ukraine. He is married and has two sons. Besides graduating from the most prestigious cosmonaut training centres, he also earned a Masters of Science degree in Mechanical Engineering. He has been a member of cosmonaut teams since 1976 and has undergone complete engineering and flight training for Soyuz, Soyuz-TM, the orbital station Salyut, the orbital complex Mir and above all, training as a commander of the Buran re-entry space vehicle (Buran was the Soviet version of the Space Shuttle which never got past the testing stage.) He has flown 54 different types of aircraft and has logged more than 2400 hours flying time. He also holds the highest qualifications



# SPARTAN

of test pilot, and as a pilot-instructor he has taught 15 students.

Kadenyuk's general space training includes the disciplines of biology, ecology, medicine, meteorology, space geology and geobotany. As a test astronaut, he is trained to perform scientific research, tests and experiments in any of the above-named disciplines, both in-flight and on the ground. His experience on Russian fighter planes (MIG-23, MIG-25, MIG-27, MIG-31, SU-27, SU-27UB) reads like a Cold War hit list for the NATO alliance.

In 1996, he transferred to the Institute of Botany, National Academy of Sciences of Ukraine, Kyiv, as a scientific investigator developing the collaborative Ukrainian-American experiment in space biology. This was his ticket for the Space Shuttle.

The CUE is a collection of ten space biology experiments which flew on the mid-deck of the Space Shuttle Columbia STS-87. The CUE team is comprised of scientists and engineers from the United States and Ukraine.

CUE featured an educational component which involved evaluating the effects of microgravity on the pollination and fertilization of *Brassica rapa* seedlings – yes, it's the *kapusta* (cabbage) family of plants! If Ukrainians ever decide to settle on the moon, then they will be happy to know that *kapusta* grows extremely well in lunar soil – I have this seen with my own eyes at the Johnson Space centre. All the CUE science experiments have been successfully completed, and the ground team is seeing excellent results. Investigators will be analyzing data for many months, and years.

Joint programs between NASA and NSAU allow each country to contribute individual expertise. Ukraine is highly regarded as a leader in sciences, mathematics, physics and in scientific research.

The pooled resources and shared funding in the CUE enable a mission that would be too costly for either nation to accomplish

individually. Ukraine and its knowledge industries get some great PR from missions such as this one. Indirectly, this serves as an invitation to much needed investments and joint-ventures. There are very few nations that have the type of aviation expertise, spunk, talent and raw know-how to even be considered for the type of mission that Kadenyuk succeeded on. **ZI**



### About the insignia

The STS-87 crew patch is shaped like a space helmet symbolizing the extravehicular activity on the mission in support of tools for the assembly of the International Space Station. Planet Earth is shown reflected on the backside of the helmet. The Space Shuttle Columbia forms the interface between the Earth and the heavens. The three red lines emerging from Columbia represent the astronaut symbol as well as the robot arm which was used to deploy and retrieve the Spartan satellite. The letters "μg" represent the USMP-04 payloads. Gold flames outlining the helmet visor represent the corona of the sun, which was studied by Spartan. The Ukrainian flag is next to the name of Colonel Kadenyuk who was the payload specialist and the first person from Ukraine to fly on the Space Shuttle.

## VARENYKY THE DISH EVERYONE LOVES TO HATE

Every true-blooded Ukrainian loves to eat them ... and hates to make them. I'm talking about *varenyky*. The thought of plopping them into our mouths gets our taste buds going. The thought of actually making them gets us running as far from the kitchen as possible.

Our love-hate relationship with the plump little dumplings usually begins in childhood, thanks to patient, sacrificial *babas* – those natural-born dumpling-making machines. Say the magic words, “*Baba*, I feel like some *varenyky*,” (sometimes even “*Baba*, I'm hungry” will do) and before you can blink an eye they're already pulling the huge enamel bowl out from under the sink. By the time you've finished watching your cartoons, the kitchen table is covered with hundreds of the moon-shaped, time-consuming creations.

Mystery, awe, and even controversy surround these precious little wonders. Yes, I'm talking about the *varenyky* versus *pyrohy* debate. *Varenyk* from the word *varyty* or “to boil” has self-explanatory origins (if you didn't get that, it's time to brush up on your Ukrainian!). Whereas *pyrih*, the common term in Western Ukraine, means cake in central Ukraine. Order a plate of *pyrohy* at a Kyiv restaurant and you run the risk of eating cake, literally.

In terms of fillings, *varenyky* can be sweet or savoury. Dare I mention cherry-filled *varenyky*? God's undisputed culinary gift to all mankind?

The most common filling is curd cheese or potatoes. A mixture of potatoes and grated cheese is also delicious, while one Canadian friend swears that mashed potatoes and Cheese Whiz is the ultimate *varenyk* stuffer. Apples, minced meat and even poppy seeds are some of the fillings still au courant in Ukraine, less so in the diaspora.

Luckily, we're not living a few decades back in a small *selo* (village). The filling of the time was rendered lard mixed with flour. Or how would you like to bite into a *varenyk* filled with the yellow froth of boiled hemp seeds?

Filling isn't all that can make or break a good *varenyky*.

One mustn't forget about the wrapping – a tender noodle dough. The thought of making it can send shivers down the spine of even the most diehard Martha Stewart apostle. Will it be too tough? Will it be tasty enough? How the heck do I make it?

Well, you can't go too wrong with flour and water. Yes, flour and water. Some people might add an egg (renowned dough toughener), others salt (although it's simpler to add this to the boiling water later). But I use the stress-free and sure-fire tender-dough recipe of my cleaning woman Pani Nadia: put some flour in a bowl, add just enough cold water to make a good dough, cover for a 1/2 hour and form the dumplings. She rolls out the dough into a log, cuts off chunks, presses them flat and fills them. Labour time: 1/2 hour. It's about as close to hassle-free *varenyky* as you'll ever get! **Z!**

### Pani Nadia's Varenyky with Apple Filling (For 1)

#### Dough

Flour (around one cup)  
Cold water

#### Topping

Melted butter  
Sugar and Cinnamon  
Sour Cream (if desired)

#### Filling

2 apples, peeled, pared and chopped finely  
Sugar and cinnamon to taste

Mix the flour with just enough water to make a pliable dough. Knead until soft (about five minutes). Set aside and cover for 1/2 hour (this is an essential step in tenderizing the dough). Prepare the filling: mix the apples with sugar and cinnamon. Roll out the dough into a thick log, cut off chunks, press into a flat, round shape and fill with apple filling. Boil gently in salted water until the dumplings rise to the top. Serve with melted butter, sugar, cinnamon and, if desired, sour cream.

*NB: If the above recipe is still too hard for you, you better stick to the frozen varenyky in your supermarket!*

Taking me to Florida is like taking a wino to a church ladies' tea party.

I hate sitting on the beach. I hate it when salt water dries on you and leaves a hard film on your hair and body. I hate hot weather. I hate humidity. I hate sunburns, and sun strokes and heat rashes.

But every year I go, usually around Christmas time, to visit the parental units and my sole remaining grandparent. And to tell you the truth, even a diehard snow lover such as myself grudgingly admits that walking around in shorts and T-shirt in late December isn't half bad.

Orlando is hardly a Ukrainian mecca among North American cities, but on my latest trip I discovered that my folks weren't the only gig in town... or at least within a couple of hundred miles. Departing from my usual routine of whining, dining and TV watching, I set out to discover what the community had to offer.

On a hot tip from one of my relatives that Walt Disney was originally from Ukraine, I started my quest to find the Ukrainian heart of Central Florida by heading straight to the Magic Kingdom. Let me tell you something about The Mouse's digs – unless you're under the age of eight or made of money and seriously bored out of your skull, stay away. This place is a bigger rip off than all of Pauly Shore's movies put together.

The word in some Ukrainian circles is that Disney apparently has some sort of plans to erect a Ukrainian pavilion at Epcot centre – if someone kicks in a truck load of money in sponsorships. Not wanting to fork over another 40 George Washingtons to Mickey and Co. I wasn't able to do any on site reconnaissance of this project. Anyway, smart money says it'll never happen.

One thing that struck me is that many of the tourist T-shirt shops around Orlando sell shirts and mugs and other trinkets with Ukrainian flags and other symbols on them. Perhaps it reflects the recent influx of well-to-do vacationers from the old country.

Not finding much Ukrainian life at the tourist attractions, I turned my attention to the eating and drinking establishments. Food in Orlando is surprisingly cheap. Some people who live here rarely cook their own food, preferring to dine out at a range of reasonably priced eateries. We're not talking Michelin Guide here, but quite palatable nonetheless.

In downtown Orlando, one can find the Cafe Europa owned by the Malyshevskis, a Ukrainian couple. It's not a bad place to have a bite. Located right on a pedestrian mall, its not far from a couple of decent pubs and bars with live music.

But I digress. I'm looking for Ukrainians, not trying to have a good time. Since the only community establishment in the Orlando area is a small Catholic church in Apopka. I decide to cast my net wider and make a trip to St. Petersburg.

Driving into St. Petersburg you'd never guess that the city was being ripped apart by street riots just a few years ago. The place is peaceful and has a small townish feel about it. Even the small, but tightly knit, Ukrainian community there feels refreshingly laid back. As in Orlando, the community is based around the Church, one Orthodox, one Catholic. Orest, the groundskeeper at the Catholic church, offers to take visitors on a tour of the church. My wife and I return for mass the next day just in time

for a Christmas and *Rizdvo* bazaar.

According to Father Berko, the community is made up of about 100 families, with a slightly smaller number at the Orthodox church. The community runs a bingo and holds a dances for events like New Year's Eve and *Malanka*.

I highly recommend the place for all retirees.

As for younger people, if you like the beach, you know where to go. Otherwise, St. Petersburg has a very nice Salvador Dali museum, and neighbouring Tampa has a seedy but entertaining old Spanish district called Ybor City. If you make it out there make sure you visit the Columbia Restaurant, they make a great paella and in the evenings dazzle you with flamenco dancing. Many night clubs along the strip beckon the after dinner crowd. Don't forget to try the Ybor Dark beer. Best American brew I've ever tried.

If you like to shop, check out Old Hyde Park on the way out of Tampa. This place has a number of nice boutiques and a restaurant that serves a damn good cheese and beer fondue. The veggie chilli isn't so bad either.

Back in Orlando, I had a chance to reflect on my discoveries about Central Florida. The ground work is here, you can at least attend to your spiritual needs if you are so inclined. If you're looking to party with fellow Ukrainians however, your best bet is to bring them along with you. <sup>21</sup>

*Additional info about Florida's Ukrainian Community can be found at [www.orbiter.com/gam/ukiefl.html](http://www.orbiter.com/gam/ukiefl.html)*

# A Healthy Shot

## LASER EYE SURGERY

by Aleksandra Basarab, RN

Many people rely on contact lenses and glasses to correct their vision, but some find these methods uncomfortable, inconvenient and unattractive.

Nowadays, there are methods available to correct vision and finally do away with all the hassles of dealing with contact lens solutions, accidentally crushing glasses, or losing a contact lens at a party – where all the action stops and people feel compelled to hit the floor to look for it.

This article is by no means an endorsement for going through with refractive eye surgery (a general term for surgical procedures to correct the eye's focus). The idea here is to point out that alternatives exist, and that research into improved eye health is being conducted. Each condition needs to be assessed on an individual basis by an experienced eye care professional.

For a person to see clearly, light rays must be focused by the cornea (clear, front surface of the eye which bends light rays as they enter the eye) and lens to fall precisely on the retina (a layer of light sensing cells that lines the back of the eye). The retina converts the light rays into impulses that are sent through the optic nerve to the brain, which interprets them as images. This process is very similar to the way a camera takes a picture: the cornea and lens in the eye act as the camera lens and the retina is similar to the film. If the image is not focused properly, the retina or film receives a blurry image. This condition in the human eye is

known as refractive error.

Three types of refractive errors, myopia, hyperopia, and astigmatism can be corrected or reduced by refractive surgery. Myopia (nearsightedness) causes poor distance vision. In this case, your eye is considered to be “too long” or your cornea has too much focusing power and images focus in front of the retina. Hyperopia (farsightedness) is the opposite of myopia where distant objects are clear and close objects appear blurry. This condition results from an eye that is “too short” or from a cornea that lacks the necessary refractive power to focus images on the retina. Astigmatism is a condition which blurs and distorts both distant and near objects.

The two most common types of surgery are PRK (photorefractive keratectomy) and LASIK (laser in-situ keratomileusis). With PRK, no scalpels are used and no incisions are made. The eye is prepared by gently removing the surface layer of the cornea and computer-controlled pulses of cool laser light are applied to the surface of the cornea to reshape the curvature of the eye. The whole PRK procedure is usually completed in under five minutes and is painless. In the LASIK procedure, the cornea is corrected by making an incision with a special surgical instrument and then by removing a layer of tissue from the exposed corneal surface with a laser.

Christine Kurys, the art director of this magazine, recently underwent

refractive surgery at The Laser Centre (TLC) in Toronto. After having her myopic condition corrected, she is ecstatic about the increased freedom of movement she is able to enjoy. “It is nice not to be a slave to contact lens solutions and constantly worrying about losing my glasses,” exclaims Kurys. Being a graphic artist and spending many hours in front of a computer, it was very important for Christine to find an alternative to conventional vision correction methods. Greater eye comfort and decreased strain means that she is able now to spend more time on the creative process. Prior to her procedure, she did a lot of research and sought the advice of her eye doctor, Dr. Peter Rozanec. Although, Christine reported some eye dryness as a major side-effect after the procedure, she still believes that, for her, the benefits of the surgery outweighed the risks. Her vision is much clearer now and she reports less headaches. Above all, for Christine, improved vision was a boost to her esteem and thus she views freedom from glasses as very empowering and emotional.

At one time, refractive surgery was reserved for occupational needs or contact lens failures, but as the price for the process has fallen, the base has expanded. One must consider that to get vision corrected, a perfectly clear, healthy cornea is either being cut or shaved by laser. There are risks involved with all invasive procedure, 2 percent to 3 percent of people undergoing the procedure

will suffer a form of permanent vision loss. This is 10 times higher than those wearing extended wear contact lenses.

In a recent study the results of the first batch of eyes that underwent LASIK found some complications. These included: failure to make a cut, too thin a slice, difficulty in repositioning, fat deposits in the eye, and swelling of the cornea. According to Dr. Richard

Hareychuk, in general the outcomes are good, but not without potential complications. "The theoretical question that every candidate should ask is whether they feel justified in invading a perfectly healthy eye surgically when alternatives do exist," he says. The procedure is also quite expensive and can run up to \$2,300 CDN per eye. Fortunately, new alternatives are presently being devel-

oped. Three major companies are developing contact lenses which will be designed to be worn for 30 days without removal.

At any rate, take care of your eyes and make sure to always protect them with good quality sunglasses. **Z!**

For further information:  
e-mail: eyedocsTO@aol.com

## Under the Knife

I dreamed for so many years of having good uncorrected vision. Upon hearing that The Laser Centre (TLC) can fulfill this dream of mine, I go to this Mecca. But, to my surprise, Mecca's in a shopping mall ... go figure.

Before the actual surgery took place, I visited a series of 'stations' at which specialists did an eye exam, a corneal topography, gave me counselling, made me wait in a waiting room where I was forced to watch a part of *Planes, Trains and Automobiles* to take my mind off the fact that I was in for voluntary surgery (oxymoron), made me sign my life away with a legal consent form that would hold up in court (it was meant to scare the hell out of me; it did), and, finally, pre-pay for said surgery. This final station was the only time throughout my experience that I actually felt any pain.

I'm taken to a room with a view of the operating theatre. I was then given two pills to place under my tongue. They were fast-acting sedatives meant to calm you, not put you to sleep. They were most enjoyable. Eye drops were put in my eyes to numb them in preparation for the surgery.

After a short while, one of the staff comes and directs me into the operating theatre. "This is it," I think. On reaching the Chiron laser, I was asked to lay on the table. One eye is worked on at a time, and my left, being the dominant one, was chosen to be first. The speculum was inserted into my left eye to prevent my eyelids from closing. I felt like I was Alex in *A Clockwork Orange* when he underwent the brainwashing treatment.

At this point, I would like to mention a couple of things. One was that Dr. Jeffery Machat (Mecca's top surgeon) has this very comforting habit of saying "perfect" after every move he makes. He talks you throughout the whole operation (which lasts about 7 minutes per eye), however, all you hear is the "Okay, perfect."

Though a little repetitive, you'd rather be hearing "perfect" than "oops." One of my friends, Areta Komarnicky, works for TLC. She took time out of her schedule to hold my hand throughout the operation. I'm a wuss.

So, he cuts the top layer of my eye off and peels it back. It feels like a stream of water being washed across my eye. (note: my eyes are numb - can't feel a damn thing) Then I have a psychedelic experience. I see colors akin to an acid high. I tell the good doctor, "Wow! I can see green...and I can see red squiggles..."

He surprises me by saying, "Don't look at the green light, the green light is mine. Look at the red light."

Wow, is he on the bus *with* me? I sure as hell hope not.

I tried to find the most concentrated spot of red light and attempted to focus on that in my drug-induced state.

All of a sudden, it's over, he pushes back the flap, and gently pats it back into place. He pauses before beginning on the other eye and this is where the panic sets in. I think, "Run, you still have one eye left!" But Areta has the grasp of a WWF wrestler.

The operation on my right eye went basically the same as my left. Twin acid trip.

After it was all over, I could open my eyes and try them out. It felt like I had Vaseline in them. Everything is a blur. I remember them giving me these un-cool, all-encompassing sunglasses which, although not very fashionable, shaded my light-sensitive eyes really well.

Mama drove me home. I took more of the drugs (sedatives) which they so considerately supplied. I slept until the next day. I woke up, and yes, I could see.

by Christine Kurys

# Quiz

## Do you travel the Ukrainian way?

As summer is coming up, many of us will be hitting the road, the air or the sea for a vacation. There are many types of traveler on the open road in this world. Which type are you?

- When planning your vacation, you...
  - get all the relevant tour books brochures and information about your planned destination
  - go to a travel agent and book the all-inclusive package which best fits your budget
  - plan to go to Ukraine yet again
  - look at the options and decide to invade your friend's/distant family's cottage
  - decide to stay at home
- The plans are coming together and vacation time is drawing near, you...
  - have a preliminary agenda drawn up which details all your actions during the vacation
  - are counting the minutes till you leave the vale of tears you exist in
  - think that perhaps you should visit some other European country before or after your stay in Ukraine but eventually decide it would be a waste of time, money and effort.
  - are still calling your friends and distant relatives with threats of impending visits
  - are falling apart
- You are at your destination. Here you...
  - are busy trying to keep to your pre-arranged schedule
  - fall into a pleasant coma and occasionally worry about your life back home
  - get involved in political matters with the locals
  - are looking for the host's hidden keg
  - wear out the remote control
- During the last night of your vacation you...
  - try to catch up on all those things that you did not yet do
  - dread the prospect of returning to your life back home
  - drink vodka, eat *salo* (pig fat) and through tears you vow that you will return again next year
  - are resigned to the fact that you are returning to your life back home
  - celebrate by watching television for 24 hours non-stop
- After your trip, you...
  - are haunted by all the things you never did and sights you never saw
  - start dreaming of your next trip
  - you tell everyone within earshot what a great time you had in Ukraine and that you are going to go back very soon
  - try to patch things up with all the friends/distant family that you might have inadvertently offended
  - are still watching television at a frantic pace

**Score some points: Total up how many a's, b's, c's, d's and e's you selected, then see how you scored**

### Mostly a's – Totalitarian Traveler

You don't like taking chances. When you go somewhere foreign you like to be in control – so much so that you will correct the tour guide and point out his omissions. You know you will never be able to relax until there is a check mark beside every entry in your Fodor's guide. You paid good money for this vacation and you are not going to waste any time by sleeping.

### Mostly b's – Travelaholic

You need this vacation. And the next one. All your time is spent fixated on where you can go to just do nothing for a week or two. God

you need to get out of the rut you frequently find yourself in. The thought of spending time at home fills you with absolute revulsion. You have the best collection of travel magazines and brochures in the world. You really need a vacation.

### Mostly c's – Ukrainian traveler

There is but one destination in the world – Ukraine. You would love to live there but alas your job and other commitments keep you tied to North America. You are openly jealous of Ukrainians who live in Europe because they can drive to Ukraine for a weekend. You

ambition is to visit every city, town and village in Ukraine and once that is done do it all over again. You secretly plot to take early-retirement and move to Ukraine.

### Mostly d's – Budget traveler

You love to get away but geez... it's so expensive. You have so many expenses, but you really need to get out. Thank the Lord for friends and family! They always say "why dontcha come over some times." Hell, if they didn't mean it why would they say it? It is not like you really freeload off them – you do bring your own chips and beer. You'll even chip in for the burgers

on the barby when pressed. They know you are on a tight budget and they do understand.

### Mostly e's – Reluctant traveler

Why go anywhere if you are paying for the place where you live? That's not very efficient is it. Just thinking of all the TV you'll miss sends shivers down your spine. Sometimes you would like to go to another city, check into a hotel and see what's on TV there. But... then you'll miss all the shows back home. They really have to invent a VCR tape which holds more than 6 hours. No, you like it at home.





## CHICAGO, ILLINOIS

**Ukrainian Institute of Modern Art**  
2320 West Chicago Av.  
312-227-5522

Concert Series:  
May 17  
Lesia Hrabova (soprano)  
Oleh Chnyr (baritone)

Exhibitions:  
March 22-May 3  
2D by 3D: A selection of drawings and works on paper by sculptors Peter Kolisnyk, Edward Zalenak

May 17-June 28  
Group show by contemporary local sculptors

## NEW YORK, NEW YORK

"Flight"  
April 16-26  
Yara Arts Group  
La MaMa  
First St.  
With Artists from Buryat National Theatre

**Ukrainian Festival**  
May 16-17  
St. George Ukrainian Catholic Church  
30 East 7th St.  
Dancing, food, singing  
Contact: 212-674-1615 (Refectory)

## ST. CATHARINES, ONTARIO

**Ukrainian Open House**  
St. Catharines Folk Arts Festival  
Ukrainian Black Sea Hall  
455 Welland Av.  
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e-mail: blacksea@niagara.com  
www.infoukes.com for further details

## SCRANTON, PENNSYLVANIA

**Ukrainian Heritage Council of Northeastern Pennsylvania Annual Bus Trip to New York**  
Saturday May 16 - 9 am to 9 pm  
from Ukrainian Fraternal Assoc.  
440 Wyoming Av. in Scranton - \$20.00  
Contact: Paul Ewasko 717-563-2275

## TORONTO, ONTARIO

**Ukrainian Canadian Professional and Business Association of Toronto**

Speaker Series  
Thursday, March 19  
Halya Kuchmij - Making Documentaries  
Contact: Olya Kuplowska 416-962-2444

Networking Evening  
Thursday, April 23  
With Eugene Hotscharuk - President of Contract Supply Ltd.  
Contact: Gene Yakovitch 416-487-5002

**St. Vladimir's Institute**  
620 Spadina Av.  
416-923-3318

Lecture Series  
March 25, 7:00-8:30pm  
The Meaning of Being Ukrainian  
Prof. Wsevolod Isajiw

Folk Art Series:

Pysanky  
March 16-April 13, Mondays 7:00-9:00pm

How to Eat Ukrainian Traditional Cooking Classes  
Tuesdays 6:30 to 9:00pm  
March 24: Easter Breads  
April 7: Easter Basket Foods  
April 21: Chicken Kiev Dinner with Syrnyk  
May 5: Roast Pork Dinner with Nalysnyky

St. Vladimirs Toastmasters Club  
Weekly meetings  
Wednesdays 6:55 to 8:45pm

**Rummage Sale**  
April 4-5  
Saturday 12:00-3:00pm, Sunday 11:00-2:00pm  
404 Bathurst St. (St. Volodymyr's Cathedral)

**Vesnivka Dance Ensemble 40th Anniversary**  
May 31, 2:00pm  
Central Technical School  
725 Bathurst Street  
Contact: Jurij Nowickyj at 416-249-2827  
or jurij.nowickyj@ca.eyi.com

**Youth Dance**  
Friday, May 8, 7:30 to 11:30 pm  
(13 to 18 year olds)  
404 Bathurst St. (St. Volodymyr's Cathedral)  
Tickets \$7 in advance, \$10 at door

**Bandura Youth Chorus Concert**  
Sunday May 24, 1:00pm  
Sts. Peter & Paul Catholic Church  
1490 Markham Rd. 416-291-7401

**Maturalna Zabava and Banquet**  
Saturday June 6th  
Marriot Hotel - Toronto Airport  
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Banquet 6:30 pm \$35  
Dance 10:00 pm \$15

## Julian Kytasty Concert Dates

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March 15 Washington (solo)  
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March 22 Miami, FL (solo)  
March 27 Dauphin Manitoba (with Alexis and the two string players from the Paris to Kyiv Variations recording)  
March 29 Winnipeg (same concert live to air for CBC Arts Encounters)

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# Final Phrases

## MALIGNING THE MOTHERLAND

by Nestor Gula

Lately I've been noticing a lot of Ukraine bashing going around.

The ingredients are simple – take a couple of Ukrainians who have “been over” add at least one neophyte who hasn't and is eager to be inundated with anecdotal stories of life in Ukraine.

I noticed this Ukraine bashing phenomenon only recently. I was an all-to-willing participant at these “I can top any horror story with my own” wank-fests. I realized I was getting bored with these Ukraine as piñata games.

One reason for this boredom was the silly human game of one upmanship. Most of the readers will know the famous Monty Python sketch where these rich geriatrics regale themselves with stories about how poor they once were. The final story is that the man worked some 30 hours per day, was fed poison and when he came home from work his father slaughtered him and danced about his grave. While no one has yet to come up with a similar “Ukraine story” ending I feel we still might not be at the end of the sketch. The fact that several people from the west have met their untimely end in Ukraine can be the subject of an article in itself and is certainly not a joke.

Another reason for being bored with bashing Ukraine is that the target was all too easy, large and available. It is the bully in all of us that likes to kick something when it is down. “Veterans” of Ukraine trips are akin to ancient warriors who exchange war stories. Here the glory is in the laughs.

Kholera! Am I getting soft? I approached a friend and voiced my concern. He said, “Bashing Ukraine. Good. The place deserves it.”

What gave pause to my hammering of the homeland was none other than the just completed Winter Olympics in Nagano, Japan. The Ukrainian team went in with virtually no hopes of a medal – even the rabid supporters said so. They won a silver in the biathlon – confounding even their supporters.

But that's not why I got to thinking about the flagellation of the fatherland that I was committing. It was some other sport – a sport unknown to most Ukrainians. Freestyle aerials.

To start off, I was working with a bunch of other Ukrainians. There were a few non-Ukrainians to form the audience. We commenced our sport of molesting the motherland between bouts of work. After all, the judges were impartial – they were not Ukrainians, they weren't even Russian. In the evening I retired home to watch the Olympics. Freestyle aerials.

There were four Ukrainians in the top ten. Definite medal potential. Can I dare dream it – a medal sweep. (I must confess that I was at one point in my life a freestyle ski fanatic. I still have my Olin Ballet Skis and even now I gaze at the book *Ski Free* by Greg Athans, the ‘bible’ for freestyle ski hopefuls in the early days of the sport.)

The Ukrainian freestyle aerialists are challenging for some medals. I'm watching. I'm praying. I'm wishing all

sorts of nasty things on all the non-Ukrainian competitors. May they have a cross wind which will turn their “high back Moebius” into a... well, one shouldn't be so nasty!

We, I was watching this with a fellow Ukraine basher, were transfixed – hoping against hope for a medal. No luck. The Ukrainians finished out of the medals – a fourth, fifth and two other top ten placings. Very respectable.

For about 45 minutes I stopped being a Ukraine-basher and became a rabid fan. So did my friend. So did all my co-workers who watched the same competition at their homes.

One thing about Ukraine. You hate it and you love it. It's a source of some of the most bizarre, unbelievable stories ever told. It's also a source of hope, for the diaspora which hoped for the day of independence, it came in 1991, and for the 52 million souls which are hoping to emerge from the shadows of economic hardship and political myopia somehow and someday.

As for me, I have traveled a lot in Ukraine. There was a reason for this. It was bloody cheap. In Ukraine I lived the life of a drunken sailor. Ten US bucks would furnish plenty of vodka, beer and food for a bunch of friends and me. Not for an evening – for a week. Glory days. Yeah, I have good stories.

But the next time I'm challenged to a poker competition of blasting Ukraine – I'll just give one.

Then I'll call. **Z!**

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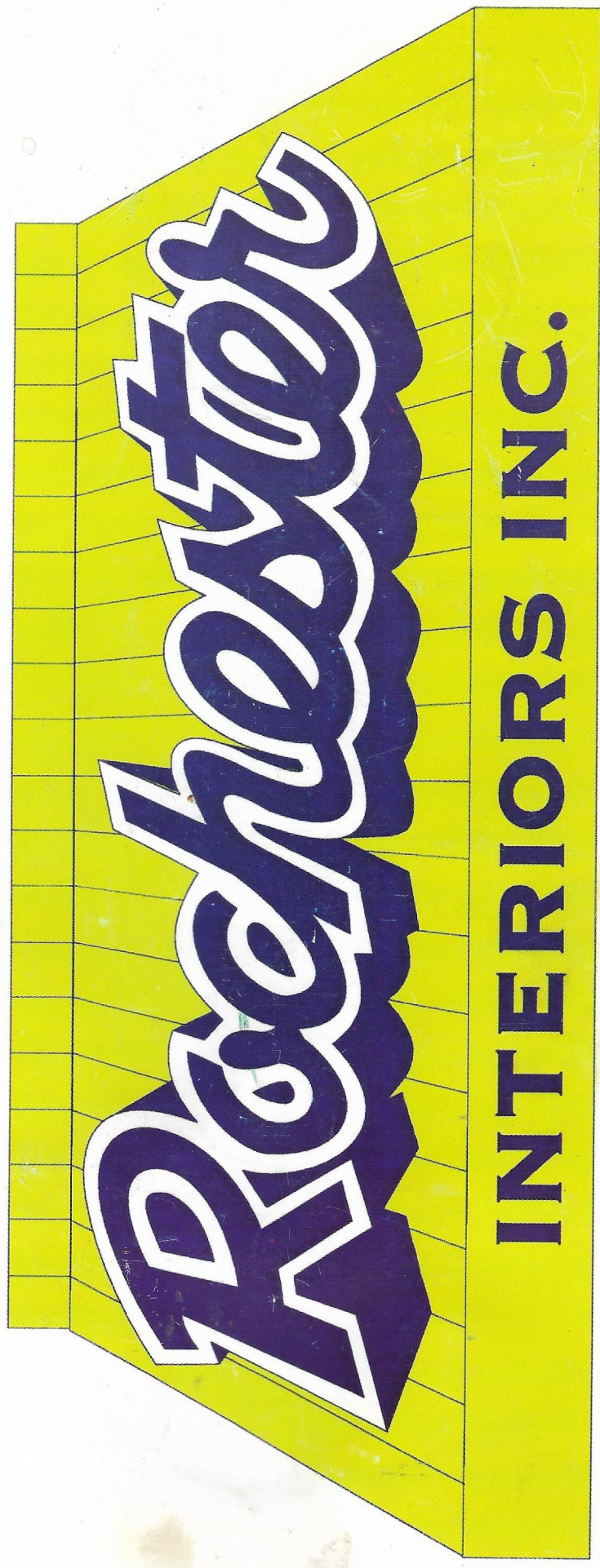
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